

THE VILLAGE NEWS



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

DECEMBER 2020

JEANNE'S JOURNAL

This will be the last time that I write my article for this newsletter. Now that I have your attention, let me explain. This will be the last newsletter in this particular format. While our previous format has served us well, it is time for a change. At the request of many, we are taking our newsletter digital! Beginning in January, our residents and family members will enjoy a fresh, new modern newsletter and calendar through an app called "Spectrio Share." This app will even be available on your smartphone for free!

For our residents who do not have smartphones, they will continue to have access to calendars and schedules at the community. This exciting new platform will allow family members to see activity participation, view live schedule updates, communicate with their loved ones at Belmont Village and much more! We are truly excited about the new changes and look forward to sharing them with you.

With this being my last opportunity to write in this format, I do want to share with you a final thought for 2020. On behalf of the Belmont Village team, thank you for the

incredible kindness and graciousness you have extended to us, especially this year. Without a doubt, it has been an extraordinarily challenging year for everyone. While the feeling of uncertainty has had a strong presence, your thoughtfulness has never once wavered. As a team, our goal at Belmont Village has always been to provide our residents and their families with a loving environment where everyone can flourish. We remain committed to our goal and your kindness continues to fuel us.

There are many changes this year to what we do and how we do it and the holiday season is no exception. However you celebrate this year, please be safe. We wish you blessings today and all throughout the holidays. On behalf of everyone at our community, thank you.



MANAGEMENT TEAM

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SNOW MOTION

Q: How does a snowman get to work?

A: By icicle.

EMPLOYEE B-DAYS

12/1	Oumer O.
12/4	Janay H.
12/5	Guadalupe P.
12/6	Nicole M.
12/7	Amor I.
12/7	Alicia G.
12/10	Edith N.
12/11	Diana P.
12/16	Catherine W.
12/16	Elvira I.
12/19	Ewelina P.
12/24	Jasmin H.
12/25	Jennifer K.
12/28	Claudia H.
12/30	Jordan M.
12/30	Michelle P.

.....
Congratulations!
.....

EMPLOYEE ANNIVERSARIES

19 years	Karen M.
18 years	Chetna T.
10 years	Lisa H.
10 years	Sunila Z.
5 years	Evangeline S.
4 years	Emelyn N.
2 years	Daryl P.

SANTA CANDY GRAMS

At no charge, families and friends can order a Santa candy gram for residents by calling our Concierge.
(630) 510 - 1515.

Order and delivery dates
December 1st - 21st



HAPPY BIRTHDAYS

RESIDENTS

12/3	Judith Bruhns
12/7	Carol Bonus
12/11	Sharon Burke
12/18	James Knox Williams
12/20	John Mullaghy
12/22	Richard Terlep
12/25	Russel Wagner
12/27	Joanne Albright
12/28	Frank Sweeney
12/29	Carole Payne

BIRTHDAY LUNCH

Residents' birthdays are special, and we celebrate them with a special lunch and a banana split!

WEDDING ANNIVERSARY

Celebrating 59 years together!
Barb and Rich Terlep
December 26

Welcome New Residents

Maristell Brooke - #145
Nancy Claus - #123
Rosalie Oliver - #142

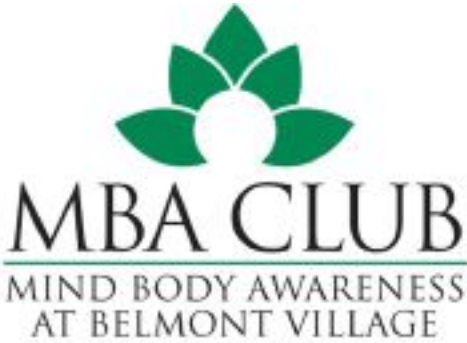
We are glad to have you as a part of our Belmont family and for us to be a part of your family. As a token of our appreciation, a small gift will be delivered to your apartment every day during your first 10 days. Enjoy!

NEWCOMERS MEET AND GREET

Meet new neighbors and share life stories over pizza and beverage. Bring a photo to share and enjoy getting to know your new Belmont friends.

Wednesday, December 9
2:15 pm
Josephine's Kitchen





Theme: 12 Days of Christmas

Twelve days of Christmas themed programming leading up to Christmas Eve.

Assisted-Living residents are invited to participate in the MBA programs listed below.



1st Day - December 1

Culinary - Gingerbread Houses

2nd Day - December 3

Arts - Watercolor Pine Trees

3rd Day - December 5

Language - Spanish Christmas

4th Day - December 7

Cultural - Christmas in Africa

5th Day - December 8

Spiritual - Hanukkah

6th Day - December 10

Physical - Ballet Balance

7th Day - December 14

Mental - Holiday Think Tank

8th Day - December 15

Horticulture - Holiday Greens

9th Day - December 16

Mental - Name that Tune

10th Day - December 20

Spiritual - Gift of the Magi

11th Day - December 21

Physical - Jingle Bell Rock

12th Day - December 23

Social - 12 Days of Christmas



CELEBRATING EPIPHANY

Jan. 6, which is Epiphany, is also called Three Kings' Day or Twelfth Day, since it falls **12 days after Christmas**. This holiday celebrates the day the Magi (the three kings or wise men) visited the Christ child and presented him with gold, frankincense and myrrh. The word "epiphany" means "manifestation" or "revelation," referring to the revealing of Christ's divinity to the world.



12TH DAY OF CHRISTMAS LUNCHEON

Our MBA Assisted Living Residents who attend 8 or more of the listed "12 Days of Christmas" programs will be invited to attend a luncheon catered by Maciano's Restaurant on the 12th day of Christmas.

Wednesday, January 6th

11:30 am

Town Hall

Spiritual Corner

Catholic Service Viewing

Sundays @ 11:00 am
Town Hall

Catholic Service Viewing

Sundays Channel 119

7 am-8 am

11 am-12 pm

6 pm-7 pm

Holy Name Cathedral

Sundays 9:30-10:00 - Channel 7

Mercy Home for Boys

Sundays 9:30-10:00 - Channel 9

Service with Resident Father

Richard

Sundays, 10:15 a.m., Library

Daily Reflections w/resident leader

Tuesdays, 10:30 a.m. - Library

Rosary with Resident Barb I.

Fridays, 10:30 a.m. Library

Inspirational Readings



Sundays 6:15 pm

TRANSPORTATION SERVICE

Our complimentary, 7-mile radius transportation service to medical appointments can be arranged by submitting a **Transportation Request Form** with our Concierge. Appointment days are Monday, Wednesday, Thursday and Friday: 9:00 am-2:30 pm.

Please arrange transportation 48 hours in advance.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MBA CLUB MIND BODY AWARENESS AT BELMONT VILLAGE	MBA CLUB for - Mind Body Awareness * Self directed, research based program for more active residents * Residents choose from designated, brain healthy foods on our menu * Brain and body boosting activities noted on daily calendars so residents can make smart choices * Residents can set and track personal goals	1st Day of Christmas Program 1 8:00 Order Your Santa Candy Grams today through December 21 9:30 TH & 10:15 Tai Chi Exercise 🌿 10:30 L Daily Reflection † 1:30 B Fresh Floral Vases 🌿 2:00 JK Culinary - Gingerbread Houses 🌿 3:30 3H Walking Fitness Club 6:15 GR Trivia Tidbits	2 9:30 TH & 10:15 Paxxon Flex Fit 🌿 10:00 TH & 10:15 Wacky Word Fitness 2:00 JK Merry Mixer Wine & Cheese ✓ 3:30 3H Walking Fitness Club 6:15 GR 3 Card Bingo	2nd Day of Christmas Program 3 9:30 TH & 10:15 Boxing Moves 🌿 10:00 TH 10:15 Who, What or Where Am I? 2:00 JK Art Class - Pine Tree Watercolors 🌿 3:30 3H Walking Fitness Club 6:00 Virtual Resident and Family Support Group 6:15 GR Search and Find	4 9:30 TH & 10:15 Therapy Fitness 🌿 10:30 L Rosary with Resident Leader Barb † 1:30 TH Parkinson's Exercise 3:00 GR Chronicle "Extra" Fitness with Concierge 3:30 3H Walking Fitness Club 6:15 GR Food for Thought Search	3rd Day of Christmas Program 5 9:00 GR Daily Chronicle 9:30 TH & 10:15 Weekend Fitness 3:00 GR Spanish Christmas Word Search Translation 🌿 3:30 3H Walking Fitness Club 6:00 B Holiday Movie - "Elf"
6 10:15 L Service with Father Richard 1:30 TH Chicago Symphony Orchestra □ 3:00 GR 3-card Bingo 3:30 3H Walking Fitness Club 6:15 GR Inspirational Short Story †	4th Day of Christmas Program 7 9:30 TH & 10:15 Sit & Weight(s) 🌿 10:00 TH & 10:15 Morning Mad Libs 1:30 JK Think Tank Booklets 🌿 2:30 TH Cultural - Christmas Ministry in Africa with Mr. & Mrs. Skinner 🌿 3:30 3H Walking Fitness Club 6:15 GR Word Mining	5th Day of Christmas Program 8 9:30 TH & 10:15 Tai Chi Exercise 🌿 10:30 L Daily Reflection † 1:30 B Fresh Floral Vases 🌿 2:30 GR Spiritual - What is Hanukkah? 🌿 3:30 3H Walking Fitness Club 6:15 GR Trivia Tidbits	9 8:00 Carol Stream Library Book Bags Due 9:30 TH & 10:15 Paxxon Flex Fit 🌿 10:00 TH & 10:15 Wacky Word Fitness 10:30 TH Paxxon Educational Presentation 📺 2:00 JK Newcomer's Wine & Cheese Social ✓ 3:30 3H Walking Fitness Club 6:15 GR 3 Card Bingo	6th Day of Christmas Program 10 9:30 TH & 10:15 Boxing Moves 🌿 10:00 TH 10:15 Who, What or Where Am I? 1:30 TH Ballet Balance to the Nutcracker 🌿 2:30 TH TED Talks "Can You Solve This Riddle" □ 3:30 3H Walking Fitness Club 6:15 GR Search and Find	11 9:30 TH & 10:15 Therapy Fitness 🌿 10:30 L Rosary with Resident Leader Barb † 1:30 TH Parkinson's Exercise 3:00 GR Chronicle "Extra" Fitness with Concierge 3:30 3H Walking Fitness Club 6:15 GR Food for Thought Search	12 9:00 GR Daily Chronicle 9:30 TH & 10:15 Weekend Fitness 3:00 GR Spanish Word Search Translation 3:30 3H Walking Fitness Club 6:00 B Holiday Movie - "A Christmas Story"
13 10:15 L Service with Father Richard 1:00 TH The Nutcracker and Champagne Cocktails ♥ 3:00 GR 3-card Bingo 3:30 3H Walking Fitness Club 6:15 GR Inspirational Short Story †	7th Day of Christmas Program 14 9:30 TH & 10:15 Sit & Weight(s) 🌿 10:00 TH & 10:15 Morning Mad Libs 1:30 JK Mental - Holiday Think Tank 🌿 2:30 JK Chat with the Chef Demo 📺 3:30 3H Walking Fitness Club 6:15 GR Word Mining	8th Day of Christmas Program 15 9:30 TH & 10:15 Tai Chi Exercise 🌿 10:30 L Daily Reflection † 1:30 B Horticulture - Fresh Christmas Greenery Arrangement 🌿 2:00 JK December Jeopardy 🌿 3:30 3H Walking Fitness Club 6:15 GR Trivia Tidbits	9th Day of Christmas Program 16 9:30 TH & 10:15 Paxxon Flex Fit 🌿 10:00 TH & 10:15 Wacky Word Fitness 2:00 JK Name that Holiday Song Wine & Cheese Social 🌿 3:30 3H Walking Fitness Club 6:15 GR 3 Card Bingo	17 9:30 TH & 10:15 Boxing Moves 🌿 10:00 TH 10:15 Who, What or Where Am I? 2:00 TH Zoom Book Club "Red Bird Christmas" □ 3:30 3H Walking Fitness Club 6:00 Virtual Resident and Family Support Group □ 6:15 GR Search and Find	18 9:30 TH & 10:15 Therapy Fitness 🌿 10:30 L Rosary with Resident Leader Barb † 1:30 TH Parkinson's Exercise 3:00 GR Chronicle "Extra" Fitness with Concierge 3:30 3H Walking Fitness Club 6:15 GR Food for Thought Search	19 9:00 GR Daily Chronicle 9:30 TH & 10:15 Weekend Fitness 3:00 GR Spanish Word Search Translation 3:30 3H Walking Fitness Club 6:00 B Holiday Movie - "Christmas in Connecticut"
10th Day of Christmas Program 20 10:15 L Service with Father Richard 1:30 TH Harry Connick Jr. Holiday Show 3:00 GR 3-card Bingo 3:30 3H Walking Fitness Club 6:15 GR Spiritual - The Gift Of The Magi †	11th Day of Christmas Program 21 9:30 TH & 10:15 Sit & Weight(s) 🌿 10:00 TH & 10:15 Morning Mad Libs 1:30 JK Think Tank Booklets 🌿 2:30 TH Physical - Jingle Bell Rock 🌿 3:30 3H Walking Fitness Club 6:15 GR Word Mining	Santa Candy Grams Delivered! 22 9:30 TH & 10:15 Tai Chi Exercise 🌿 10:30 L Daily Reflection † 1:30 B Fresh Floral Arranging 🌿 2:30 TH Virtual Documentary - Who Is Mona Lisa? □ 3:30 3H Walking Fitness Club 6:15 GR Trivia Tidbits	12th Day of Christmas Program 23 9:30 TH & 10:15 Paxxon Flex Fit 🌿 10:00 TH & 10:15 Wacky Word Fitness 2:00 JK 12 Days of Christmas Wine & Cheese Social ✓ 3:30 3H Walking Fitness Club 6:15 GR 3 Card Bingo	Christmas Eve 24 9:30 TH & 10:15 Boxing Moves 🌿 10:00 TH 10:15 Who, What or Where Am I? 10:15 L Christmas Reflection and Prayer † 1:00 TH Christmas Movie - "Miracle on 34th Street" 3:30 3H Walking Fitness Club 6:00 GR "It's a Wonderful Life" Movie	Christmas 25 10:00 L Rosary and Christmas Prayer with Resident Leader Barb † 1:00 TH White Christmas Movie 3:00 GR Christmas Gift Bingo 3:30 3H Walking Fitness Club 6:15 GR Christmas Food for Thought Search	26 9:00 GR Daily Chronicle 9:30 TH & 10:15 Weekend Fitness 3:00 GR Spanish Word Search Translation 3:30 3H Walking Fitness Club 6:00 B Holiday Movie - "The Shop Around the Corner"
27 10:15 L Service with Father Richard 1:30 TH Entertaining the Troops with Bob Hope 3:00 GR 3-card Bingo 3:30 3H Walking Fitness Club 6:15 GR Inspirational Short Story †	28 9:30 TH & 10:15 Sit & Weight(s) 🌿 10:00 TH & 10:15 Morning Mad Libs 1:30 JK Think Tank Booklets 🌿 2:30 L Google on iPhone, iPad, Laptop or Computer ✓ 3:30 3H Walking Fitness Club 6:15 GR Word Mining	29 9:30 TH & 10:15 Tai Chi Exercise 🌿 10:30 L Daily Reflection † 1:30 B Fresh Floral Vases 🌿 2:00 JK Resident Council with Vice President Lenore Maglin 📺 3:30 3H Walking Fitness Club 6:15 GR Trivia Tidbits	30 9:30 TH & 10:15 Paxxon Flex Fit 🌿 10:00 TH & 10:15 Wacky Word Fitness 1:30 GR Bingo Redemption Center 2:00 JK Holiday Inn Wine & Cheese Social ✓ 3:30 3H Walking Fitness Club 6:15 GR 3 Card Bingo	New Year's Eve! 31 9:30 TH & 10:15 Boxing Moves 🌿 10:00 TH 10:15 Who, What or Where Am I? 1:30 B Holiday Inn DVD 3:30 3H Walking Fitness Club 4:00 - 4:45 pm Supper Club - 1st seating 📺 5:00 - 5:45 pm Supper Club - 2nd seating 📺 6:00 - 6:45 pm Supper Club - 3rd seating 📺 6:15 GR New Year's Eve Search	 <p>Celebrate New Year's Eve! Supper Club Thursday, December 31 Wear your finest and ring in the New Year with a fabulous dinner and glass of champagne!</p>	

‘AULD LANG SYNE’

Millions around the globe ring in the New Year by singing this Scottish folk song. The title translates to “Old Long Since,” and the lyrics refer to remembering friends and days gone by. The ballad was passed down orally until poet Robert Burns wrote down the words and added new verses in the 1780s. Popular bandleader, Guy Lombardo, started the song’s holiday tradition in 1929, when he played it at the stroke of midnight during a New Year’s Eve broadcast from New York City.

Food Drive



Belmont Village is giving back to our local community with a holiday food drive! Please consider donating nonperishable foods for local families in need this holiday season. We will have a box inside the front door for your donations—the drive began Nov. 13th with “World Kindness Day” and continues through December 15th. If you prefer to arrange for a curbside pickup of your food items, please call the concierge at 630-510-1515. Thank you for your generosity!



Circle of Friends & Neighborhood

Circle of Friends

Christmas Themed Origins

Take a look at our themed Christmas origin days listed below. We will also learn about gift giving origins, ornaments and the nativity scene origins.

CHRISTMAS TREE ORIGINS

Brainwaves: Tree Facts
Craft: Design a Tree
Mental Workout: Foolish Fir Tree
Class Time: Tree Traditions

HOLIDAY DÉCOR ORIGINS

Brainwaves: Decoration History
Craft: Make A Christmas Card
Class Time: Winter Pictionary
Meditation: Holiday Reflections

CHRISTMAS CAROL ORIGIN

Brainwaves: Origin of Carols
Craft: Holiday Ornaments
Mental Workout: Homonyms
Meditation: Sing Carols

COOKIES, COOKIES, COOKIES

It’s all about the cookies this month in the Neighborhood. Look at all these delicious cookie themed days and treats you have to look forward to! Yummy, “Me like Cookies!”

COOKIE CUTTER DAY

Cookie History

SENSING THE HOLIDAYS

Holiday Cookies Sense

GIVING TO OTHERS

Christmas Cookie Swap

GINGERBREAD DAY

Bake Gingerbread Men

LOVE OF COOKIES DAY

Cookie Survey

NEW YEAR’S EVE

Party Cookies





HEALTH & WELLNESS

BINGO HAS A JACKPOT OF BENEFITS

Prized for its fun, ease and excitement, bingo is a go-to game. And every player comes out a winner, since this amusement has several health benefits:

It can enhance coordination. Bingo can be a fast-paced game, requiring players to search for a number, mark their card and keep up with the caller. This repetitive action exercises hand-eye coordination and quick reflexes. Keeping track of several cards at once intensifies the action.

It engages the brain. Staying alert, listening for information, remembering it and identifying a match on a card are skills that engage cognitive functions and short-term memory. A study found that bingo players performed better on tests of mental speed and accuracy.

It's social. Games are usually played with a group of people who have a common interest. The setting provides opportunities to talk with others and meet new friends. Such social interactions have been shown to be essential in maintaining a happy, healthy life and increasing longevity.

It's fun! It's been said that laughter is the best medicine, and laughing is often part of the game's fun and easygoing nature. There's also the anticipation of hearing your winning number and the excitement of shouting "Bingo!"

THREE CARD BINGO

Join us for some fun and bingo points. Play three cards with a chance to win on each card. Winners will receive "bingo points" redeemable monthly at our "Bingo Redemption Center."

Sundays

3:00 pm

Great Room



Wednesdays

6:15 pm

Great Room

CHRISTMAS GIFT BINGO

Friday, December 25

3:00 pm

Bingo game winners will receive a wrapped gift as a prize. Merry Christmas from Santa!



RESIDENT SERVICES

Laboratory Services

Dental Services

Podiatry Services

Dr. Robin Pastore, D.P.M.

Dr. Elizabeth Pacocha

Physiatry Services

Courtney Trainor, PA

Audiologist Services

Dr. Sheri Billings, Aud F-AAA from the Hearing Doctors.

Services are offered by appointment.

Please contact Nicole Motycka for more information. 630-510-2523

mmotycka@belmontvillage.com



Paxxon Exercise Program

Monday–Friday

Monday

9:30 AM Sit & Weight(s) 1

10:15 AM Sit & Weight(s) 2

Tuesday

9:30 AM Tai Chi 1

10:15 AM Tai Chi 2

Wednesday

9:30 AM Paxxon Fitness 1

10:15 AM Paxxon Fitness 2

Thursday

9:30 AM Boxing Moves 1

10:15 AM Boxing Moves 2

1:30 PM Balance Stretch

Friday

9:30 AM Therapy Fitness 1

10:15 AM Therapy Fitness 2

1:30 PM Parkinson's Therapy



THE BELMONT SCENE



*Bingo Dollar Store Redemption Day!
What a haul!*



Our peace loving hippies spread the love during our '60s Halloween show.



David, our 105-year-old Veteran, celebrates during the WWII Radio Show.



Residents learning "Can't Stop The Feeling" dance routine



Quilts awarded to our 22 Veterans during the "Quilts of Valor" program. Each quilt awarded was inscribed with Veteran's name and the names of those who designed the quilt and who sewed the quilt.



Merrill and Helen present their program about their years in Ministry in Africa.

BELMONT *Village*

SENIOR LIVING

GENEVA ROAD

545 Belmont Lane
Carol Stream, IL 60188

SC Lic. 47845

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

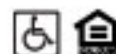
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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