BELMONT VILLAGE AT BUCKHEAD

THE VILLAGE NEWS

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

SEPTEMBER 2020

Manager's Corner

ON THE CALENDAR

WE WILL NEVER FORGET

Please join us in a moment of silence on Sept. 11, Patriot Day, as we honor the victims of 9/11.

Labor Day, a federal holiday observed on the first Monday of September, celebrates the contributions workers have made to the strength and well-being of the United States. This year, Labor Day is Sept. 7th.

FALL INTO SEPTEMBER

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means "equal night" in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.

Resident Spotlight

Say hello to our September Resident Spotlight of the month, **Ms. Lydia Estrada!** Lydia was born and raised in St. Thomas, Virgin Islands, and later made Georgia her home. She dedicated 3 years of her life serving as an Administrative Specialist in the U.S. Army. Now in her free time, she loves to hang out with her favorite staff, watch TV and enjoy good food! Today, she celebrates her 5-year anniversary here at Belmont Village Buckhead! It is no surprise that she has made great relationships with both staff and fellow residents! For all of her dedication and hard work in life, thank you, Ms. Estrada, for your services and Congrats again on your 5-year anniversary!

Staff Directory

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RESIDENT BIRTHDAYS

Rachel Mathews	September 13
Russ House	September 20
John Brunke	September 28

EMPLOYEE BIRTHDAYS

Tameka Smith	September 2
Rebecca Workman	September 8
Rachelle Robinson	September 10

HEALTH & WELLNESS

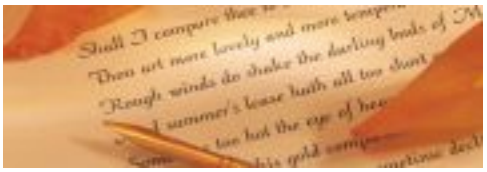
SOOTHING SKIN CARE

Long celebrated as a healthy beverage, green tea and its benefits can now be found brewing in the beauty aisle. Matcha, the name for dried and crushed green tea leaves, is a trendy ingredient in products such as lotions, soaps, face masks and lip balms. The plant's high levels of antioxidants, vitamin K and other compounds have a calming effect on skin and even provide some protection from sun damage.

Poetry Corner

"The breezes taste
Of apple peel.
The air is full
Of smells to feel-
Ripe fruit, old footballs,
Burning brush,
New books, erasers,
Chalk, and such.
The bee, his hive,
Well-honeyed hum,
And Mother cuts
Chrysanthemums.
Like plates washed clean
With suds, the days
Are polished with
A morning haze."

- John Updike, *September*



MACHERRIS JOHNSON

SEPTEMBER EMPLOYEE OF THE MONTH!

Macherris Johnson, aka MJ, joined Belmont Village as an Enrichment Leader in January 2019. On the days she is here, you can believe she is involved with all activities and events and always lending a hand with our residents. MJ can think of AND execute new ideas for our Circle of Friends and is always happy to do it. Her positive spirit, mothering personality and hard-working mentality earned her our September Employee of the Month! CONGRATS, MJ!

Fun Facts

• The name of the ninth month of the year – September – comes from the old Roman word "**septem**," meaning "seven," because in the Roman calendar it was the seventh month.

• September in the Northern Hemisphere is similar to March in the Southern Hemisphere.

• Shakespeare did not mention **September** in any of his plays.

• September is the only month in which share prices have more often fallen than risen.

• In the UK, September 26 is the most common birthday for people born in the last 20 years.

• Out of all 12 months of the year, September is spelled with the most letters. It contains nine letters, and it happens to be the ninth month of the year.

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.

Out & About

TRANSPORTATION

Please see the concierge to schedule your personal transportation needs (i.e., **doctors' appointments**). Transportation is on a first-come, first-served basis and is offered within a 10-mile radius. We need **one week's** notice for all appointments. If your family member needs someone to accompany them, it should be arranged with Bernadette Manns **one week** prior to the appointment.

Mondays and Thursdays, the last appointment scheduled is no later than 2 p.m. The last pickup is at 3 p.m.

SALON

Ms. Lakieva Brisby is available Monday and Thursday for hair appointments and Brianna (manicurist) is available for nails, also. *ALL* appointments can be made by calling the Concierge at (404) 252-6271.

BELMONT Village
SENIOR LIVING
BUCKHEAD

September 2020

BP Back Patio
TH Town Hall
GR Great Room
B Bistro
CO COF Studio
MBA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NATIONAL ASSISTED LIVING WEEK	1 10:30 TH Healthy Moves **2:00 B Hydration Cart Delivery!** 6:00 TH Evening Movie in Town Hall	2 10:00 TH Bodies, Music and Motion! **1:30 B Watermelon Wednesday!** **2:00 TH Monthly Featured Movie** 2:00 B Sip and Paint! 6:00 TH Evening Movie in Town Hall	3 10:30 TH Muscles Matter 1:30 B Brain Games **2:00 BP Grab a Treat!** 3:00 B Residents' Choice Activity **3:30 GR Sing-Along with June** 6:00 TH Evening Movie in Town Hall	4 11:00 GR Muscles Matter 11:30 TH Wii: Games **1:30 CO Beyond the Book Club** **3:00 GR Mix & Mingle** 6:00 B Community BINGO 6:30 TH Shabbat Service Webcast	5 10:00 TH Stretch Zone 10:45 GR Daily Devotions *2:00 CO Afternoon Movie* **2:00 B Residents' Choice w/ Volunteer** **3:00 TH News Chronicles!**
6 **9:30 TH Live Stream: Church** 10:30 TH Bodies, Music, & Motion 2:00 GR Ice Cream Delights! 3:00 TH Community BINGO 6:00 B Residents' Choice	7 10:30 TH Choga w/Lindy **11:30 BP Lunch Outside!** **1:30 B Let's Talk** 6:00 TH Evening Movie in Town Hall	8 10:30 TH Healthy Moves **2:00 B Hydration Cart Delivery!** 3:00 B Word on the Street 6:00 TH Evening Movie in Town Hall	9 10:00 TH Bodies, Music and Motion! **1:30 B Chat w/ Chef** 1:30 B Current Events 2:00 B Sip and Paint! 6:00 TH Evening Movie in Town Hall	10 10:30 TH Muscles Matter **2:00 BP Grab a Treat!** 3:00 B Residents' Choice Activity 6:00 TH Evening Movie in Town Hall	11 11:00 GR Muscles Matter 11:30 TH Wii: Games **1:30 CO Beyond the Book Club** **3:00 GR Mix & Mingle** 6:00 B Community BINGO 6:30 TH Shabbat Service Webcast	12 10:00 TH Stretch Zone 10:45 GR Daily Devotions *2:00 CO Afternoon Movie* **2:00 GR Ready To Go Ministries** **3:00 TH News Chronicles!**
13 **9:30 TH Live Stream: Church** 10:30 TH Bodies, Music, & Motion 11:00 B Brain Game: Theme Trivia 2:00 GR Ice Cream Delights! 3:00 TH Community BINGO 6:00 B Residents' Choice	14 10:00 TH Platinum Fitness **11:30 BP Lunch Outside!** **1:30 B Let's Talk** 6:00 TH Evening Movie in Town Hall	15 10:30 TH Healthy Moves **2:00 B Hydration Cart Delivery!** 6:00 TH Evening Movie in Town Hall	16 10:00 TH Bodies, Music and Motion! **1:30 B Watermelon Wednesday!** **2:00 TH Monthly Featured Movie** 2:00 B Sip and Paint! 6:00 TH Evening Movie in Town Hall	17 10:30 TH Muscles Matter 1:30 B Brain Games **2:00 BP Grab a Treat!** 3:00 B Residents' Choice Activity 6:00 TH Evening Movie in Town Hall	18 11:00 GR Muscles Matter 11:30 TH Wii: Games **1:30 CO Beyond the Book Club** **3:00 GR Mix & Mingle** 6:00 B Community BINGO 6:30 TH Shabbat Service Webcast	19 10:00 TH Stretch Zone 10:45 GR Daily Devotions *2:00 CO Afternoon Movie* **3:00 TH News Chronicles!**
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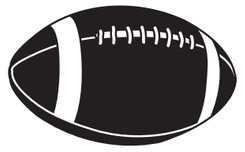
27 **9:30 TH Live Stream: Church** 10:30 TH Bodies, Music, & Motion 2:00 GR Ice Cream Delights! 3:00 TH Community BINGO 6:00 B Residents' Choice	28 10:00 TH Platinum Fitness **11:30 BP Lunch Outside!** **1:30 B Let's Talk** 3:00 TH Music Memories w/Dennis Goodwin 6:00 TH Evening Movie in Town Hall	29 10:30 TH Healthy Moves **2:00 B Hydration Cart Delivery!** **3:30 GR Resident Council Meeting** 6:00 TH Evening Movie in Town Hall	30 10:00 TH Bodies, Music and Motion! **1:30 B Watermelon Wednesday!** **2:00 TH Monthly Featured Movie** 2:00 B Sip and Paint! 6:00 TH Evening Movie in Town Hall			Rosh Hashanah

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CHAT WITH THE CHEF

Join us for a chat with Chef Ray as he shares his culinary wonders!! Join us in the Bistro on **Wednesday, September 9th, at 1:30pm.**

RESIDENT COUNCIL

Join us this month as our building President leads the residents in the resident council meeting on **Tuesday, September 29th, 3:30pm** in the Bistro!

Josephine's Kitchen

HOURS OF OPERATIONS

Breakfast	7:00am - 9:00am
Lunch	11:00am - 1:00pm
Dinner	4:30pm - 7:00pm

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.

Trivia

BRAIN BENDER: FUN ON THE FARM

The same five letters can be rearranged into four different words that will complete the story below. Can you figure out the missing words?

A farmer has hundreds of _ _ _ _ _ and deeply _ _ _ _ _ about the amount of rainfall. He _ _ _ _ _ around with a watering hose when the ground is dry enough to _ _ _ _ _ him about the possibility of crop failure.

(Answer: acres, cares, races, scare)

Q: What runs all around the pasture but never moves?

A: A fence.

Life Enrichment Corner

During these unusual times, Belmont Village Buckhead has made it our mission to keep the positive energy in the building! From snacks and our favorite treats to a warm and refreshing outside walk, we are staying strong as a family should! We are excited to bring in the Autumn season and spend some time creating different projects on our September calendar. Cheers to a new season and new events!

Just for Fun

Health News

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.*

WHAT'S HAPPENING IN OUR COMMUNITY

Happy Ice Cream Sunday, Opal!

Good morning, Betty!

Fresh air with Circle of Friends!

Tommy LOVES a good cup of joe!

BELMONT Village

SENIOR LIVING

BUCKHEAD

5455 Glenridge Drive NE
Atlanta, GA 30342

PC Lic. 60030281

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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