

# THE VILLAGE NEWS

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



DECEMBER 2020

## NEWS FROM OUR EXECUTIVE DIRECTOR



*Rene Buck, Executive Director*

It is hard to believe that this is the last Newsletter for 2020. The election is over but the pandemic is still here, and while we are fatigued of Covid-19, it is essential to continuously conduct yourself accordingly. Enjoy low Covid-19 risk events and avoid high-risk events.

I certainly look forward to a New Year in the hope it will bring positive changes to our lives. Maybe we can hug again at some point or simply shake hands. Regardless of what happens, I feel blessed to share 2021 with residents, family members and our associates.

While we are certainly not perfect, it is wonderful to get compliments from residents and family members alike on how caring and supportive our associates are.

For Thanksgiving Day and Christmas Eve, we have decided to provide a wonderful feast for lunch and deliver the dinner meal to your apartment in the afternoon so that the dining staff can spend some time with their loved ones for the dinner time.

As Belmont Village has a no-tipping policy, this is the season to recognize our hourly employees through a contribution to the Employee Appreciation Fund. At year-end, our drivers, concierge team, enrichment leaders, servers, cooks, dishwashers, housekeepers, nurses and PALS will be thanked for the compassion, dedication, and great service provided. Managers do not participate in the Employee Appreciation Fund.

If you are wondering how much to give, some residents donate \$1 for each day that they have lived here, and others give 10% of one month's rent. Some give more and some give less — it is really up to you.

## STAFF DIRECTORY

### **Rene Buck**

Executive Director  
(954) 390-0302

[rbuck@belmontvillage.com](mailto:rbuck@belmontvillage.com)

### **Theresa Szpila, RN**

Dir. of Resident Care Services  
(954) 390-0309

[tszpila@belmontvillage.com](mailto:tszpila@belmontvillage.com)

### **Justin Piazza**

Building Engineer  
(954) 390-0305

[jpiazza@belmontvillage.com](mailto:jpiazza@belmontvillage.com)

### **Stephanie Zeverino**

Director of Business Development  
(786) 459-5128

[szeverino@belmontvillage.com](mailto:szeverino@belmontvillage.com)

### **Christy Christine**

Community Relations  
(954) 390-0307

[cchristine@belmontvillage.com](mailto:cchristine@belmontvillage.com)

### **Jane McKenna**

Community Relations  
(954) 390-0308

[jmckenna@belmontvillage.com](mailto:jmckenna@belmontvillage.com)

### **Lori Aronson**

HR Generalist  
(954) 390-0303

[laronson@belmontvillage.com](mailto:laronson@belmontvillage.com)

### **Christopher Cramer**

Chef Manager  
(954) 390-0306

[ccramer@belmontvillage.com](mailto:ccramer@belmontvillage.com)

### **John Daly**

Dining Room Manager  
(954) 390-0329

[jdaly@belmontvillage.com](mailto:jdaly@belmontvillage.com)

### **Wigdely Schneider**

Memory Program Coordinator  
(954) 390-0321

[wschneider@belmontvillage.com](mailto:wschneider@belmontvillage.com)

### **Beatriz Alcantara**

Activity Program Coordinator  
(954) 390-0304

[balcantara@belmontvillage.com](mailto:balcantara@belmontvillage.com)

## NEWS FROM OUR EXECUTIVE DIRECTOR (CONTINUES)

We know the cost of living affects all of us, so please do what you can. Please make your donation in the form of a check (no cash), written to Belmont Village. A note on the memo line stating “Staff Holiday Fund” is much appreciated.

From these donations, a Visa gift card, not cash, will be given to the non-management staff members. Amounts are based on employees’ hours worked. Please give your donations to Rene Buck, Executive Director, by Monday, December 7th, 2020, or mail them to: Rene Buck; Belmont Village Fort Lauderdale; 1031 Seminole Dr.; Fort Lauderdale, FL 33304.

I wish us all a wonderful Holiday Season and Great New Year! Cheers!



## CIRCLE OF FRIENDS & NEIGHBORHOOD



## VETERANS DAY



## CIRCLE OF FRIENDS & NEIGHBORHOOD

'Tis the season to be jolly and we at Belmont Village have planned a variety of festivities that will keep your loved ones engaged and in the holiday spirit. Here is a list of some of the fun programs planned for the month of December: tree decorating, holiday cookie bake-off, gingerbread houses contest, holiday happy hour with a special visit from the North Pole, Christmas movie Saturday, cookies and hot cocoa party, Christmas caroling, Hanukkah Happy hour, Hanukkah traditions discussion, Dreidel activity, latkes cooking class, Christmas gift exchange party and Good-Bye 2020 champagne toast. Our dedicated staff will strive to ensure that your loved ones have a season filled with joy and laughter.

Below are some suggestions that can help you make the best of this holiday season with your loved one.

### Tips to Make the Most of Your Holiday

Festivities can agitate, confuse, or overstimulate people with cognitive disorders or memory impairment. Additionally, the holidays may make caregivers feel anxious, frustrated, or lonely. To avoid these unpleasant feelings, make a plan for the celebration, communicate effectively, and

ensure everyone involved is on the same page.

### Accommodating Your Traditions

Individuals with cognitive disorders like dementia or Alzheimer's disease may be hesitant to engage in the high-energy hustle and bustle of the holiday season. Many of these residents depend on a daily routine for mental stability. Finding out what these routines entail is a great way to keep residents as comfortable as possible during the holidays.

Some people with dementia enjoy festive events, but others are easily rattled by changes in routine, loud noise, or crowds.

If your loved one is likely to get agitated, it might be better to have a quiet mini-celebration in her/his room or just have a regular visit.

If your family is planning to spend the holidays in a setting that is unfamiliar to the resident, it is smart to have a backup plan for leaving early with the resident if needed. Individuals suffering from dementia or Alzheimer's can fatigue quickly and may request returning home.

Planning a smaller gathering or celebration earlier in the day could make the day more successful for the resident. Be cognizant that your loved one may not actively participate in activities the way they did previously.

They may find more amusement in just observing activities and celebrations, and that's okay.








A key to planning holiday events with someone with dementia is to keep things as simple as possible, but find ways to include them.

Determine some things your loved one can do and make sure they are included in these opportunities.

### Try these festive activity suggestions:

- Decorate their apartment together – get a mini tree, use garland to make a tree-shaped outline on the wall and tape ornaments onto it, put a few decorative items around the room, or hang a wreath on the door
- Help them think of and purchase gifts for family members (especially grandkids) and then wrap them together
- Arrange a family visit and open presents together – it's more fun when the whole group has presents to open
- For family living far away, arrange video chats so they can have virtual visitors
- Sing along with or listen to holiday songs together
- Watch a holiday-themed movie
- Work on a holiday-themed puzzle or a fun coloring page



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>National Pearl Harbor Remembrance Day</b> December 7th</p> <p><b>We Will Never Forget</b></p>	 <p><b>Happy Hanukkah!</b></p>	<p>9:50 <span>OA</span> Walking Club                      10:30 <span>P</span> Pool Play                      2:00 <span>T1</span> Resident Town Hall                      3:00 <span>B</span> Ice Cream Social                      7:00 <span>SR</span> Evening Movie "Rebecca"</p>	<p>10:00 <span>T1</span> Chair Yoga &amp; Meditation                      2:00 <span>T1</span> Activities Council Meeting                      3:00 <span>SR</span> Documentary                       7:00 <span>SR</span> Evening Movie "Morning Glory"</p>	<p>9:50 <span>OA</span> Walking Club                      10:30 <span>P</span> Pool Play                      11:00 <span>T1</span> Jewish Service via Zoom with Rabbi Bentzion Singer                      2:00 <span>T1</span> Chit Chat with the Chef                      7:00 <span>SR</span> Evening Movie "The Addams Family"</p>	<p>10:00 <span>T1</span> Chair Yoga &amp; Meditation                      1:30 <span>L</span> Coloring for fun                      3:00 <span>B</span> Cheese and Wine                      4:00 <span>T1</span> Catholic Mass                      7:00 <span>SR</span> Evening Movie "5 Flights Up"</p>	<p>10:00 <span>OA</span> Walking Club                      1:30 <span>SR</span> Concerts in the House                      2:30 <span>GR</span> Bridge (Looking for players)                      2:30 <span>GR</span> Mah Jong (Looking for players)                      7:00 <span>SR</span> The Classics "Wild Oats"</p>
<p>10:00 <span>B</span> News and Reviews                      2:30 <span>GR</span> Bridge (Looking for players)                      2:30 <span>GR</span> Mah Jong (Looking for players)                      3:00 <span>B</span> Coffee and Stories Social                      7:00 <span>SR</span> The Classics "Back to the Future"</p>	<p>10:00 <span>T1</span> Chair Yoga &amp; Meditation                      2:00 <span>P5</span> Getting to Know You                      3:00 <span>T1</span> Painting Class                      7:00 <span>SR</span> Evening Movie "Fisherman's Friends"</p>	<p>9:50 <span>OA</span> Walking Club                      10:30 <span>P</span> Pool Play                      2:00 <span>L</span> Bridge (Looking for players)                      2:30 <span>T1</span> Discovery Series Lecture with Health Pro Heritage                      7:00 <span>SR</span> Evening Movie "What a Girl Wants"</p>	<p>10:00 <span>T1</span> Chair Yoga &amp; Meditation                      2:30 <span>T1</span> Broward Health Lecture "Vision and Hearing Loss" Speaker Dr. Daniel Gologorsky                      3:00 <span>GR</span> Board Games in the House                      7:00 <span>SR</span> Evening Movie "Ghosts of Girlfriends Past"</p>	<p>Hanukkah Starts at Sundown                      9:50 <span>OA</span> Walking Club                      10:30 <span>P</span> Pool Play                      11:00 <span>T1</span> Jewish Service via Zoom with Rabbi Bentzion Singer                      2:00 <span>OT</span> Scenic Trip                      7:00 <span>SR</span> Evening Movie "Like Father"</p>	<p>10:00 <span>T1</span> Chair Yoga &amp; Meditation                      1:30 <span>L</span> Coloring for fun                      3:00 <span>B</span> Cheese and Wine                      4:00 <span>T1</span> Catholic Mass                      7:00 <span>SR</span> Evening Movie "Big Stone Gap"</p>	<p>10:00 <span>OA</span> Walking Club                      1:30 <span>SR</span> Concerts in the House                      2:30 <span>GR</span> Bridge (Looking for players)                      2:30 <span>GR</span> Mah Jong (Looking for players)                      7:00 <span>SR</span> The Classics The Graduate"</p>
<p>10:00 <span>B</span> News and Reviews                      2:30 <span>GR</span> Bridge (Looking for players)                      2:30 <span>GR</span> Mah Jong (Looking for players)                      3:00 <span>B</span> Coffee and Stories Social                      7:00 <span>SR</span> The Classics "The Count of Monte Cristo"</p>	<p>10:00 <span>T1</span> Chair Yoga &amp; Meditation                      2:00 <span>T1</span> Painting Class                      3:00 <span>GR</span> Board Games in the House                      7:00 <span>SR</span> Evening Movie "The Story of Us"</p>	<p>9:50 <span>OA</span> Walking Club                      10:30 <span>P</span> Pool Play                      1:30 <span>CS</span> Collecting donations for the Abandoned Pet Rescue Center - Contact Beatriz                      2:00 <span>GR</span> Board Games                      2:00 <span>L</span> Bridge (Looking for players)                      7:00 <span>SR</span> Evening Movie "Casper"</p>	<p>10:00 <span>T1</span> Chair Yoga &amp; Meditation                      2:00 <span>T1</span> OSHER Lecture (TBA)                      7:00 <span>OT</span> BV Santa Ride to Tradewinds Park &amp; Stables Group 1                      7:00 <span>SR</span> Evening Movie "Holiday in the Wild"</p>	<p>9:50 <span>OA</span> Walking Club                      10:30 <span>P</span> Pool Play                      11:00 <span>T1</span> Jewish Service via Zoom with Rabbi Bentzion Singer                      2:00 <span>OT</span> Scenic Trip                      7:00 <span>SR</span> Evening Movie "Dolly Parton Heartstrings"</p>	<p>10:00 <span>T1</span> Chair Yoga &amp; Meditation                      1:30 <span>L</span> Coloring for fun                      3:00 <span>B</span> Cheese and Wine                      4:00 <span>T1</span> Catholic Mass                      7:00 <span>SR</span> Evening Movie "Always"</p>	<p>10:00 <span>OA</span> Walking Club                      1:30 <span>SR</span> Concerts in the House                      2:30 <span>GR</span> Bridge (Looking for players)                      2:30 <span>GR</span> Mah Jong (Looking for players)                      7:00 <span>SR</span> The Classics "Lilies of the Field"</p>
<p>10:00 <span>B</span> News and Reviews                      2:30 <span>GR</span> Bridge (Looking for players)                      2:30 <span>GR</span> Mah Jong (Looking for players)                      3:00 <span>B</span> Coffee and Stories Social                      7:00 <span>SR</span> The Classics "The Old Man and the Sea"</p>	<p>10:00 <span>T1</span> Chair Yoga &amp; Meditation                      2:00 <span>L</span> Book Club - Bring the book you would like to share                      3:00 <span>T1</span> Painting Class                      7:00 <span>OT</span> BV Santa Ride to Tradewinds Park &amp; Stables Group 2                      7:00 <span>SR</span> Evening Movie "Carol"</p>	<p>9:50 <span>OA</span> Walking Club                      10:30 <span>P</span> Pool Play                      2:00 <span>GR</span> Board Games                      2:00 <span>L</span> Bridge (Looking for players)                      3:30 <span>GR</span> Ho Ho Ho Xmas Party                      7:00 <span>SR</span> Evening Movie "The Nutcracker and the Four Realms"</p>	<p>10:00 <span>T1</span> Chair Yoga &amp; Meditation                      2:00 <span>SR</span> Documentary                       2:30 <span>B</span> Xmas Cookies Decorations                      7:00 <span>SR</span> Evening Movie "The Grinch Stole Christmas"</p>	<p>9:50 <span>OA</span> Walking Club                      10:30 <span>P</span> Pool Play                      11:00 <span>T1</span> Jewish Service via Zoom with Rabbi Bentzion Singer                      7:00 <span>SR</span> Christmas Concert with Andre Rieu "Home for Christmas"</p>	<p>Christmas                      11:00 <span>JK</span> Christmas Luncheon                      2:30 <span>SR</span> Bach, Christmas Oratorio                      4:00 <span>T1</span> Catholic Mass                      7:00 <span>SR</span> Evening Movie "The Christmas Chronicle"</p>	<p>10:00 <span>OA</span> Walking Club                      1:30 <span>SR</span> Concerts in the House                      2:30 <span>GR</span> Bridge (Looking for players)                      2:30 <span>GR</span> Mah Jong (Looking for players)                      7:00 <span>SR</span> Evening Movie "The Guernsey Literary &amp; Potato Peel Pie Society"</p>
<p>10:00 <span>B</span> News and Reviews                      2:30 <span>GR</span> Bridge (Looking for players)                      2:30 <span>GR</span> Mah Jong (Looking for players)                      3:00 <span>B</span> Coffee and Stories Social                      7:00 <span>SR</span> The Classics "Breakfast at Tiffany's"</p>	<p>10:00 <span>OA</span> Walking Club                      2:00 <span>T1</span> Coloring for fun                      3:00 <span>GR</span> Board Games in the House                      7:00 <span>SR</span> Evening Movie "Silver Linings Playbook"</p>	<p>9:50 <span>OA</span> Walking Club                      10:30 <span>P</span> Pool Play                      11:00 <span>JK</span> Birthdays of the Month Luncheon                      2:00 <span>GR</span> Board Games                      2:00 <span>L</span> Bridge (Looking for players)                      7:00 <span>SR</span> Evening Movie "The Music of Silence"</p>	<p>10:00 <span>T1</span> Chair Yoga &amp; Meditation                      2:00 <span>SR</span> Documentary                       3:00 <span>GR</span> Board Games in the House                      7:00 <span>SR</span> Evening Movie "Judy"</p>	<p>9:50 <span>OA</span> Walking Club                      10:30 <span>P</span> Pool Play                      11:00 <span>T1</span> Jewish Service via Zoom with Rabbi Bentzion Singer                      2:00 <span>OT</span> Scenic Trip                      7:00 <span>GR</span> New Year's Party</p>		

## EMPLOYEE OF THE MONTH

Relatively new to the Sunshine State, Jade Gray relocated to Fort Lauderdale almost 2 years ago. She is 24 years old and her hometown is Winston-Salem in North Carolina. Jade spent much of her early life dancing! She devoted the most time to ballet and pointe. One of her fondest memories was dancing in annual performances of *The Nutcracker*. She was not only a classical dancer, but also enjoyed tap, jazz and lyrical dance.

In high school, following an unfortunate injury which ended her dancing career, Jade was able to focus on her interest in the medical field. She earned her CNA (Certified Nurse's Assistant) license in high school. In preparation for college she also dual-enrolled in many college courses.

Once in college, Jade found her niche in the Psychology department. In 2018, she graduated from Appalachian State University with a Bachelor's degree in Psychology.

Her college town is nestled in Boone, NC, in the Blue Ridge Mountains. During her time there, she enjoyed kayaking, tubing, hiking and biking! She thrived in and thoroughly enjoyed her courses and professors. Discovering the power and value in research, Jade studied Research Methodology for 2 years and later became a Research Assistant.

At Belmont, Jade serves as Enrichment Leader, and the values



### Employee of the month

of the Whole Brain Fitness model align with her personal values: to be a lifelong learner, and enjoy a healthy, active, and fulfilled life!

It is an honor for all of us to have you as part of the Belmont Village family, and we wish you all the best and success in your life.

Way to go, Jade, Bravo!

## WELCOME TO OUR NEW RESIDENTS



Welcome Jackie C.



Welcome Joel C.



Welcome Marie Rose Z.

## NATURE & HEALTH EASY TIPS TO STAY HEALTHY DURING THE HOLIDAYS

### Enjoy in moderation:

Grandma's fudge is a family tradition, and your coworker's cookies are calling you from the break-room. Indulging a little won't hurt — so lighten up! No, we mean that literally. Enjoy holiday treats in smaller portions, make healthy substitutions where you can, and plan ahead for merry meals that are healthy, too.

### Include lots of seasonal, colorful fruits and vegetables:

Do you decorate for the holidays with a lot of color? Treat your plate the same way. Fruits and vegetables will add flavor, color and nutrients to holiday favorites. And they help you feel fuller longer so you can avoid the temptation to overeat.

### Slash unwanted calories with easy swaps and substitutions:

Learn where excess calories, sodium, saturated fat and added sugars are hiding in traditional holiday foods and beverages, and some easy swaps to avoid them. Our guide will show you how.

### Navigate holiday parties like a boss:

From the obligatory workplace parties to family get-togethers, your calendar may be bursting with

opportunities to eat and drink outside of your regular routine. Make a plan that will help you resist plowing through the buffet table, like having a healthy snack beforehand.

### Sprinkle in opportunities to be active:

Keep the inevitable indulgences in check by staying active. Enjoy some winter sports for a change of pace, or schedule in a quick walk or workout before you head to the next party.



## 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**



## 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

### STAFF BIRTHDAYS



December 1	Stephanie Zeverino
December 6	Beatriz Alcantara
December 12	Jeanfritz Auguste
December 18	Patricia McGhan
December 28	Theresa Szpila
December 31	Josette St.Fleur

### WELCOME OUR NEW STAFF!

Daisy Riley, Cook  
Stacey Beckford, LPN  
Malika Moore-Sabir, PAL  
Stacian Christie, PAL  
Bianca Anderson, Cook  
Avion Smith, Server  
Guichena Metellus, PAL  
Lorenz Zuercher, Server





*US Army Private First Class John Bradley*



*US Army Private First Class MP Anthony Caruso*



*US Navy Captain Arjun Bhattacharya*

# 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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