

# THE VILLAGE NEWS

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



AUGUST 2020

## NEWS FROM OUR EXECUTIVE DIRECTOR



We are extremely excited about bringing back our furloughed staff in addition to bringing on board additional new hires for training in July! This training will prepare our staff to care for and welcome our first residents who will begin moving in on August 3rd. As you know, we are doing this under very challenging circumstances for everyone. We are in constant contact with new and adjusted guidelines set by the AHCA (Agency for Health Care Administration), the State and

Broward County Health Department and the CDC guidelines regarding Covid-19. We are going to make this process as easy and as safe as possible for you and we need everyone's collaboration.

If you enjoy reading and would like more information on the Laws of Florida you can do so at <https://flsenate.gov/Laws>.

Most recently, the Governor signed Ch. 2020-68 (HB767/SB402) that applies to Senior Living. If you would like general information about Covid-19 you can go to <https://floridahealthcovid19.gov/>

Good communication is key for a successful community. Therefore, we introduce "THE SHARE APP!"

The SHARE app allows you to see what is going on at Belmont Village Fort Lauderdale, so that you stay connected and up to date. Residents and families can see activities, menus, announcements, pictures, and more using their smartphone or iPad. We have started entering data and updates and will provide you access information very soon.

I look forward to welcoming each one of you.

Rene Buck

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## NEIGHBORHOOD & CIRCLE OF FRIENDS

We are excited to welcome our new Neighborhood and Circle of Friends residents to our beautiful Belmont Village Community.

Our Whole Brain Fitness and therapeutic programs are designed to strengthen the brain's cognitive reserve and help maintain or improve cognitive function. Our programs are tailored to provide our residents with "just the right challenge," by creating an achievable mental stretch, combined with learning something new. Our focus is to target the six domains of a mental workout: Critical Thinking, Memory-Body Movement, Learning Something New, Sequencing Skills, Long-Term Memory and Analytic Solution.

The following exercise is an example of an activity designed to target "Critical Thinking":

**Critical Thinking Challenge**  
(Practice organizing ideas, taking ideas and using logic)

What is the one thing in common in the following sets?

- Ball, fish, cold... ???
- Water, baseball players, pantyhose... ???
- Dinner, Straight, Leather ...???
- Hot, Chili, Corn ... ???
- Seventeen, People, Time ... ???

Answers to Critical Thinking Challenge: (Page 7).

## YOGA BENEFITS FOR SENIORS

Many yoga poses focus on balance and stability, both incredibly important as you age. Strengthening your muscles and improving your balance prevent the likelihood of falls, which can be a common concern for elderly.

Not only does it prevent them in the first place, but an increase in strength and stability also helps seniors bounce back and recover, should a fall occur.

If you're looking for a gentle exercise that increases flexibility, yoga is a great option. Flexibility exercises such as yoga are great if your joints tend to be achy or stiff. In a study that looked at the effectiveness of yoga as an exercise to manage osteoarthritis in elderly women, researchers found that it provided therapeutic benefits.

Not only can these

low-impact moves loosen your muscles, they can also tone your supporting muscles and help prevent injury.

With age comes respiratory limitations and reduced tolerance to physical exertion. Anything that reduces oxygen in the respiratory system can have negative effects on the mind and body. Recent studies have shown that a 12-week yoga program significantly improved respiratory function in elderly women.

Since so much of yoga is focused on breathing and listening to your body, an added benefit is the expanded awareness of Self through practice.

As you practice yoga and become mindful of not just your body, but also of your thoughts and emotions.

Are you ready to start?  
Let's go!



Yoga and Meditation benefits for seniors



## LOOKING FOR HISTORY

The history of Fort Lauderdale, Florida began more than 4,000 years ago with the arrival of the first aboriginal natives, and later with the Tequesta Indians, who inhabited the area for more than a thousand years. Though control of the area changed among Spain, England, the United States, and the Confederate States of America, it remained largely undeveloped until the 20th century. The first settlement in the area was the site of a massacre at the beginning of the Second Seminole War, an event which precipitated the abandonment of the settlement and set back development in the area by over 50 years. The first United States stockade named Fort Lauderdale was built in 1838, and subsequently was a site of fighting during the Second Seminole War. The fort was abandoned in 1842, after the end of the war, and the area remained virtually unpopulated until the 1890s.

The Fort Lauderdale area was known as the "New River Settlement" prior to the 20th century. While a few pioneer families lived in the area since the late 1840s, it was not until the Florida East Coast Railroad built tracks through the area in the mid-1890s that any

organized development began. The city was incorporated in 1911, and in 1915 was designated the county seat of newly formed Broward County.

Fort Lauderdale's first major development began in the 1920s, during the Florida land boom of the 1920s. The 1926 Miami Hurricane and the Great Depression of the 1930s caused a great deal of economic dislocation. When World War II began, Fort Lauderdale became a major US Navy base, with a Naval Air Station to train pilots, radar and fire control operator training schools, and a Coast Guard base at Port Everglades. After the war ended, service members returned to the area, spurring an enormous population explosion which dwarfed the 1920s boom. In the 1970s, Ft. Lauderdale beach became a mecca for runaways and a group of approximately 60-150 runaways formed a group called "The Family". Most resorted to petty crimes to support themselves and others. Today, Fort Lauderdale is a major yachting center, one of the nation's biggest tourist destinations, and the center of a metropolitan division of 1.8 million people.



*Seminole Tribe*



*East Coast Railway*



*U.S. Naval Air Station - Fort Lauderdale*



*Port and Airport of Fort Lauderdale*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
2 10:00 <b>T1</b> Energy Medicine 10:00 St. Pius Church Service† 1:30 Shopping "CVS", "Walgreens"🚗 2:00 <b>T8</b> Bingo 4:00 <b>GR</b> Sunday Showtime🎵	3 10:00 <b>T1</b> Stretch & Meditation with Bea🌿 2:00 <b>SR</b> The Amazing Planet Earth (Documentary)📖 3:00 <b>P5</b> Smoothies with Bea	4 10:00 <b>FC</b> Exercise with Health PRO Heritage👤 10:00 Walking Club👤 1:30 <b>GR</b> Bridge (looking for players) 2:00 <b>T1</b> Painting Class🌿 4:00 <b>GR</b> Social Hour👥	5 10:00 <b>FC</b> Senior Fitness👤 11:00 <b>T1</b> Belmont Village Choir🌿 2:00 <b>T8</b> Brainwell Trivia🌿 3:00 <b>B</b> Ice Cream Social	6 10:00 Walking Club👤 10:00 <b>T8</b> Yoga with Chloe🌿 12:00 <b>Outing (TBA)</b> 2:00 <b>T8</b> Board Games in the House 2:00 <b>T1</b> Resident Council 3:00 <b>SR</b> Documentary	7 10:00 <b>FC</b> Exercise with Health PRO Heritage👤 11:00 <b>SR</b> Jewish Service with Rabbi Perlstein✡ 2:00 <b>T8</b> Mahjong (looking for players) 4:00 <b>GR</b> Happy Hour🎵	8 10:00 Walking Club👤 1:30 Shopping Day with Kevin (Publix, Whole Foods, Fresh Market)🚗 2:30 <b>GR</b> Bridge (looking for players) 3:00 <b>T1</b> Karaoke & Chill
9 10:00 <b>T1</b> Energy Medicine 10:00 St. Pius Church Service† 1:30 Shopping "CVS", "Walgreens"🚗 2:00 <b>T8</b> Bingo 4:00 <b>GR</b> Sunday Showtime🎵	10 10:00 <b>T1</b> Stretch & Meditation with Bea🌿 2:00 <b>SR</b> The Amazing Planet Earth (Documentary)📖 2:30 <b>B</b> Culinary Lovers 3:45 <b>T1</b> Lecture (TBA)📖	11 10:00 <b>FC</b> Exercise with Health PRO Heritage👤 10:00 Walking Club👤 1:30 <b>GR</b> Bridge (looking for players) 2:00 <b>T1</b> Painting Class🌿 4:00 <b>GR</b> Social Hour👥	12 10:00 <b>FC</b> Senior Fitness👤 11:00 <b>T1</b> Belmont Village Choir🌿 2:00 <b>T8</b> Brainwell Trivia🌿 3:00 <b>B</b> Ice Cream Social	13 10:00 Walking Club👤 10:00 <b>T8</b> Yoga with Chloe🌿 12:00 <b>Outing (TBA)</b> 2:00 <b>T8</b> Board Games in the House 3:00 <b>SR</b> Documentary	14 10:00 <b>FC</b> Exercise with Health PRO Heritage👤 11:00 <b>SR</b> Jewish Service with Rabbi Perlstein✡ 2:00 <b>T8</b> Mahjong (looking for players) 4:00 <b>GR</b> Happy Hour🎵	15 10:00 Walking Club👤 1:30 Shopping Day with Kevin (Publix, Whole Foods, Fresh Market)🚗 2:30 <b>GR</b> Bridge (looking for players) 3:00 <b>T1</b> Karaoke & Chill
16 10:00 <b>T1</b> Energy Medicine 10:00 St. Pius Church Service† 1:30 Shopping "CVS", "Walgreens"🚗 2:00 <b>T8</b> Bingo 4:00 <b>GR</b> Sunday Showtime🎵	17 10:00 <b>T1</b> Stretch & Meditation with Bea🌿 12:00 <b>JK</b> Birthday Party Luncheon👥 2:00 <b>SR</b> The Amazing Planet Earth (Documentary)📖	18 10:00 <b>FC</b> Exercise with Health PRO Heritage👤 10:00 Walking Club👤 1:30 <b>GR</b> Bridge (looking for players) 2:00 <b>T1</b> Painting Class🌿 4:00 <b>GR</b> Social Hour👥	19 10:00 <b>FC</b> Senior Fitness👤 11:00 <b>T1</b> Belmont Village Choir🌿 2:00 <b>T8</b> Brainwell Trivia🌿 3:00 <b>B</b> Ice Cream Social	20 10:00 Walking Club👤 10:00 <b>T8</b> Yoga with Chloe🌿 12:00 <b>Outing (TBA)</b> 2:00 <b>T8</b> Board Games in the House 3:00 <b>SR</b> Documentary	21 <b>World Senior Citizens Day</b> 10:00 <b>FC</b> Exercise with Health PRO Heritage👤 11:00 <b>SR</b> Jewish Service with Rabbi Perlstein✡ 2:00 <b>T8</b> Mahjong (looking for players) 4:00 <b>GR</b> Happy Hour🎵	22 10:00 Walking Club👤 1:30 Shopping Day with Kevin (Publix, Whole Foods, Fresh Market)🚗 2:30 <b>GR</b> Bridge (looking for players) 3:00 <b>T1</b> Karaoke & Chill
23 10:00 <b>T1</b> Energy Medicine 10:00 St. Pius Church Service† 1:30 Shopping "CVS", "Walgreens"🚗 2:00 <b>T8</b> Bingo 4:00 <b>GR</b> Sunday Showtime🎵	24 10:00 <b>T1</b> Stretch & Meditation with Bea🌿 2:00 <b>SR</b> The Amazing Planet Earth (Documentary)📖	25 10:00 <b>FC</b> Exercise with Health PRO Heritage👤 10:00 Walking Club👤 1:30 <b>GR</b> Bridge (looking for players) 2:00 <b>T1</b> Painting Class🌿 4:00 <b>GR</b> Social Hour👥	26 10:00 <b>FC</b> Senior Fitness👤 11:00 <b>T1</b> Belmont Village Choir🌿 2:00 <b>T8</b> Brainwell Trivia🌿 3:00 <b>B</b> Ice Cream Social	27 10:00 Walking Club👤 10:00 <b>T8</b> Yoga with Chloe🌿 12:00 <b>Outing (TBA)</b> 2:00 <b>T8</b> Board Games in the House 3:00 <b>SR</b> Documentary	28 10:00 <b>FC</b> Exercise with Health PRO Heritage👤 11:00 <b>SR</b> Jewish Service with Rabbi Perlstein✡ 2:00 <b>T8</b> Mahjong (looking for players) 4:00 <b>GR</b> Happy Hour🎵	29 10:00 Walking Club👤 1:30 Shopping Day with Kevin (Publix, Whole Foods, Fresh Market)🚗 2:30 <b>GR</b> Bridge (looking for players) 3:00 <b>T1</b> Karaoke & Chill
30 10:00 <b>T1</b> Energy Medicine 10:00 St. Pius Church Service† 1:30 Shopping "CVS", "Walgreens"🚗 2:00 <b>T8</b> Bingo 4:00 <b>GR</b> Sunday Showtime🎵	31 10:00 <b>T1</b> Stretch & Meditation with Bea🌿 2:00 <b>SR</b> The Amazing Planet Earth (Documentary)📖 3:00 <b>B</b> Getting to Know You					

## A DAY TO REMEMBER: AUGUST

1) The first U.S. Census is completed. There are four million people in the U.S. in 1790.

2) Wild Bill Hickock is killed during a poker game. He was holding a “Dead Man’s Hand,” two pairs of aces and 8s. (1876)

3) The Nautilus, a nuclear powered submarine is the first submarine to cross the North Pole under water. (1958)

4) Champagne is invented by Dom Perignon. (1693) I’ll drink to that!

5) *Little Orphan Annie* comic strip debuts. (1924)

6) The Atom bomb is dropped on Hiroshima, Japan by the U.S. (1945)

7) The “Order of the Purple Heart” is created by President George Washington (1782)

8) The *Daughters of the American Revolution* organization is created. (1890)

9) Animated cartoon *Dizzy Dishes* premieres, with new star Betty Boop! (1930)

10) The village of Chicago is incorporated. (1833)



## WORLD SENIOR CITIZENS DAY

The history of the World Senior Citizens Day dates back to 1988. It was officially founded by the former President of the United States of America, Ronald Reagan. He had signed, on August 19, 1988, the promulgation of 5847, which appeared on August 21 as National Day of the Third Age. Ronald Reagan was the first to announce the first National Day of the Third Age.

“For all that they have achieved throughout their lives and for all that they continue to do, we owe our gratitude and sincere greetings to our senior citizens. We can show our gratitude and appreciation better by making sure our communities are good places, places where older people can participate as much as possible and find the encouragement,

acceptance, support and services they need to continue living a life of independence and dignity.”

—Ronald Reagan, in his Presidential Proclamation

The main purpose of World Senior Citizens Day is to raise awareness of the condition of older people and to support them throughout the aging process. The day is also recognized for the well-being of the elderly to recognize and appreciate their accomplishments and their participation in society in order to promote their skills and knowledge.

The reason to celebrate this day is to thank elders for everything they have done for their children and to acknowledge them. They sacrifice their entire lives to nurture their relationships.

## NATURE & HEALTH



## ECOPSYCHOLOGY

How long does it take to get a dose of nature high enough to make people say they feel healthy and have a strong sense of well-being?

Precisely 120 minutes.

In a study of 20,000 people, found that people who spend two hours a week in green spaces—local parks or other natural environments, either all at once or spaced over several visits—were substantially more likely to report good health and psychological well-being than those who don't. Two hours was a hard boundary: The study, published last June, showed there were no benefits for people who didn't meet that threshold.

The effects were robust, cutting across different occupations, ethnic groups, people from rich and poor areas, and people with chronic illnesses and disabilities.

"It's well-known that getting outdoors in nature can be good for people's health and well-being, but until now we've not been able to say how much is enough; two hours a week is

hopefully a realistic target for many people, especially given that it can be spread over an entire week to get the benefit.

The study is only the latest in a rapidly expanding area of research that finds nature has robust effects on people's health—physically, mentally, and emotionally.

## TRANSPORTATION

### FRIENDLY REMINDER

Our Concierge is always happy to assist you with your schedules. It is offered within a 10-mile radius of the community.

Please make doctors' appointments on Monday, Wednesday or Friday before 2:00pm.

Give us at least 48-hours' notice. If you have a cancellation, please kindly inform the Concierge.

We appreciate your patience and understanding.

**Concierge (954) 524-8500  
ext. 101**



### Critical Thinking Challenge

**Answers:**

- 1) Caught
- 2) Runs
- 3) Jackets
- 4) Dog
- 5) Magazines

## Josephine's Kitchen

### DINING HOURS

**BREAKFAST:**

Monday-Sunday .... 7:00am-9:00am

**LUNCH:**

Monday-Sunday .. 11:00am-1:00pm

**DINNER:**

Monday-Sunday ... 5:00pm-7:00pm



### RESIDENT BIRTHDAYS

August 2	Priscilla F.
August 4	G. James D.
August 5	Marianne V.
August 10	Harold P.
August 23	Katherine H.

### STAFF BIRTHDAYS

August 2	Justin Piazza
August 9	Nicola Noralus
August 13	Samira Agenor
August 27	Julienne Remy



**NOTE:** The calendar programming on pages 4 and 5 is a sample. Programming will be enhanced with the growing community and positive changes regarding COVID-19.

# THE VILLAGE SCENE



Getting ready to welcome our residents!



Happy Birthday, dear Rene!



Employee COVID-19 Testing



## BELMONT *Village*

SENIOR LIVING

FORT LAUDERDALE

1031 Seminole Drive  
Fort Lauderdale, FL 33304

RCFE License Pending

### 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, Dallas, Fort Lauderdale

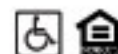
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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