

# THE VILLAGE NEWS



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

SEPTEMBER 2020



## FROM THE DESK OF



**MICHELLE MOROS**

*Executive Director*

## HAPPY GRANDPARENTS DAY!

We want to wish a happy Grandparents Day to all the grandmothers and grandfathers in our community! The bond between a grandparent and grandchild is like no other. Enjoy your special day!

## BRAIN BENDER: DORM DILEMMA

Anna, Bridget, Crystal, Danielle, Elyse, Faith, Gabby, Hallie and Jade are all beginning their senior year at college. They each have their own room in a three-story dorm. Each floor has three rooms: west, middle and east. Using the clues below, can you determine the floor and the room where each student lives?

1. Hallie does not live on the ground floor.
2. Faith lives directly above Jade and directly next to Bridget, who lives in a west room.
3. Elyse lives in an east room and one floor higher than Faith.
4. Danielle lives directly above Faith.
5. Gabby lives directly above Crystal.

*(Answer: On the ground floor, Anna lives in the west room, Jade lives in the middle room, and Crystal lives in the east room. On the second floor, Bridget lives in the west room, Faith lives in the middle room, and Gabby lives in the east room. On the third floor, Hallie lives in the west room, Danielle lives in the middle room, and Elyse lives in the east room.)*



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## HAPPY BIRTHDAYS

• • • RESIDENTS • • •

## NFL FUN FACTS

This time of year, NFL fans are all about the grit and glory on the gridiron. Here are a few fun football facts to kick around:

- The NFL was founded in 1920 in Canton, Ohio, which is now home to the Pro Football Hall of Fame.
- In 1933, the league stopped using the Collegiate Rules Book and began to develop its own rules.
- As a rookie in 1934, Beattie Feathers became the first player to rush for 1,000 yards in a season.
- A 1939 matchup between the Philadelphia Eagles and the Brooklyn Dodgers was the first televised football game.
- NFL players were not required to wear helmets until 1943.
- The 1972 Miami Dolphins became the first NFL team to have a perfect season. Their 17–0 record culminated with a win at Super Bowl VII.
- Deion Sanders is the only athlete who has played in both a Super Bowl and a World Series.
- In 2015, the league hired its first full-time female referee, Sarah Thomas.

## FAMOUS FIRSTS: FOOTBALL STADIUMS

The University of Pennsylvania's Franklin Field, named for the school's founder, Benjamin Franklin, is the nation's oldest football stadium. The wooden arena was constructed in 1895 outside of Philadelphia and was the first to boast a scoreboard. Harvard University gets bragging rights as the home of the first concrete stadium for the sport when it built Harvard Stadium in Boston in 1903. It's now a National Historic Landmark.



## LAUGH LINES: FOOTBALL FRENZY

Angie's grandmother always said, "Football consists of 22 men on the field desperately in need of a rest, and 40,000 in the stands desperately in need of exercise."

Q: What did the football coach say to the broken vending machine?

A: "Give me my quarterback!"

A high school football player called his coach at home one night. When the coach's wife informed the young man that the coach wasn't home, the player became frantic and said he had to speak to the coach right away. "Just calm down and I'll have him call you back as soon as he gets home," the coach's wife told him. "What's your number?"

The flustered player replied, "Twenty-three."



## WELLNESS WISDOM

Strengthening Your  
Immune System

## ONE FOR ALL AND ALL FOR FUN

Fall arrives this month, bringing with it cooler weather, which is ideal for engaging in outdoor activities, such as walks in the park.

To encourage individuals and families to become more physically active during this temperate season, a celebration, Family Health and Fitness Day USA, takes place across the nation (annually held on the last Saturday in September).

Physical exercise plays an important role in our health by helping to control weight, decreasing one's risk of certain diseases and lessening the occurrence of falls among older adults. Even so, according to the Centers for Disease Control, more than 50 percent of American adults don't exercise enough to accrue any health benefits from the practice.

That makes it all the more important to participate in Family Health and Fitness Day USA. Plan to involve yourself in a community-organized health screening or workshops or plan an activity with your family, such as roller-skating or playing football.

## AGE WITH CONFIDENCE

September is Healthy Aging Month, a time dedicated to helping people become aware of their physical and mental health, diet, and social relationships, which are factors that contribute to growing older the best way possible.

- Health professionals say these lifestyle choices are key to aging well:
- Exercise regularly to maintain a healthy body and brain. Take a daily walk with a friend or neighbor; the conversation can give you a mental workout.
- Eat a nutrient-dense diet. Include a variety of fruits and vegetables, whole-grain foods, lean meats and healthy fats.
- Be positive in what you say and do. Surround yourself with happy people and you'll be happier, too.
- Find various ways to socialize. Volunteer, play games, and make an effort to develop new friendships and stay in touch with old pals.
- Encourage your inner artist. If you've always wanted to play a musical instrument or learn to knit or paint, seek out a class and follow your passion.



## HAPPY BIRTHDAYS

• • • BVA TEAM • • •

## TALENTED TRIO

Baseball fans may be familiar with one of the most famous double-play combinations in MLB history: Tinker to Evers to Chance. The Chicago Cubs trio—shortstop Joe Tinker, second baseman Johnny Evers and first baseman Frank Chance—turned their first double play on Sept. 15, 1902, and joined forces on the field over the next 10 years. The Hall of Famers were immortalized in columnist Franklin Pierce Adams' poem "Baseball's Sad Lexicon."



## BRAINTEASER

Question: A pitcher in a baseball game faced only 27 batters, and he struck out every batter. He allowed no hits and no runs, yet his team lost by a score of 3–0. Can you explain how this could happen?

Answer: The pitcher came in as a relief pitcher.

## FALL IS HERE

Autumn begins Tuesday, Sept. 22.

# September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## FITNESS CENTER

Open 24/7

2nd Floor, Between Elevators

Rehab Care: M-F 9am-5pm

The *Center for Life Enhancement*

Gym offers open gym equipment, weekly classes, personal training sessions, physical and occupational therapies and more!

## CONCIERGE

24/7 Coverage

Front Desk, 1st Floor

Concierges are available to assist with transportation requests, excursion reservations, guest meal tickets, placing a maintenance work order and general information.

## LIBRARY

Open 24/7

3rd Floor, Between Elevators

Visit the *Center for Learning*

where residents can borrow books or enjoy use of community computers.

## WELLNESS CENTER

Open 24/7

3rd Floor, Between Elevators

Feeling under the weather or have a health question? Stop by the Nurses' Station!

Find us on 

## PICK OF THE CROP

Sweet and crisp, Gala apples are the top-selling variety of the fruit in America.



## AN APPLE A DAY ...

Apple juice was one of the earliest prescribed anti-depressants.

The Lady apple, a variety still grown today, is believed to be one of the oldest varieties on record, documented as far back as the first century A.D.

According to Greek mythology, Eris, goddess of discord, started the Trojan war with an apple.

Apple-bobbing began as a Celtic New Year's tradition to determine one's future spouse.

Only sour crabapple trees were native to America. All other varieties of apples were brought over by Europeans and cultivated by colonists and Native Americans.

## 'CARE' IS ONE

How many words can you come up with using the letters in "appreciate"?

## A FIGURE OF SPEECH

*Phrase:* As American as apple pie

*Meaning:* Authentically American; patriotic

*Origin:* Neither apples nor pie originated in the United States, and the first known recipe for apple pie was published in an English cookbook in 1381. Apple trees and pies were brought to American shores in the 1600s, and the pastry's popularity grew along with the new nation. The phrase "as American as apple pie" was in use by 1860. It became a patriotic slogan during World War II, when American soldiers said they were fighting "for Mom and apple pie."



## WILD WORLD: BUMBLEBEE

If you see a plump, fuzzy bee flying around some flowers, you're likely looking at a bumblebee. By beating their wings more than 130 times per second, these insects create their trademark buzzing noise, which shakes pollen loose from flowers and onto nearby blossoms. This unique action is called buzz pollination, which many plants rely on to produce fruit, including tomatoes, eggplants and cranberries. Bumblebees are social like honeybees, but their colonies are much smaller and usually located underground. A bumblebee has two large eyes on the front of its head and three smaller eyes on top, useful when seeking out its favorite colors of flowers, blue and purple.



## PICTURES OF POSITIVITY

Instead of store-bought prints, surround yourself with uplifting personal images. Looking at happy photos of family and friends and places that are meaningful to you can help you feel contented and relaxed.

## A GRAND GRAIN

September is National Rice Month, the perfect time to celebrate this versatile and popular food.

Rice is classified by the size of its grain, with long, medium and short varieties. Long-grain rice is fluffy, while the shorter varieties have a sticky or creamy texture. These characteristics influence how the rice is used in recipes.

White rice has been processed to remove not only the outer hull, but also the bran layers. Brown rice retains the nutrient-rich bran, which gives it a chewy texture and nutty flavor.

Jasmine and basmati rice are known for their distinctive aromas and tastes. Originally produced in Thailand, jasmine rice has a floral fragrance. Basmati, a long-grain rice grown in India and Pakistan, has a more spicy scent and flavor. Basmati often goes through an aging process after harvest.

Arborio, an Italian short-grain rice that has a white dot in the center, is often used for risotto because it can absorb a lot of liquid and flavor during long, slow cooking.

Although the crop is cultivated in many countries, the majority of rice consumed in the United States is grown in Arkansas, California, Louisiana, Mississippi, Missouri and Texas.

## TRANSPORTATION

### — SUNDAY —

Religious Services &  
Local Destinations  
8:30 am - 3:00 pm

### — MONDAY —

Local Destinations &  
Medical Appointments  
8:30 am - 5:00 pm

### — TUESDAY —

Local Destinations &  
Medical Appointments  
8:30 am - 5:00 pm

### — WEDNESDAY —

Local Destinations &  
Medical Appointments  
8:30 am - 5:00 pm

### — THURSDAY —

Excursion Transportation  
& Local Destinations

### — FRIDAY —

Local Destinations &  
Medical Appointments  
8:30 am - 5:00 pm

### — SATURDAY —

Religious Services &  
Local Destinations  
12:00 - 4:00 pm

*To request a transportation appointment, please see the Concierge Desk, 1st Floor or call at (510) 525-4554. Kindly note all appointments require a 48 hour notice & medical appointments will be prioritized.*

## SIDESPLITTING FUN

Q: What's a tree's least favorite month?

A: Sep-timber!

# BELMONT VILLAGE--THE COMMUNITY BUILT FOR LIFE!



SENIOR LIVING

ALBANY

1100 San Pablo Avenue  
Albany, CA 94706

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## 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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