

THE VILLAGE NEWS



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

NOVEMBER 2020

Director's Corner



FROM THE DESK OF THE EXECUTIVE DIRECTOR - RHETT SCIRCLE

THE BEST IS YET TO COME ... WOW and that is so true today as Belmont Village Senior Living Buckhead is strategically and safely opening back up to allow our families to visit their loved ones as well as the hair salon. The past seven months have been challenging for everybody and I would personally like to thank all of our residents, families, and team members who have gone through this together. Lewis Grizzard, writer and humorist on the American South said "The game of life is like football". "You tackle your problems, block your fears, and score points when you get the

opportunity". During the past seven months we've had problems to tackle that we never thought we would have to face. Keeping our fears in check when there have been so many uncertainties and rapidly changing plans. However, we have had opportunities to score some points as we are slowly and safely trying to resume some of the things we did prior to the pandemic. They may look a little different, such as outside social distance entertainers, upcoming socially distanced fall festival, but what's most important is that we are getting back the wonderful opportunity to spend with family and friends. I'm so thankful to all of our residents, families, and team members at Belmont Village Buckhead.

- Rhett Scircle

THANK YOU, VETERANS

There are more than 20 million veterans in America. Honor those who have served on Veterans Day, Nov. 11.



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Happy Birthday

RESIDENT BIRTHDAYS

Jene Morgan	November 22
Patricia Noble	November 25
Nancy Walker	November 28
Helen Turner	November 30

EMPLOYEE BIRTHDAYS

Wendy Simpson	November 3
Elizabeth Ndongi	November 17
Jessica Morris	November 19
Reginald Hill	November 22
Javlin Dubose	November 23
Lakia Alford	November 28



FAMOUS FACES BORN IN NOVEMBER

- Nov. 4, 1946: Laura Bush
- Nov. 7, 1996: Lorde
- Nov. 15, 1929: Ed Asner
- Nov. 17, 1966: Daisy Fuentes
- Nov. 18, 1939: Margaret Atwood
- Nov. 21, 1971: Michael Strahan
- Nov. 29, 1982: Lucas Black
- Nov. 30, 1952: Mandy Patinkin

Resident Council



Say hello to our new Resident Council President, **Mr. Russ House!** Every month, residents meet at our resident council meetings the last Tuesday of every month at 3:30pm. In the meetings, we discuss new ideas, coming events and any questions, comments or concerns in the building! Feel free to reach out to our new president with any ideas or suggestions. Congratulations Russ!

Life Enrichment Corner



Deepen your practice and understanding of Yoga by joining Miyah every Monday! We will enrich your mind, body and spirit by something we call Choga aka Chair-Yoga! We stretch, meditate, balance and get the body feeling strong at its core. Don't be afraid because she is not an expert, but loves to teach everything she knows. See you Monday!



CONGRATULATIONS WENDY SIMPSON!

NOVEMBER EMPLOYEE OF THE MONTH

Wendy transferred to Josephine's Kitchen in August of 2019. She started out being very unsure of herself & very nervous. After a few months of guiding & working with her, Chef Ray says "she's confident in her abilities and takes pride in her work!" Wendy is very fond of the residents & always makes time to visit with them and to make sure everything is okay. She has a great personality and loves to crack jokes to always lighten the mood. Thank you Wendy, well deserved & Congrats!



Fun Facts

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.

Food Drive



'TIS THE SEASON OF GIVING!

Join us by bringing in your canned and nonperishable food items for our Annual Food Drive Collection! This year we are donating to the **Atlanta Community Food Bank**. Please drop off any donations in the box provided next to the concierge desk. We will be accepting donations until December 16th!



ALZHEIMER'S AWARENESS

Join us in showing support for Alzheimer's research during Alzheimer's Disease Awareness Month in November.




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 LaToya Lewis one week prior to the appointment.





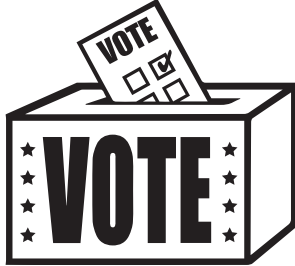
Mondays & Thursdays

The last appointment scheduled is no later than 2 p.m. The last pickup is at 3:30 p.m.



SALON

Louis (Hair stylist) is available Monday and Wednesday for hair appointments and Brianna (manicurist) is available for nails on Tuesday and Thursday. **ALL** appointments can be made by calling the Concierge at (404) 252-6271.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"Fall Back" Day 1</p> <p>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 🌿</p>	<p>2</p> <p>10:30 TH Fitness Club w/ Miyah 🌿 11:00 B Holiday Food Drive! 1:30 CO Beyond the Book Club 🌿 1:30 B Let's Talk 🌿 6:00 TH Evening Movie in Town Hall 🌿</p>	<p>Election Day (U.S.) 3</p> <p>10:30 TH Healthy Moves 11:00 * Outing: Let's See the City! ★ 1:30 TH Choga w/Lindy 🌿 2:00 B Hydration Cart Delivery! 3:00 B Word on the Street 6:00 TH Evening Movie in Town Hall</p>	<p>4</p> <p>10:00 TH Bodies, Music and Motion! 10:30 B Current Events 🌿 1:30 GR Wildin' Out Wednesdays! 2:00 B Resident's Choice w/ Kim 🌿 6:00 TH Evening Movie in Town Hall</p>	<p>Happy Birthday, Roy Rogers 5</p> <p>10:30 TH Muscles Matter 🌿 2:00 BP Culinary Crafts! 🌿 3:00 B Residents' Choice Activity 🌿 3:30 GR Sing-Along with Me 6:00 TH Evening Movie in Town Hall</p>	<p>6</p> <p>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</p>	<p>7</p> <p>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!</p>
<p>8</p> <p>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 🌿</p>	<p>9</p> <p>10:30 TH Fitness Club w/ Miyah 🌿 1:30 CO Beyond the Book Club 🌿 1:30 B Let's Talk 🌿 6:00 TH Evening Movie in Town Hall 🌿</p>	<p>Marine Corps Anniversary 10</p> <p>10:30 TH Healthy Moves 11:00 * Outing: Let's See the City! ★ 2:00 B Hydration Cart Delivery! 6:00 TH Evening Movie in Town Hall</p>	<p>Veterans Day 11</p> <p>9:30 CO Flu Shot Clinic 10:00 TH Bodies, Music and Motion! 1:30 B Chat w/ Chef 2:00 TH Monthly Featured Movie 2:00 B Resident's Choice w/ Kim 🌿 4:00 B Salute to our Veterans 6:00 TH Evening Movie in Town Hall</p>	<p>Mocktail Day 12</p> <p>10:30 TH Muscles Matter 🌿 1:30 B Brain Games 🌿 2:00 BP Culinary Crafts! 🌿 3:00 B Residents' Choice Activity 🌿 6:00 TH Evening Movie in Town Hall</p>	<p>13</p> <p>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</p>	<p>14</p> <p>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!</p>
<p>15</p> <p>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 🌿</p>	<p>16</p> <p>10:30 TH Fitness Club w/ Miyah 🌿 1:30 CO Beyond the Book Club 🌿 1:30 B Let's Talk 🌿 6:00 TH Evening Movie in Town Hall 🌿</p>	<p>World Peace Day 17</p> <p>10:30 TH Healthy Moves 11:00 * Outing: Let's See the City! ★ 1:30 TH Choga w/Lindy 🌿 2:00 B Hydration Cart Delivery! 3:00 B Word on the Street 6:00 TH Evening Movie in Town Hall</p>	<p>18</p> <p>10:00 TH Bodies, Music and Motion! 10:30 B Current Events 🌿 1:30 GR Wildin' Out Wednesdays! 2:00 B Resident's Choice w/ Kim 🌿 6:00 TH Evening Movie in Town Hall</p>	<p>International Men's Day 19</p> <p>10:30 TH Muscles Matter 🌿 12:00 JK Themed Lunch of the Month! 2:00 BP Culinary Crafts! 🌿 3:00 B Residents' Choice Activity 🌿 4:30 JK Men's Appreciation 6:00 TH Evening Movie in Town Hall</p>	<p>20</p> <p>11:00 GR Muscles Matter 11:30 TH Wii: Games 🌿 1:30 CO Beyond the Book Club 🌿 3:00 GR Pumpkin Pie & Wine Social 6:00 B Community BINGO 🌿 6:30 TH Shabbat Service Webcast</p>	<p>21</p> <p>10:00 TH Stretch Zone 🌿 10:45 GR Daily Devotions 2:00 CO Afternoon Movie 3:00 TH News Chronicles!</p>
<p>22</p> <p>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 🌿</p>	<p>Try Something Vegan Day 23</p> <p>10:30 TH Fitness Club w/ Miyah 🌿 1:30 CO Beyond the Book Club 🌿 1:30 B Let's Talk 🌿 6:00 TH Evening Movie in Town Hall 🌿</p>	<p>24</p> <p>10:30 TH Healthy Moves 11:00 * Outing: Let's See the City! ★ 2:00 B Hydration Cart Delivery! 3:30 GR Resident Council Meeting 6:00 TH Evening Movie in Town Hall</p>	<p>25</p> <p>10:00 TH Bodies, Music and Motion! 2:00 TH Monthly Featured Movie 2:00 B Resident's Choice w/ Kim 🌿 6:00 TH Evening Movie in Town Hall</p>	<p>Thanksgiving 26</p> <p>10:30 TH Muscles Matter 🌿 11:30 B Residents' Birthday Celebration 1:30 B Brain Games 🌿 2:00 BP Culinary Crafts! 🌿 3:00 B Residents' Choice Activity 🌿 6:00 TH Evening Movie in Town Hall</p>	<p>27</p> <p>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</p>	<p>Small Business Saturday 28</p> <p>10:00 TH Stretch Zone 🌿 10:45 GR Daily Devotions 2:00 CO Afternoon Movie 3:00 TH News Chronicles!</p>
<p>29</p> <p>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 🌿</p>	<p>30</p> <p>10:30 TH Fitness Club w/ Miyah 🌿 1:30 CO Beyond the Book Club 🌿 1:30 B Let's Talk 🌿 3:00 TH Music Memories w/Dennis Goodwin 6:00 TH Evening Movie in Town Hall 🌿</p>					

RESIDENT COUNCIL

Join us this month as our building President Russ House leads the residents in the resident council meeting on **Tuesday, November 24th, 3:30pm** in the Bistro!



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, November 11th, at 1:30pm.**

Josephine's Kitchen



HOURS OF OPERATIONS

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



Brain Games

BRAIN BENDER

Unscramble each of the following Thanksgiving-themed words, then rearrange the letters in bold to create a seasonal phrase.

SPILRMIG
FWAOEMLRY
UTEYKR
INSNAID
BNMOEVRE
ASRHVET
CNRO
DGTITARUE
ULMHPYOT
FTASE

(Answers: Pilgrims, Mayflower, turkey, Indians, November, harvest, corn, gratitude, Plymouth, feast. The phrase is "Give thanks.")

Welcome New Residents



MR. SEATON BAILEY
MR. BARRY POTLOCK
MRS. ELAINE POTLOCK



Circle of Friends & Neighborhood

We had a blast in October in Circle of Friends and Neighborhood! We had many scenic drives with coffee, donuts and even smoothies sometimes! Virtual Yoga classes, distant musical performances, sip n' paint and even started cooking class again! With the holidays approaching, it is a constant reminder that we are so thankful for all of our residents, families and peers! As we step into the colder season, we are ready for warm fire stories, hot cocoa for our drives and spending more time together. Stay tuned to see what activities we will have in November!!



People & Places

COF 1 OUTINGS:

Tuesdays Coffee + Donut Drive

COF 2 & NH:

Wednesdays Tea & Scone Drive

Health News

COLD AND FLU TRUTH

“Feed a cold, starve a fever.” This saying has been around for centuries, but how much truth is behind it? Doctors say nutritious foods can provide energy to fight an illness, but don't force yourself to eat if you aren't hungry. However, staying hydrated is important, so drink plenty of fluids.



HAND-WASHING REMINDER

During cold and flu season, please remember that washing your hands frequently is important to help prevent the spread of germs. Lather your hands with plenty of soap and scrub for 20 seconds. Let's all do our part to stay healthy this season!

WHAT'S HAPPENING IN OUR COMMUNITY



Hot tea for Mary!



As John says "Neva Betta Budda!"



Opal loves the window seat for our drives!



Apple cider is Suzy's favorite!



Cooking class with Candy, Jean & Elaine!



Come enjoy a Donut drive with Helen!

BELMONT *Village*

SENIOR LIVING

BUCKHEAD

5455 Glenridge Drive NE
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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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