

THE VILLAGE NEWS



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

AUGUST 2020



FROM THE DESK OF

MICHELE HELFFRICH

The social distant patio visits have been going well and our residents have loved being able to see you all! We wanted to remind everyone about the protocols that have been put in place. We know that they may be strict, but we are doing this for the safety of our staff and your loved ones.

- Please sign up for a patio visit on the website we sent you. If you need the website address, call the concierge and they will give it to you.
- Residents are only allowed 2 guests per visit. Nobody under the age of 12 may visit the community.
- You **MUST** call the concierge or email jfaust@belmontvillage.com with the prescreening a day before your visit. If you don't, you will not be allowed to visit.
- Please do NOT hug, touch, interact or pass things to our residents while you are visiting with them.

- Please bring your own mask when you come, and wear it during the duration of your visit.
- If you bring food or presents to share with the resident, please give it to the concierge and we will bring it to your loved one. If you bring food, please try and clean up after yourself so it doesn't delay the cleaning process for the next family.

Please be respectful of these protocols. These procedures are required by IDPH. We have worked hard to put safeguards in place to keep your loved ones as safe as possible. It only takes one misstep to set us back so please follow the rules and enjoy your time with your loved one.

Unfortunately, we still do not have approval from IDPH to resume salon services. I know the residents are eagerly awaiting the salon opening. Hopefully we will hear good news soon.

This is certainly a different summer in Chicago. I know I miss all of the activities that I took for granted. I hope that you are all managing to enjoy and appreciate all that you can these summer months.



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HAPPY BIRTHDAYS

RESIDENT BIRTHDAYS

- 1 Eugene P. #137
- 6 Virginia B. #234
- 11 Deborah R. #224
- 16 Milton K. #251
- 25 Diana L. #112
- 26 Sharon P. #236

STAFF BIRTHDAYS

- 3 Diane J. PAL
- 4 Quoc P. PAL
- 17 Jim F. APC
- 17 Rustico D. PAL
- 22 Joann M. Activities

ANNIVERSARIES

- 18 Years Iwona S. PAL
- 14 Years Michele H. ED
- 10 Years Julie O. PAL
- 9 Years Myrna P. PAL
- 6 Years Nancy C. Server
- 3 Years Angela B. Server
- 2 Years Ashish P. PAL
- 2 Years Lalaine V. PAL
- 2 Years Clara J. PAL
- 1 Year David S. Driver



Enjoying a snow cone from Kona Ice!

BELMONT BOWLING LEAGUE

We decided to turn our hallways into bowling alleys and kicked some inflatable bowling balls down the lane. We had a few strikes and had a ton of fun!



Maureen gets ready to get her strike!



Maryann kicked herself a Spare! Way to go!



Carol tries to get herself a strike!



Dolores had fun just being active!



Good kick, Terry!

{AUGUST} **HAPPINESS**
HAPPENS
MONTH

Make it happen!



MBA BADGE PROGRAM

We have had tremendous success with our *Activity Badge Program*. All of our residents have been hard at work earning badges every day and winning prizes every week. They love showing off their badges on their doors and getting competitive with their neighbors.



Some of our activity badges



Judy shows us her Mary Cassatt Hat Collage.



Sheila plans out her craft.



Some of our weekly badge winners wanted to see *Hamilton*, the musical.



Carol loved showing off her completed collage.



Dorothy was surprised at how beautiful it turned out.



Ann and Judy work hard on their crafts.

OUT AND ABOUT

Please refer to your daily announcements for the exact times of any outing.

Sign up with the concierge in advance; there may be charges associated with outings.

Outings with walking may require a private PAL at an additional charge.

REMINDER: Please make sure you notify the concierge at least 24 hours before an appointment.

SPIRIT WEEK!



Tropical Day








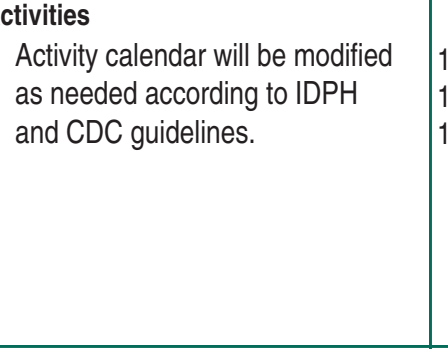
Pajama Day!



Twin Day!



Wilma & Anne are Twinning!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Activities Activity calendar will be modified as needed according to IDPH and CDC guidelines.	
2 10:00 PA Family Patio Visits♥ 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:00 PA Family Patio Visits♥ 1:30 CD Cranium Crunches🌿 3:00 PA Family Patio Visits♥ 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	3 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 HP Beginning of Baseball Discussion📖 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	4 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 HP Casey at the Bat Poem📖 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	5 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 TH Art Study: Play Ball🎮 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	6 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 CL Abstract Inspired Baseball🎮 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	7 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 HP Baseball Physics📖 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	8 10:00 PA Family Patio Visits♥ 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:00 PA Family Patio Visits♥ 1:30 CD Cranium Crunches🌿 3:00 PA Family Patio Visits♥ 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑
9 10:00 PA Family Patio Visits♥ 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:00 PA Family Patio Visits♥ 1:30 CD Cranium Crunches🌿 3:00 PA Family Patio Visits♥ 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	10 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 TH Art Study: Americana🎨 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	11 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 CL Peanuts and Cracker Jack Painting🎨 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	12 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 HP A Day At The Ballpark🌿 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	13 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 HP Black Socks to WWII Discussion📖 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	14 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 CD Games & Trivia Packet🎮 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	15 10:00 PA Family Patio Visits♥ 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:00 PA Family Patio Visits♥ 1:30 CD Cranium Crunches🌿 3:00 PA Family Patio Visits♥ 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑
16 10:00 PA Family Patio Visits♥ 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:00 PA Family Patio Visits♥ 1:30 CD Cranium Crunches🌿 3:00 PA Family Patio Visits♥ 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	17 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 CD Cranium Crunches🌿 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	18 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 CL Paint like LeRoy Neiman🎨 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	19 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 TH Art Study: The Art of LeRoy Neiman🎨 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	20 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 HP Baseball Geography📖 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	21 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 HP Baseball Expansion Era Discussion📖 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	22 10:00 PA Family Patio Visits♥ 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:00 PA Family Patio Visits♥ 1:30 CD Cranium Crunches🌿 3:00 PA Family Patio Visits♥ 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑
23 10:00 PA Family Patio Visits♥ 1:00 PA Family Patio Visits♥ 1:30 CD Cranium Crunches🌿 3:00 PA Family Patio Visits♥	24 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 1:30 HP Baseball Hall of Fame📖	25 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 CL Baseball Color Theory Project🎨 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	26 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 TH Art Study: Baseball Towns🎨 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	27 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 HP Every Picture Tells a Story Program🌿 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	28 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:30 JK Jim's Singing Concert🎵 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑	29 10:00 PA Family Patio Visits♥ 11:00 JK Lunch 1st & 2nd Floor↑↑ 12:00 JK Lunch 3rd Floor↑↑ 1:00 PA Family Patio Visits♥ 1:30 CD Cranium Crunches🌿 3:00 PA Family Patio Visits♥ 4:30 JK Dinner 1st & 2nd Floor↑↑ 5:30 JK Dinner 3rd Floor↑↑
30 10:00 PA Family Patio Visits♥ 1:00 PA Family Patio Visits♥ 1:30 CD Cranium Crunches🌿 3:00 PA Family Patio Visits♥	31 10:00 HP Hallway Exercise Class↑↑ 10:00 O Scenic Drive🚗 1:30 TH Travelogue Video Series♥					



SPIRITUAL CORNER

Family Bible Hour

Sundays at 9:45 a.m.
in the Library

St. Isaac Jogues Church

Thursday, August 13th
Thursday, August 27th
(Prayer)

at 6:30 p.m. in the Library

Shabbat Service

Fridays at 4:00 p.m., in the Library,
with Paula Drues

Communion Weekly After

Wine and Cheese (by request)

Transportation to religious services
is available on the weekends or by
request during the week. Private
PALs may be needed for services:
contact the Front Desk.



RESIDENT COUNCIL

All residents are encouraged to
attend the Belmont Village Resident
Council Meeting in the Town Hall.
Tuesday, August 25th, at 2:00 p.m.

LEADERSHIP

President: *Jack R.*

Vice President: *Ann G.*

Secretary: *Adelaide H.*

If you need any help, talk to them.



*Ann, Jack and Adelaide as our
Resident Council leadership.*



PARKINSON'S EXERCISE CLASS

*We're Sharing the Health with
a FREE, ongoing Exercise Class:*

Class meets at 1:15 p.m.

Every Wednesday

**Belmont Village Assisted Living
2200 Golf Rd.**

Glenview, IL 60025

Recent research has shown
that exercise can have a positive
effect on Parkinson's disease.
Learn more about the overall
benefits of physical activity as
you participate in Belmont
Village's complimentary class.



*Essie shows off her beautiful lighthouse
painting that she made here.*



WELCOME NEW RESIDENTS

*If you see a new face,
Don't be shy,
Wave your hand
and give a big hi!*

Please welcome our newest
residents!

Cecelia Carlson #205

Essie Landsman #227

Jerome Pierre #319

Invite them to sit with you at a
meal, join you for an activity, or
just sit down and chat!

If you would like to be on our
Ambassadors' Committee, let
Jim know!

**We will be having a New
Resident Social in the Great
Room on the first Monday of the
month. Come join us as we
welcome all of our new
residents and learn a little bit
about each of them.**



HEALTH & WELLNESS

THE 411 ON FACE MASKS

When following the recommendation to wear face masks in public settings, remember these guidelines:

- Masks should fit snugly against the face and cover both your nose and mouth.
- Wash your hands or use hand sanitizer before putting the mask on and after taking it off. Take care to only touch the mask on the ear straps, and do not touch your eyes, nose or mouth.
- Cloth face coverings need to be washed at least once daily. Do not reuse a disposable mask.

For more information and instruction on how to make your own cloth face mask, visit [CDC.gov](https://www.cdc.gov).



ALZHEIMER'S TOPIC OF THE MONTH

Postponed

SPEAKER: Debra Feldman, LCSW, MSW, CMC

Owner and Geriatric Care Manager, DDF Care Management- Ms. Feldman is a geriatric care manager with more than 25 years of experience working with families. She also currently serves as president of the Midwest Chapter of Aging Life Care Association.

Many of us are caring for individuals who have Alzheimer's or dementia. Join us for our Alzheimer's Support Group. We'll share successful caregiving approaches and discuss what works, what doesn't, and how you can care for yourself and your loved one during this challenging time.

Our event is free and open to the public.

For more information or to RSVP, call 847-657-7100 or email Marley Amaya at mamaya@belmontvillage.com or Jenene Paterno at jpaterno@belmontvillage.com.



THERAPY TIP OF THE MONTH

Tip of the month: "Consult with our therapists today if you are having any concerns that are interfering with your ability to function properly! We are here to help!"

THERAPY EXERCISE SCHEDULE

Monday

- 9:45 Sit & Be Fit Class
- 10:15 Balance Class

Tuesday

- 9:45 Sit & Be Fit Class
- 10:15 Be Fit & Be Fabulous

Wednesday

- 9:45 Sit & Be Fit Class
- 10:15 Balance Class

Thursday

- 9:45 Sit & Be Fit Class
- 10:15 Total Body & Core Class

Friday

- 9:45 Sit & Be Fit Class

MONTHLY THERAPY CHAT

Every month, therapy gives a talk about healthy living, nutrition, cognitive stimulation, exercise tips, fall prevention, and more. This month's topic is **What Can We Do For You?!**

The in-service will be on **August 4th at 10:15** in the Town Hall on the second floor.

GETTING BACK TO NORMAL...



Ann enjoying a snow cone from Kona Ice



Angie leading a rousing game of Catchphrase in the hallways



Larry enjoyed his Dad's root beer floral arrangement on Father's Day.



Anne and Cecelia enjoyed a game of rummikub.



Avis loved having her root beer float on the patio.



Annette paints a beautiful, wooden flower.

BELMONT *Village*

SENIOR LIVING

GLENVIEW

2200 Golf Road
Glenview, IL 60025

SC Lic. 52084

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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