

# THE VILLAGE NEWS



A PUBLICATION OF BELMONT VILLAGE FOR RESIDENTS, STAFF, FAMILY AND FRIENDS

OCTOBER 2019



Stephanie & Winston in the sunflower field at the Agricenter

## BELMONT VILLAGE IS A GREAT PLACE TO WORK!

Last year, Belmont Village Senior Living was awarded certification as a Great Place to Work by the Great Place to Work Institute, an independent research and consulting firm. What an amazing honor to receive this certification.

A few months ago, Belmont Village again earned the honor of being certified as a Great Place to Work.

Belmont is ranked 18th out of the top 20 largest senior care providers nationwide (large companies are defined as those with 1,000 and more employees). Again, what an amazing honor.

We are so thankful for the wonderful team that makes Belmont Village not only a Great Place to Work but also a great place to live for our residents. Every department plays a very

important role in assuring our residents are healthy, happy and active. I am extremely proud of our incredible employees. Thank you for all that you do!

## AUTUMN MEMORIES

When the air cools and the leaves begin to change, it's time for festivals, football and comfort foods. Sip some apple cider or hot cocoa as you reminisce about fall memories.

- Many crops are harvested in the fall. Did you live on a farm or help with harvest?
- Pumpkin patches, hayrides and corn mazes are popular autumn activities.
- Did you attend football games? If so, were they high school, college or professional teams? Did you participate in homecoming festivities?
- Talk about your favorite fall foods and drinks, such as chili, soup, hot cocoa or apple cider. Do you have any special memories tied to these comfort foods?
- Have you ever carved pumpkins with your kids, grandkids or others? Talk about your creations. Have you roasted pumpkin seeds?
- What is your idea of a perfect fall day?

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## OCTOBER BIRTHDAYS

Let's celebrate our residents' birthdays on **Friday, October 25th**, at 11:15 A.M. Josephine's Kitchen.

## RESIDENT BIRTHDAYS

Oct. 3	Douglas Nunnery
Oct. 13	Betty Burke
Oct. 14	Don Youngblood
Oct. 18	Fay Harrison
Oct. 29	Carol Lovell
Oct. 30	Shirley Hensley



## EMPLOYEE BIRTHDAYS

Oct. 5	Patricia Davidson
Oct. 10	Lakeshia Webb
Oct. 18	Sherly Belony
Oct. 19	Gwendolyn Brown
Oct. 22	Sabrina Thomas
Oct. 25	Carvelus Smith
Oct. 25	Talisha Brooks



## Employee of the Month



*Denise Henderson, Concierge*

Our newest employee of the month for October comes to us all the way from Evart, Michigan. Our very own Denise Henderson,

who was born in the small town of Evart, first moved to Memphis in 1987 and worked at Baptist Hospital for several years. She then had to make many more moves with her family due to different job opportunities. She finally came back to settle in Memphis in 2009 and started here at Belmont the next year.

Denise attended Evart Public School and then went on to Davenport University, in Grand Rapids, MI, to study as a medical assistant. Denise has three children, Lisa, Chad and Jill. In her spare time, she enjoys painting, knitting, reading and cooking. She also likes hockey; her favorite team is the Detroit Red Wings.

Denise is always very diligent and reliable with her work. She is caring, compassionate, and you can always catch her with a smile. Thank you for all that you do, Denise!





## UPDATED EXERCISE GUIDELINES SHOWCASE THE BENEFITS TO YOUR HEART AND BEYOND

Every little bit of activity counts – and the first steps toward fitness have the most impact. Without question, being physically active is the best thing you can do for your heart health. Here’s the good news: according to new federal exercise guidelines, even just a few minutes of moving can count toward the recommended aerobic exercise goal of 150 minutes of moderate-intensity activity per week. “Studies show that the total amount of energy expended is what’s important for health, not whether it comes in short or long bouts,” says Dr. I-Min Lee, a professor of medicine at Harvard Medical School who studies the role of physical activity in disease prevention.

The new guidelines, which were issued by the U.S. Department of Health and Human Services in November 2018, also emphasize the health risks of sitting, laying, or reclining for extended periods of time during normal waking

hours. This sedentary behavior has been linked to greater risk of high blood pressure, heart disease, and death from any cause. If you tend to sit for long stretches, setting a timer on a fitness band or smart watch that goes off at regular intervals (say, every 30 minutes) may help remind you to get up and move around, says Dr. Lee.

The more you can move, the better, but even just a little exercise can make a difference. In fact, the greatest health benefits seem to occur when people transition from being inactive to active, even if they still fall short of the recommended exercise goals. The steepest reductions in the risk of heart disease occur at the lowest, initial levels of activity.

Excess weight is yet another common problem linked to heart disease. And while the benefits take longer to accrue, exercise may help people stave off the weight gain that often occurs as people age. To lose weight, you’ll also need to eat fewer calories. If you do lose weight, being active helps prevent those pounds from creeping back on. But if you don’t lose weight, don’t give up on exercise! According to the guidelines, the health benefits of physical activity are generally independent of body weight. You will still reap those benefits, no matter how your weight changes over time.



## Out & About

### TRANSPORTATION

#### FRIENDLY REMINDER!

Our concierge is always happy to assist you with your transportation needs. **PLEASE GIVE AT LEAST A 24-HOUR NOTICE.** It helps with the planning of the driver’s schedule. Thank you.

#### DOCTORS’ APPOINTMENTS:

Please make all appointments on Monday, Wednesday or Friday before 2:30 p.m.

**SHOULD ANY OF YOUR APPOINTMENTS BE CANCELLED, PLEASE KINDLY INFORM THE CONCIERGE STAFF.**

#### SHOPPING DAYS

Weekends at 1:30 p.m.

**Walgreens and Kroger**

Mondays at 12:30 p.m.

#### Thrift Store

1st Wednesday at 9:45 a.m.

#### MYSTERY DRIVES

Every Saturday

#### CHURCH

#### TRANSPORTATION

Available every Sunday



Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

**October**



		<p>1</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  9:30 <span>TH</span> First Evangelical                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> This Month in History 🍀                  10:45 <span>B</span> Top Ten Tuesday 🍀                  1:45 <span>GR</span> Blackjack                  3:00 <span>TH</span> Bingo                  6:30 <span>GR</span> Dominoes (Resident Led)</p>	<p>2</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  9:45 Shopping- Thrift Store                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Jeopardy Trivia 🍀                  12:00 Temple Israel Gift Bag Delivery                  1:00 <span>CL</span> Marketplace                  3:00 <span>JK</span> Wine and Cheese: Mike Dougherty</p>	<p>3</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Who Am I? The Biography Game 🍀                  2:00 <span>TH</span> Timeless Trivia: People, Places &amp; Profiles 🍀                  3:00 <span>TH</span> Bingo                  6:30 <span>GR</span> Dominoes (Resident Led)</p>	<p>4</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:30 <span>GR</span> Music with Miriam                  2:00 <span>GR</span> Bean Bag Toss                  3:00 <span>TH</span> Bingo                  4:00 <span>B</span> Happy Hour                  4:15 <span>TH</span> Shabbat with David                  6:30 <span>GR</span> Checkers (Resident Led)</p>	<p>5</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>CR</span> Get Going Exercise 🍀                  10:00 <span>GR</span> Neighborhood Mystery Ride                  2:00 <span>CL</span> Jigsaw Puzzles                  3:00 <span>TH</span> Bingo                  6:00 <span>TH</span> Evening Movie Matinee</p>
<p>6</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 Church Transportation                  10:00 <span>CR</span> Get Going Exercise 🍀                  1:00 <span>GR</span> AL &amp; COF Mystery Ride                  2:00 <span>CL</span> Sunday Devotional                  3:00 <span>TH</span> Bingo                  6:30 <span>TH</span> Sunday Movie</p>	<p>7</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:30 <span>CL</span> Glass Fusing                  12:30 Shopping- Walgreens/Kroger                  2:00 <span>CL</span> Dan the History Man 🍀                  2:30 <span>CL</span> Scrabble 🍀                  4:00 <span>B</span> Happy Hour</p>	<p>8</p> <p><b>Yom Kippur Begins at Sundown</b>                  8:45 <span>GR</span> Mental Floss 🍀                  9:30 <span>TH</span> First Evangelical                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> How Did We Ever Live Without...? 🍀                  1:45 <span>GR</span> Blackjack                  3:00 <span>TH</span> Bingo                  6:30 <span>GR</span> Dominoes (Resident Led)</p>	<p>9</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  9:30 <span>TH</span> Devotional with Becky                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Jeopardy Trivia 🍀                  1:00 <span>CL</span> Marketplace                  2:00 <span>CL</span> Healthy Living with Katie 🍀                  3:00 <span>JK</span> Wine and Cheese: Steve Johnston</p>	<p>10</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>GR</span> Lunch Bunch: Olive Garden                  1:30 Catholic Communion                  3:00 <span>TH</span> Bingo                  6:30 <span>GR</span> Dominoes (Resident Led)</p>	<p>11</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:30 <span>GR</span> Music with Miriam                  2:00 <span>TH</span> Finishing Lines Trivia                  3:00 <span>TH</span> Bingo                  4:00 <span>B</span> Happy Hour                  6:30 <span>GR</span> Checkers (Resident Led)</p>	<p>12</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>CR</span> Get Going Exercise 🍀                  10:00 <span>GR</span> Neighborhood Mystery Ride                  2:00 <span>CL</span> Jigsaw Puzzles                  3:00 <span>TH</span> Bingo                  6:00 <span>TH</span> Evening Movie Matinee</p>
<p>13</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 Church Transportation                  10:00 <span>CR</span> Get Going Exercise 🍀                  1:00 <span>GR</span> AL &amp; COF Mystery Ride                  2:00 <span>CL</span> Sunday Devotional                  3:00 <span>TH</span> Bingo                  6:30 <span>TH</span> Sunday Movie</p>	<p>14</p> <p><b>Columbus Day</b>                  8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Who Said That? Famous Quotes 🍀                  12:30 Shopping- Walgreens/Kroger                  2:30 <span>CL</span> Scrabble 🍀                  4:00 <span>B</span> Happy Hour</p>	<p>15</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  9:30 <span>TH</span> First Evangelical                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Top Ten Tuesday: The Real Bonnie &amp; Clyde 🍀                  1:45 <span>GR</span> Blackjack                  3:00 <span>TH</span> Bingo                  6:30 <span>GR</span> Dominoes (Resident Led)</p>	<p>16</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Jeopardy Trivia 🍀                  1:00 <span>CL</span> Marketplace                  1:30 <span>B</span> Chat with the Chef                  3:00 <span>JK</span> Wine and Cheese: Dare &amp; Bob</p>	<p>17</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Who Am I? The Biography Game 🍀                  2:00 <span>TH</span> Timeless Trivia: People, Places &amp; Profiles 🍀                  3:00 <span>TH</span> Bingo                  6:30 <span>GR</span> Dominoes (Resident Led)</p>	<p>18</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:30 <span>GR</span> Music with Miriam                  2:00 <span>GR</span> Bean Bag Toss                  3:00 <span>TH</span> Bingo                  4:00 <span>B</span> Happy Hour                  6:30 <span>GR</span> Checkers (Resident Led)</p>	<p>19</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>CR</span> Get Going Exercise 🍀                  10:00 <span>GR</span> Neighborhood Mystery Ride                  2:00 <span>CL</span> Jigsaw Puzzles                  3:00 <span>TH</span> Bingo                  6:00 <span>TH</span> Evening Movie Matinee</p>
<p>20</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 Church Transportation                  10:00 <span>CR</span> Get Going Exercise 🍀                  1:00 <span>GR</span> AL &amp; COF Mystery Ride                  2:00 <span>CL</span> Sunday Devotional                  3:00 <span>TH</span> Bingo                  6:30 <span>TH</span> Sunday Movie</p>	<p>21</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  12:30 Shopping- Walgreens/Kroger                  1:30 <span>TH</span> Making Caramel Apple Bites                  2:00 <span>TH</span> The Write Word Game 🍀                  2:30 <span>CL</span> Scrabble 🍀                  4:00 <span>B</span> Happy Hour</p>	<p>22</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  9:30 <span>TH</span> First Evangelical                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Never Before Seen Photos of the Great Depression 🍀                  2:00 <span>TH</span> Resident Council Meeting                  3:00 <span>TH</span> Bingo                  6:30 <span>GR</span> Dominoes (Resident Led)</p>	<p>23</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  9:30 <span>TH</span> Devotional with Becky                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Jeopardy Trivia 🍀                  1:00 <span>CL</span> Marketplace                  3:00 <span>JK</span> Wine and Cheese: Bobby Lawson</p>	<p>24</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Debate Group 🍀                  1:30 Catholic Communion                  3:00 <span>TH</span> Bingo                  6:30 <span>GR</span> Dominoes (Resident Led)</p>	<p>25</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:30 Alzheimer's proceeds Yard Sale                  10:30 <span>GR</span> Music with Miriam                  11:00 <span>JK</span> Birthday Luncheon!                  3:00 <span>TH</span> Bingo                  4:00 <span>B</span> Happy Hour                  6:30 <span>GR</span> Checkers (Resident Led)</p>	<p>26</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>CR</span> Get Going Exercise 🍀                  10:00 <span>GR</span> Neighborhood Mystery Ride                  2:00 <span>CL</span> Jigsaw Puzzles                  3:00 <span>TH</span> Bingo                  3:00 <span>GR</span> Music with Paul                  6:00 <span>TH</span> Evening Movie Matinee</p>
<p>27</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 Church Transportation                  10:00 <span>CR</span> Get Going Exercise 🍀                  1:00 <span>GR</span> AL &amp; COF Mystery Ride                  2:00 <span>CL</span> Sunday Devotional                  3:00 <span>TH</span> Bingo                  6:30 <span>TH</span> Sunday Movie</p>	<p>28</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Current Events 🍀                  12:30 Shopping- Walgreens/Kroger                  2:00 <span>CL</span> Sip &amp; Paint: Pumpkin Edition                  4:00 <span>B</span> Happy Hour                  6:00 <span>GR</span> Sudoku (resident led) 🍀</p>	<p>29</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  9:30 <span>TH</span> First Evangelical                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Top Ten Tuesday 🍀                  1:45 <span>GR</span> Blackjack                  3:00 <span>TH</span> Bingo                  6:30 <span>GR</span> Dominoes (Resident Led)</p>	<p>30</p> <p>8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Jeopardy Trivia 🍀                  11:30 <span>GR</span> JCC LUNCHEON                  1:00 <span>CL</span> Marketplace                  2:00 <span>B</span> Crossword Puzzle                  3:00 <span>JK</span> Wine and Cheese: Oscar Sueing</p>	<p>31</p> <p><b>Halloween</b>                  8:45 <span>GR</span> Mental Floss 🍀                  10:00 <span>TH</span> Gentle Exercise 🍀                  10:45 <span>B</span> Who Am I? The Biography Game 🍀                  1:30 <span>TH</span> Bingo **Time Change**                  3:00 <span>JK</span> Halloween Party                  6:30 <span>GR</span> Dominoes (Resident Led)</p>	<p>All Events Are Subject to Change</p>	



## GET READY TO RUMMAGE THROUGH THE YARD SALE!

It's that time of year when we go through closets, drawers, garages, and attics and find stuff and things we just don't need anymore. Come and join Belmont Village for our yard sale to benefit the Alzheimer's Association. Also, we are asking if you would like to help contribute any donations to the yard sale. Please contact Gena Garner, at 901-624-8820.

**Where:** Belmont Village (Back Parking Lot)

**When:** Friday, October 25th

**Rain Day:** Friday, November 1st

**Time:** 10:30 A.M. - 2 P.M.



## LUNCH BUNCH OUTINGS

Our Lunch Bunch heads to a local restaurant each month, and we welcome anyone who wants to join us! Get the dish on our next outing at the front desk or on the calendar.



## NFL FUN FACTS

This time of year, NFL fans are all about the grit and glory on the gridiron. Here are a few fun football facts to kick around:

- The NFL was founded in 1920 in Canton, Ohio, which is now home to the Pro Football Hall of Fame.
- In 1933, the league stopped using the Collegiate Rules Book and began to develop its own rules.
- As a rookie in 1934, Beattie Feathers became the first player to rush for 1,000 yards in a season.

- A 1939 matchup between the Philadelphia Eagles and the Brooklyn Dodgers was the first televised football game.
- NFL players were not required to wear helmets until 1943.
- The 1972 Miami Dolphins became the first NFL team to have a perfect season. Their 17-0 record culminated with a win at Super Bowl VII.
- Deion Sanders is the only athlete who has played in both a Super Bowl and a World Series.
- In 2015, the league hired its first full-time female referee, Sarah Thomas.

## WATCH PARTIES!

Be on the lookout for watch parties this season. Come cheer on our home team, the Memphis Tigers! Go Tigers Go!



## EASY WAYS TO INCREASE GOOD LUCK THROUGH FENG SHUI

September was a fun month for the Circle of Friends and Neighborhood. We had a great time discussing all the special days that September has to offer. From Labor Day to Grandparents Day, to National Parks Day to Patriots' Day. We celebrated these days with arts and crafts, theme days, and favorite team gear day.

The country of the month for September was China. Circle of Friends had topics on China all month that touched on Chinese Culture (Current and Past), Chinese Economy (Current and Past), Pollution in China, Modern Chinese History, and Chinese Festival Time. We also learned and gained knowledge of Feng shui and the current status of Chinese Society. Feng Shui, also known as Chinese geomancy, is a pseudoscience originating from ancient China, which claims to use energy forces to harmonize individuals with their surrounding environment. Here are a few simple feng shui tips to try in your home.

1. The entrance door to your apartment/house is probably

the most important according to feng shui. For it is through here that the positive energy and luck enters through the home.

2. Don't erect a mirror opposite the front door. The positive energy that enters is reflected back by the mirror and escapes through the door.

3. Keep all brooms and mops hidden. They symbolize the cleaning away of negative energies that enter the room. When they are exposed they are considered inauspicious.

4. Water represents wealth in feng shui. A lot of people ask me where the best place to locate a fountain for feng shui.

According to feng shui principles, it's advantageous to place a water element, such as a fountain, near the entry of your home. It can be just inside or just outside, but the most important part is that the water should be flowing toward the center of your home. That means that the wealth has the opportunity to pour into your life!

5. Clean all windows. The windows symbolize your eyes to the world. We want to be able to see and experience everything that the universe has to offer us.



### DR. SHAINBERG - PODIATRIST

On-site visits 1st Wed. of every month. Dr. Shainberg's fee is \$45 (cash or check) at time of service. Please turn in your payment to Linda Bello, DRCS.

### INTERNAL MEDICINE OF THE MIDSOUTH

Dr. Randy Villanueva will be here every Thursday.

-Wellness Center (2nd floor)

**Appointments and questions, please see Linda Bello, DRCS.**

## HAND-WASHING TIP

With cold and flu season underway, it's more important than ever to wash your hands to fight germs. While many of us were taught to always use soap and warm water, the Centers for Disease Control and Prevention reports that when it comes to killing bacteria, the temperature of the water doesn't matter— the amount of time spent scrubbing does. Using cold water will save energy as well as prevent the skin on your hands from becoming cracked and dry.



# BELMONT VILLAGE SCENE



Mary & Ed Peoples enjoying the new resident mixer.



Resident Council President Doug Nunnery talking with our new resident Doris Kessler.



Spa Day for the Neighborhood! Residents enjoyed facials, manicures and massages.



Were excited about our Great Place to Work certification!



Bob dancing away to the music!



Ms. Cayce enjoying being out at the JCC luncheon.

## BELMONT Village

SENIOR LIVING

MEMPHIS

6605 N Quail Hollow Road  
Memphis, TN 38120

ACLF Lic. 102

### BELMONT VILLAGE COMMUNITIES

CALIFORNIA: Albany, Aliso Viejo, Burbank, Calabasas, Encino, Hollywood, Rancho Palos Verdes, Westwood, Thousand Oaks, San Jose, Sunnyvale, San Diego, Cardiff by the Sea

ARIZONA: Scottsdale

CHICAGOLAND: Buffalo Grove, Geneva Road, Oak Park, Glenview, Lincoln Park

SOUTHERN US: Memphis, Nashville, Louisville, Atlanta - Buckhead and Johns Creek, Dallas, Austin - Lakeway and West Lake Hills, Houston - West University and Hunters Creek



[belmontvillage.com](http://belmontvillage.com)



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