

THE VILLAGE NEWS

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



NOVEMBER 2020

NEWS FROM OUR EXECUTIVE DIRECTOR



Rene Buck, Executive Director

The busy Hurricane Season is nearing its end and the Holiday Season begins. By the time you read this we will likely know the outcome of the election. Whatever the outcome might be, we need some healing as a nation. One of our team values is “we embrace & respect each other’s differences - I pledge to be open minded when listening to others to foster a culture of respect.”

Did you know we cook our meals to order? In contrast to most Senior Living communities who do what is called “batch cooking”; each meal is prepared

after you order it. One smart person once said: “Treat the food you eat like medicine or medicine will become your food.”

Another person said: “Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; it becomes your destiny.” When you think about this, how critical is it that you can trust the information that you are provided and how much power have our news outlets in directing our, our children’s and grandchildren’s future?

With that said, both the food we eat and the information we take in are utterly critical to our well-being. Let us choose well.

This is our first Holiday Season together and I look very much forward to it.



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Welcome Katherine H.



Welcome Dottie J.



Welcome Mary Ann C.

WELCOME TO OUR NEW RESIDENTS



Welcome Doctor Arjun and Sarwath B.



Welcome Wally and June Z.



FIRST AMBASSADOR AT BV FORT LAUDERDALE

Kay A. is our first Ambassador. Since the very first day she moved to our building, her contagious energy and positive spirit brought fresh air to our community. You can see her doing Yoga and Meditation, leading the Walking Club, or hosting the Getting to Know You program. Always willing to help others, she's a real inspiration for all. We feel so honored to count on her to perform the role as an Ambassador. We love you, Kay, and thank you so much for all you do!



LET'S TABLE ALZHEIMER'S



**September 20th to
November 14th, 2020**

Join BV Senior Living in the fight against Alzheimer's disease. A donation of \$20 will earn you a chance to win the elegant table setting (for 6) valued at \$300 and will be displayed on our Table of Hope between September 20th until November 14th, 2020. All raffle proceeds will go to the Alzheimer's Association to help with research and programs benefiting individuals and families who are struggling with this devastating disease. We will notify the winner by Friday, November 20th, 2020. All donations/entries must be submitted by check or online via the Belmont Walk page link:
<http://act.alz.org/goto/BelmontVillageFortLauderdale>
When paying through the link

follow these instructions: Click on the link; go to Donate to the Team; go to the purple Donate Button; select other amount and put \$20; click One Time Donation; in display my name box enter: Let's Table Alzheimer's; add billing and credit card information; then process my information and you are done! If paying by check, please make check payable to the Alzheimer's Association and mail it to Belmont Village Senior Living, 1031 Seminole Dr., Fort Lauderdale, FL 33304, Attention: Stephanie Zeverino For more information email Stephanie Zeverino at szeverino@belmontvillage.com.

NEIGHBORHOOD & CIRCLE OF FRIENDS

Support our Belmont Team for the Alzheimer's Association Walk to End Alzheimer's®, the world's largest event to raise awareness and funds for Alzheimer's care, support and research. Our Walk to End Alzheimer's is on November 21st at 9AM. Our efforts will continue through the month with a variety of events. If you wish to join our team or make a donation visit our personal fundraising page <http://act.alz.org/goto/BelmontVillage>

FortLauderdale or contact Wiggy Memory Support Coordinator.
Fundraiser Events:

Let's Table Alzheimer's: \$20.00 donation will earn you the chance to win a beautiful table setting for six valued at \$300.00.

#ENDALZ Raffle

\$5 for 1 ticket, \$20 for 5 tickets, and \$50 for 15 tickets

1st Drawing- **\$100 Publix**

Gift Card

2nd Drawing- **Dinner for two at Capital Grille**

3rd Drawing Grand Prize- **Apple Watch**

Drawing on November 19

Bingo for a Cause: Receive a Bingo card when you donate \$5.00 to the Alzheimer's Association. Bingo winner will receive a \$50.00 Gift Card. Bingo numbers will be posted daily on Lifeshare.







All Tickets are available with the receptionist.

All proceeds will benefit the Alzheimer's Association to help with research and programs benefiting individuals and families who are struggling with this devastating disease. —Together, we can end Alzheimer's disease!

Friendly reminder:

Our Virtual Caregiver Support Group hosted by Christy Christine meets every Saturday at 1:00PM. This is a great opportunity to build a support system with people who understand and share feelings, needs and concerns.

To register call 1-800-272-3900.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Saints' Day 1 10:00 B News and Reviews 2:30 GR Bridge (Looking for players) 2:30 GR Mah Jong (Looking for players) 3:00 B Coffee and Stories Social 7:00 SR The Classics "Saving Mr. Banks"	2 10:00 T1 Chair Yoga & Meditation 2:00 P5 Getting to Know You 3:00 T1 Painting Class 7:00 SR Evening Movie "The Boys in the Band"	U.S. General Election Day 3 10:00 OA Walking Club 10:30 P Pool Play 2:00 T1 Resident Town Hall 3:00 B Ice Cream Social 7:00 SR Evening Movie "28 Days"	4 10:00 T1 Chair Yoga & Meditation 2:00 T1 Activities Council Meeting 3:00 SR Documentary: "Human Nature" 7:00 SR Evening Movie "Fargo"	5 10:00 OA Walking Club 10:30 P Pool Play 11:00 T1 Jewish Service via Zoom with Rabbi Bentzion Singer 2:00 OT Scenic Trip 7:00 SR Evening Movie "The Lost Husband"	6 10:00 T1 Chair Yoga & Meditation 1:30 T1 BV Choir 3:00 B Cheese and Wine 4:00 T1 Catholic Mass 7:00 SR Evening Movie "Spotlight"	7 10:00 OA Walking Club 1:30 SR Concerts in the House "David Foster: Off the Record" 2:30 GR Bridge (Looking for players) 2:30 GR Mah Jong (Looking for players) 7:00 SR The Classics "Troy"
8 10:00 B News and Reviews 2:30 GR Bridge (Looking for players) 2:30 GR Mah Jong (Looking for players) 3:00 B Coffee and Stories Social 7:00 SR The Classics "One Flew Over the Cuckoo's Nest"	9 10:00 T1 Chair Yoga & Meditation 1:00 L Collecting donations for The United Church of Christ - Contact Beatriz 2:00 T1 Painting Class 3:00 GR Board Games in the House 7:00 SR Evening Movie "Stranger than Fiction"	10 10:00 OA Walking Club 10:30 P Pool Play 2:00 L Bridge (Looking for players) 2:30 T1 Discovery Series Lecture with Health Pro Heritage 3:45 T1 iPhone and Computer Workshop 7:00 SR Evening Movie "Yogi Bear"	Veterans Day 11 10:00 T1 Chair Yoga & Meditation 11:00 JK Veterans Luncheon 2:30 T1 Broward Health Lecture "Mental Health: Depression-Anxiety" with Dr. Maria Fimiani 3:30 T1 Veterans Day Tribute 7:00 SR Evening Movie "My Best Friend's Wedding"	12 10:00 OA Walking Club 10:30 P Pool Play 11:00 T1 Jewish Service via Zoom with Rabbi Bentzion Singer 2:00 OT Scenic Trip 7:00 SR Evening Movie "Django Unchained"	13 National Caregiver Appreciation Day 10:00 T1 Chair Yoga & Meditation 1:30 T1 BV Choir 3:00 B Cheese and Wine 4:00 T1 Catholic Mass 7:00 SR Evening Movie "The Queen"	14 10:00 OA Walking Club 1:30 SR Concerts in the House "Ravel, Piano Concerto in G major" 2:30 GR Bridge (Looking for players) 2:30 GR Mah Jong (Looking for players) 3:00 T1 Kicking Kittens Karaoke 7:00 SR The Classics "The Fiddler on the Roof"
15 10:00 B News and Reviews 2:30 GR Bridge (Looking for players) 2:30 GR Mah Jong (Looking for players) 3:00 B Coffee and Stories Social 7:00 SR The Classics "The Danish Girl"	16 10:00 T1 Chair Yoga & Meditation 2:00 L Book Club - Bring the book you would like to share 3:00 GR Board Games in the House 7:00 SR Evening Movie "The Artist"	17 10:00 OA Walking Club 10:30 P Pool Play 1:30 CS Collecting donations for the Abandoned Pet Rescue Center - Contact Beatriz 2:00 L Bridge (Looking for players) 3:45 T1 iPhone and Computer Workshop 7:00 SR Evening Movie "War Horse"	18 10:00 T1 Chair Yoga & Meditation 2:00 T1 NOVA Southeastern University presents "A Post Election Discussion" Speaker: Peter Levine 3:00 T1 Spin the Wheel Coloring Hour 7:00 SR Evening Movie "Steve Jobs"	19 10:00 OA Walking Club 10:30 P Pool Play 11:00 T1 Jewish Service via Zoom with Rabbi Bentzion Singer 2:00 OT Scenic Trip 7:00 SR Evening Movie "A Serious Man"	20 10:00 T1 Chair Yoga & Meditation 1:30 T1 BV Choir 3:00 B Cheese and Wine 4:00 T1 Catholic Mass 7:00 SR Evening Movie "The Theory of Everything"	21 10:00 OA Walking Club 1:30 SR Concerts in the House "Tchaikovsky Symphony #5" 2:30 GR Bridge (Looking for players) 2:30 GR Mah Jong (Looking for players) 7:00 SR The Classics "The Iron Lady"
22 10:00 B News and Reviews 2:30 GR Bridge (Looking for players) 2:30 GR Mah Jong (Looking for players) 3:00 B Coffee and Stories Social 7:00 SR The Classics "Cookie's Fortune"	23 10:00 T1 Chair Yoga & Meditation 2:00 T1 Painting Class 3:00 GR Board Games in the House 7:00 SR Evening Movie "The Social Network"	24 10:00 OA Walking Club 10:30 P Pool Play 11:00 JK Birthdays of the Month Luncheon 1:30 GR Board Games 2:00 L Bridge (Looking for players) 3:45 T1 iPhone and Computer Workshop 7:00 SR Evening Movie "Dallas Buyers Club"	25 10:00 T1 Chair Yoga & Meditation 2:00 SR Documentary: David Attenborough "A life on our planet"  3:30 T1 Spin the Wheel Coloring Hour 7:00 SR Evening Movie "Stardust"	26 Thanksgiving 10:00 OA Walking Club 10:30 P Pool Play 11:00 T1 Jewish Service via Zoom with Rabbi Bentzion Singer 11:00 JK Thanksgiving Luncheon 7:00 SR Evening Movie "Wildlife"	27 Black Friday 10:00 T1 Chair Yoga & Meditation 1:30 T1 BV Choir 3:00 B Cheese and Wine 4:00 T1 Catholic Mass 7:00 SR Evening Movie "Quartet"	28 10:00 OA Walking Club 1:30 SR Concerts in the House "Andre Rieu - Love in Venice" 2:30 GR Bridge (Looking for players) 2:30 GR Mah Jong (Looking for players) 7:00 SR The Classics "West Side Story"
29 10:00 B News and Reviews 2:30 GR Bridge (Looking for players) 2:30 GR Mah Jong (Looking for players) 3:00 B Coffee and Stories Social 7:00 SR The Classics "Les Miserables"	30 10:00 T1 Chair Yoga & Meditation 2:00 T1 Painting Class 3:00 GR Board Games in the House 7:00 SR Evening Movie "The Lincoln Lawyer"					

EMPLOYEE OF THE MONTH

Dominique Cordero was born on June 24, 1990 and raised right here in South Florida. She has a 10-year-old daughter (Jaida) and an 8-year-old son (Jionni). She loves to watch football in her spare time and her favorite thing to do is snowboarding in Aspen every spring!

Growing up, she wanted to become a detective or a lawyer. After her father had a stroke when she was 15 years old, she knew that she wanted to become a nurse.

She loves to care for others. She likes to show the residents her love and compassion, all while she makes sure that their medical needs are met and their quality of life is sustained.

She loves what she does, and has plans to further her education and one day become a brain surgeon.

She loves to wake up every morning and come to work. She speaks highly about her co-workers and our amazing company Belmont Village, who gave her such a great opportunity. She's so excited to grow within the Belmont community and create lifelong memories.

Very well deserved to be our Employee of the Month, dear Dominique!



COMMUNITY SERVICE PROJECT

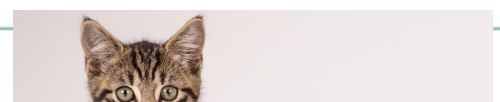
We need your help to support the Abandoned Pet Rescue Center of Fort Lauderdale. With your donations, our four-legged friends will benefit greatly. This organization does an incredible job taking care of the animals abandoned in the streets.

You can donate boxed or canned food for dogs or cats; plain food is recommended with no coloring added. Old blankets or towels are also needed; toys are welcome.

We do not accept cash or checks.

Beatriz will be collecting your donations on Tuesday, November 17th in the Library at 1:30 PM.

Let's work together for a wonderful cause helping animals in need!



NATURE & HEALTH

What Is a Dietary Supplement?

Dietary supplements are substances you might use to add nutrients to your diet or to lower your risk of health problems, like osteoporosis or arthritis. Dietary supplements come in the form of pills, capsules, powders, gel tabs, extracts, or liquids. They might contain vitamins, minerals, fiber, amino acids, herbs or other plants, or enzymes. Sometimes, the ingredients in dietary supplements are added to foods, including drinks. A doctor's prescription is not needed to buy dietary supplements.

What Are Antioxidants?

You might hear about *antioxidants* in the news. These are natural substances in food that might help protect you from some diseases. Here are some common sources of antioxidants that you should be sure to include in your diet:

- **Beta-carotene**—Fruits and vegetables that are either dark green or dark orange
- **Selenium**—Seafood, liver, meat, and grains
- **Vitamin C**—Citrus fruits, peppers, tomatoes, and berries
- **Vitamin E**—Wheat germ, nuts, sesame seeds, and canola, olive, and peanut oils

Right now, research results suggest that large doses of supplements with antioxidants will not prevent chronic diseases such as heart disease or diabetes. In fact, some studies have shown that taking large doses of some antioxidants could be harmful. Again, it is best to check with your doctor before taking a dietary supplement.



TRANSPORTATION

Belmont Village encourages our residents to maintain their active lifestyles. We provide complimentary scheduled transportation, or arrange transportation to local physicians' offices, drug stores, grocery stores and other retail locations within a **10-mile radius**.

Please visit the Front Desk to sign up for all scheduled transportation. There may be an additional charge for transportation to some events.

Front Desk (954) 524-8500



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



Nov. 28

Arjun B.

STAFF BIRTHDAYS

Nov. 4

Tyesha Abrams

Nov. 18

Yolande Bernard

Nov. 23

Jasett Whyte

Nov. 26

Lisa Baschus



WELCOME OUR NEW STAFF!

Christopher Cramer

Jennie Gardner

Lorenz Zuercher

Jane Salna

Martine Chamblin

Coming soon: Avion Smith and Bianca Anderson



Yoga & Meditation every Monday, Wednesday and Friday at 10:00 am.



Our wonderful Kay A., First Ambassador at BV.



Welcome Chef Christopher Cramer!



Creative Art Class



Health Pro Meet and Greet Party



Walking Club

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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