BELMONT VILLAGE OF GLENVIEW

THE VILLAGE NEWS

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

DECEMBER 2020

FROM THE DESK OF

MICHELE HELFFRICH

HAPPY HOLIDAYS!

Is it really *"that time of year"* already? I cannot believe we are in the month of December.

Our annual employee holiday fund is underway. Thank you to all of you who have already contributed to the fund. If you haven't already contributed, please do so by **Dec. 10th.** Please mark all checks in the memo as "Holiday Fund" to my attention. Your contribution will truly be appreciated by our heroic staff and I know it will brighten up their holidays.

Despite the stress this pandemic has caused on everyone, I do believe that the holidays bring out the best in most people, so enjoy the best the season has to offer, and most of all - spending time with family; even if it is virtually!

On behalf of all of our staff here, I wish you all the many joys of the holidays and a joyous new year.

"As we struggle with shopping lists and invitations, compounded by December's bad weather, it is good to be reminded that there are people in our lives who are worth this aggravation, and people to whom we are worth the same."

Donald E. Westlake

spectrio

A NEW NEWSLETTER!

This Newsletter, December 2020, will be the last BV Newsletter of its kind. We are going digital! Both residents and families will enjoy a new, modern newsletter and calendar through an app called "**Spectrio Share,**" available on your smart phone for free. Don't worry if you don't have one--residents will still have access to physical calendars and schedules in the building! This new platform will allow family members to see activity pictures/videos, communicate with their loved ones at BV, see live schedule updates, read important announcements, and more. We are excited to take this next step together and be able to better connect our residents and families. Please contact Jim F., APC, by email for more information on the platform and how to use it.

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(847) 657-7171

RESIDENT BIRTHDAYS

5 Iona H. #248
6 Marguerite M. #149
12 Ann K. #211
13 Terry G. #312
18 Linda D. #113
22 Avis S. #139
26 Rosemary H. #307
28 Betty P. #326
28 Joseph S. #344
29 Marlene H. #133
30 Anette B. #217
30 Dorothy W. #120

STAFF BIRTHDAYS

3 Jeannalynn G. PAL
6 Analpha T. Server
6 Andrea G. Sr. Activities
10 Collin L. PAL
15 Bella B. Nurse
19 Urbano A. Chef Manager
19 Hector E. Cook
22 Jonalyn C. PAL
28 Bishnu R. Housekeeper

ANNIVERSARIES

19 Years	Ernie B.
19 Years	Mario D.
19 Years	Stella M.
16 Years	Liza D.
16 Years	Zofia T.
15 Years	Andrea G.
10 Years	Alicia L.
4 Years	Jomarie V.
2 Years	Iris R.
1 Year	Jake M.
1 Year	Jerin J.
1 Year	Carl M.

BELMONT Village
SENIOR LIVING

ALZHEIMER'S ZOOM SUPPORT GROUP

Date: December 15th
Time: 12PM-1PM

SPEAKER: Debra Feldman, LCSW, MSW, CMC

Many of us are caring for individuals who have Alzheimer's or dementia. Join us for our virtual 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.

RSVP to Jenene Paterno jpaterno@belmontvillage.com or 847-657-7100.

Speaker: *Debra Feldman, LCSW, MSW, CMC,*
Owner and Geriatric Care Manager of Debra D. Feldman & Associates, Ltd.
Debra has over 30 years of experience advocating for older adults and educating families on how to navigate the aging journey. She is currently serving as the Secretary/Treasurer for the Aging Life Care Association.

How to Join a Virtual Event:
1) On a desktop computer or mobile device, open an internet browser and input the url: www.zoom.us/join.
OR Download the desktop or mobile app and sign up for a free Zoom account.
2) Input the meeting ID:
844 8360 4425
3) Input the password:
[RSVP to receive password]

*For help in setting up Zoom, please contact **Jenene Paterno** at **jpaterno@belmontvillage.com** or **847-657-7100.***

zoom

*Chuck M. - **Army PFC***

*Edward P. - **Army Buck Sgt.***

*Jack R. - **Army PFC***

*John O. - **Army Spec. 1st Class***

*Ken S. - **Army PFC***

*Jerome P. - **Army PFC***

*Joseph S. - **Navy***

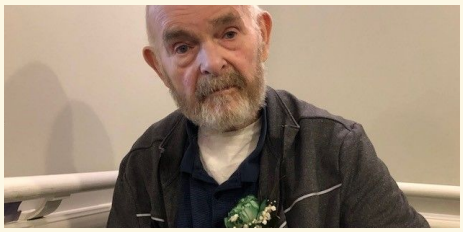
*Tim M. - **Army E4***

*Sam R. - **Army***

*Eugene P. - **Navy***

*Tom W. - **Marine Gunnery Sgt.***

*Milton K. - **Army 5th Infantry***



*Tom M. - **Army 2nd Lt. Artillery***

*Sidney B. - **Navy***

*Taizo O. - **Service Member***

*Jim M. - **Navy 3rd Class Petty Officer & Army 1st Class Lt.***

*Harold J. - **Army Spec 4 Cpl.***

*Jerry G. - **Army***

BELMONT Village
SENIOR LIVING
GLENVIEW

December 2020

B Bistro
CL Center for Learning
GR Great Room
L Library
O Outing
HP Parlors Outside Your Room
C Roaming Cart
TH Town Hall
CD Concierge Desk
V Virtual Program
♪ Entertainment
MBA
Outing
✝ Religious Service
Exercise
Creative Endeavors
Literature
Games & Puzzles
Virtual Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 TH Be Fit & Fabulous Exercise Class 10:00 O Scenic Drive **10:30 GR Crosswords with Angie** **10:30 TH Therapy Chat: Handwashing** **2:30 B Beading Class with Angie** **7:00 GR Bingo with Carol**	2 10:00 TH Be Fit & Fabulous Exercise Class 10:00 O Scenic Drive **10:30 TH Brain Busters** **1:30 TH Wine & Watercolors** **2:30 TH Wednesdays with Michele** **6:00 TH Movie Night**	3 10:00 TH Be Fit & Fabulous Exercise Class 10:00 O Scenic Drive **10:30 TH Keeping Balance Exercise Class** **1:45 HP Chicken Soup for the Soul with Angie** **7:00 GR Bingo with Angie**	4 10:00 TH Be Fit & Fabulous Exercise Class 10:00 O Scenic Drive **10:30 L Book Club w/ Jim** **1:30 TH Virtual Shabbat Service✝** **2:30 TH Documentary Screening** 7:00 GR Adult Color Therapy	5 **10:15 TH Exercise Video Series** 1:30 CD Cranium Crunches **2:30 C Chef Urbano's Treat Cart** **2:30 TH Downton Abbey Screening** 7:00 GR Bingo Games
6 **9:00 TH Catholic Mass TV Channel 7✝** **10:15 TH Exercise Video Series** 1:30 CD Cranium Crunches 2:30 TH Movie Theater Matinee 7:00 GR Trivia Challenge with Angie	7 10:00 TH Be Fit & Fabulous Exercise Class 10:00 O Scenic Drive **10:30 TH Total Body & Core Class** **1:30 CL Resident Support Group** **2:30 GR Death By Chocolate** 7:00 GR Sing-Songs by the Fire♪	8 10:00 TH Be Fit & Fabulous Exercise Class 10:00 O Scenic Drive **10:30 GR Crosswords with Angie** **10:30 TH Keeping Balance Exercise Class** **2:30 B Beading Class with Angie** **7:00 GR Bingo with Carol**	9 10:00 TH Be Fit & Fabulous Exercise Class 10:00 O Scenic Drive **10:30 CD St. Isaac's Prayer & Communion✝** **2:30 TH Wii Bowling Tournament** **6:00 TH Movie Night**	**Hanukkah Begins** 10 10:00 TH Be Fit & Fabulous Exercise Class 10:00 O Scenic Drive **10:30 TH Keeping Balance Exercise Class** **1:45 GR Trivia Card Games with Angie** **3:00 L Hanukkah Candle Lighting✝** **7:00 GR Bingo with Angie**	11 10:00 TH Be Fit & Fabulous Exercise Class 10:00 O Scenic Drive **10:30 L Book Club w/ Jim** **1:30 TH Virtual Shabbat Service✝** **2:30 TH Documentary Screening** **3:00 L Hanukkah Candle Lighting✝** 7:00 GR Adult Color Therapy	12 **10:15 TH Exercise Video Series** 1:30 CD Cranium Crunches **2:30 C Chef Urbano's Treat Cart** **2:30 TH Downton Abbey Screening** **3:00 L Hanukkah Candle Lighting✝** 7:00 GR Bingo Games
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SPIRITUAL CORNER

Catholic Mass Service
Sundays at 9:00 a.m.
in the Town Hall
St. Isaac Jogues Church
Wednesday, December 9th
Wednesday, December 23rd
at 10:30 a.m. in the Great Room
Virtual Shabbat Service
Fridays at 1:30 p.m., in the Town Hall
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, December 29th, at 1:30 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.

spectrio SHARE — Stay Connected to our Community

- Download the Spectrio SHARE App.
- Use our Community's Access PIN:

2200

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.

On Wednesdays, we listen to Michele Obama's Podcast and drink wine. We love it!

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!
Timothy M. #301
Shirlee S. #141
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.

Gloria experimenting with watercolors!

Ann hard at work replicating the fall tree.

Carol did an amazing job with her fall tree!

Marie getting her painting JUST RIGHT.

Dora and Gloria relaxing by the fireplace with some Mandala pictures.

Zena creating a beautiful Mistletoe Card

Adelaide worked hard getting her Mistletoe to look just right.

Dorothy was happy to create a painting featuring her favorite season.

Terry working on her masterpiece.

PAXXON HEALTHCARE SERVICES

THERAPY TIP OF THE MONTH

Tip of the month: *"Keep yourself healthy this Winter! Be sure to always wash your hands with proper handwashing technique!"*

THERAPY EXERCISE SCHEDULE

Monday
- 10:00 Be Fit & Be Fabulous
- 10:30 Total Core & Body

Tuesday
- 10:00 Be Fit & Be Fabulous
- 10:30 Keeping Balance Class

Wednesday
- 10:00 Be Fit & Be Fabulous

Thursday
- 10:00 Be Fit & Be Fabulous
- 10:30 Keeping Balance Class

Friday
- 10:00 Be Fit & Be Fabulous

SCENIC DRIVE

We offer a daily scenic drive at 10:00AM throughout the Glenview area. Please sign up with the concierge if you would like to attend. Space is very limited!

OUTINGS

Please refer to your daily for the exact times of any outing. Sign up with the concierge in advance. 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.

COSTUMES, PUMPKINS AND SPOOKY STORIES! OH MY!!

Ann reading a spooky story to a group of kids over Zoom!

Our contest winner Otto was a Scarecrow! So Good!

Barbara was an amazing Ladybug!

Our winning Pumpkin Design from the Concierge/Driver Team!

"Send in the Clowns" Giovanna was an amazing clown!! Love it!

Andrea correctly guessed how many candies were in the jar and walked away with the whole thing!

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

belmontvillage.com

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