

# THE VILLAGE NEWS



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

DECEMBER 2020

## Director's Corner



Who would have thought in November 2019 the changes our world would experience in the coming year. 2020 has been a year like no other with the ongoing COVID-19 pandemic. I'm very proud of all the team members and residents at the community for having the ability to adapt to the new normal such as learning the new word "social distancing". Through it all, our fantastic team members have remained dedicated and committed to ensuring that our residents have pleasant days with a purpose. As we enter the upcoming holiday season, our commitment remains strong. As a community we are working hard to build our holiday plans and will keep you abreast of the

upcoming events. While we may not be able to host large family gatherings at the community like years gone by, we will still find ways to make this holiday season very special and full of joy and happiness with our holiday decorations, activities, meals, as well as new and creative ways to help our residents feel connected with their loved ones.

As we prepare for Thanksgiving I would like to share that I am thankful for all of you and I truly thank you for all of your understanding, patience, and support that you've afforded the team and the community during the past year.

Happy Holidays to All!  
Rhett Scircle, Executive Director

## POSITIVE THOUGHT

"The older I get, the greater power I seem to have to help the world; I am like a snowball—the further I am rolled, the more I gain." —Susan B. Anthony



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# Happy Birthday

## RESIDENT BIRTHDAYS

Barry Potlock December 6  
Elaine Potlock December 18

## EMPLOYEE BIRTHDAYS

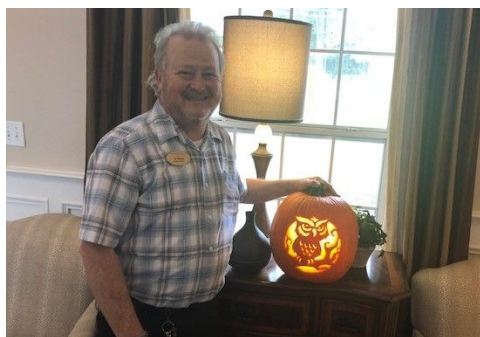
Jasmiere Williams December 22  
Miyah Wilson December 24



## FAMOUS FACES BORN IN DECEMBER

Dec. 2, 1983: Aaron Rodgers  
Dec. 4, 1969: Jay-Z  
Dec. 12, 1975: Mayim Bialik  
Dec. 18, 1980: Christina Aguilera  
Dec. 19, 1987: Ronan Farrow  
Dec. 21, 1937: Jane Fonda  
Dec. 28, 1954: Gayle King  
Dec. 31, 1943: Ben Kingsley

## Just for Fun



## Mobile App



### SOMETHING NEW!

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 calendars and schedules in the building!

This new platform will allow family members to see activity participation, communicate with their loved ones at BV, see live schedule updates, and more. We are excited to take this next step together and be able to better connect our residents and families.

## EMPLOYEE OF THE MONTH



CONGRATULATIONS  
JENELLE MAISONAVE!!

Jenelle Maisonave joined Belmont Village in July 2019 as our overnight PAL. In that position, she has shown she is a team player with her peers and always going the extra mile. Jenelle takes great pride in ensuring the needs of our residents are met with her hardworking and loving personality. Although she works on the night shift, her energy around the community resonates all day! Jenelle has a great work ethic and dedication. She is the total package and this is why she is our last “Employee of the Month of the year!”



## HAPPY HOLLY-DAYS

Haul out the holly! For thousands of years, people from different cultures have used branches of holly, full of glossy green leaves, to decorate their homes in wintertime. Birds like to feast on the foliage's bright red berries. Of the 400-plus varieties, English holly and American holly are most commonly associated with the holiday season.

## HAPPY HANUKKAH

The Jewish holiday Hanukkah is a joyous eight-day celebration. Known as the Festival of Lights, the holiday brings family and friends together to light a menorah, sing songs, play games and eat special foods. Hanukkah marks the victory of a group of Jewish rebels over the armies of Syria in 165 B.C. and the rededication of the Temple in Jerusalem.



## Resident Spotlight



Need a little pick me up? Want a little exercise & music? Come join our new Noodle Class every Friday at 11:00AM led by our new resident instructor, **Elaine!** She will lead us in noodle exercises to stretch our bodies, learn healthy habits with a guarantee to have a good time! See you Friday in Townhall!

## Act of Kindness

### '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!

## Out & About



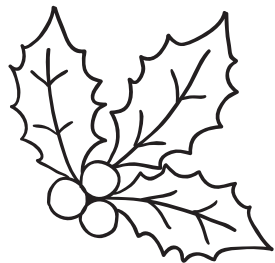


### TRANSPORTATION

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   |
|---|--|--|---|--|---|--|
|    |   | <b>Beginning of Bingo's Birthday Month</b> 1<br>10:30 TH Healthy Moves<br>11:00 * Outing: Let's See the City! ★<br>1:30 TH Choga w/Lindy 🌿<br>2:00 B Hydration Cart Delivery!<br>3:00 B Word on the Street<br>6:00 TH Evening Movie in Town Hall | 2<br>10:00 TH Bodies, Music and Motion!<br>10:30 B Current Events 🌿<br>1:30 GR Wildin' Out Wednesdays!<br>2:00 B Resident's Choice w/ Kim 🌿<br>6:00 TH Evening Movie in Town Hall   | 3<br>10:30 TH Muscles Matter 🌿<br>2:00 TH Culinary Crafts! 🌿<br>3:00 B Residents' Choice Activity 🌿<br>3:30 GR Sing-Along with Me<br>6:00 TH Evening Movie in Town Hall  | 4<br><b>Homemade Gifts Day</b><br>11:00 GR Muscles Matter<br>11:30 TH Wii: Games 🌿<br>1:30 CO Beyond the Book Club 🌿<br>3:00 GR Mix & Mingle<br>6:00 B Community BINGO 🌿<br>6:30 TH Shabbat Service Webcast | 5<br>10:00 TH Stretch Zone 🌿<br>10:45 GR Daily Devotions<br>2:00 CO Afternoon Movie<br>2:00 B Residents' Choice w/ Volunteer 🌿<br>3:00 TH News Chronicles! |
| <b>St. Nicholas Day</b> 6<br>9:30 TH Live Stream: Church<br>10:30 TH Bodies, Music, & Motion 🌿<br>2:00 GR Hot Chocolate Surprise!<br>3:00 TH Community BINGO<br>6:00 B Residents' Choice 🌿                | 7<br>10:30 TH Fitness Club w/ Miyah 🌿<br>1:30 CO Beyond the Book Club 🌿<br>1:30 B Let's Talk 🌿<br>6:00 TH Evening Movie in Town Hall 🌿   | 8<br>10:30 TH Healthy Moves<br>11:00 * Outing: Let's See the City! ★<br>2:00 B Hydration Cart Delivery!<br>6:00 TH Evening Movie in Town Hall  | 9<br>10:00 TH Bodies, Music and Motion!<br>1:30 B Chat w/ Chef<br>2:00 TH Monthly Featured Movie<br>2:00 B Resident's Choice w/ Kim 🌿<br>6:00 TH Evening Movie in Town Hall   | 10<br><b>Hanukkah Begins at Sundown</b><br>10:30 TH Muscles Matter 🌿<br>1:30 B Brain Games 🌿<br>2:00 BP Gingerbread House Decorating! 🌿<br>3:00 B Residents' Choice Activity 🌿<br>6:00 TH Evening Movie in Town Hall       | 11<br>11:00 GR Muscles Matter<br>11:30 TH Wii: Games 🌿<br>1:30 CO Beyond the Book Club<br>3:00 GR Mix & Mingle<br>6:00 B Community BINGO 🌿<br>6:30 TH Shabbat Service Webcast                               | 12<br>10:00 TH Stretch Zone 🌿<br>10:45 GR Daily Devotions<br>2:00 CO Afternoon Movie<br>2:00 GR Ready To Go Ministries<br>3:00 TH News Chronicles!         |
| 13<br>9:30 TH Live Stream: Church<br>10:30 TH Bodies, Music, & Motion 🌿<br>11:00 B Brain Game: Theme Trivia 🌿<br>2:00 GR Hot Chocolate Surprise!<br>3:00 TH Community BINGO<br>6:00 B Residents' Choice 🌿 | 14<br>10:30 TH Fitness Club w/ Miyah 🌿<br>1:30 CO Beyond the Book Club 🌿<br>1:30 B Let's Talk 🌿<br>6:00 TH Evening Movie in Town Hall 🌿  | 15<br><b>A Grinch Day</b><br>10:30 TH Healthy Moves<br>11:00 * Outing: Let's See the City! ★<br>1:30 TH Choga w/Lindy 🌿<br>2:00 B Hydration Cart Delivery!<br>3:00 B Word on the Street<br>6:00 TH Evening Movie in Town Hall                    | 16<br>10:00 TH Bodies, Music and Motion!<br>10:30 B Current Events 🌿<br>2:00 B Resident's Choice w/ Kim 🌿<br>3:30 GR Hanukkah Candle Lighting w/ Rabbi Beiner<br>6:00 * Christmas Lights Drive! ★<br>6:00 TH Evening Movie in Town Hall | 17<br><b>Wright Brothers Day</b><br>10:30 TH Muscles Matter 🌿<br>2:00 TH Culinary Crafts! 🌿<br>3:00 B Residents' Choice Activity 🌿<br>6:00 TH Evening Movie in Town Hall   | 18<br>11:00 GR Muscles Matter<br>11:30 TH Wii: Games 🌿<br>1:30 CO Beyond the Book Club 🌿<br>5:00 GR Annual Holiday Dinner!<br>6:00 B Community BINGO 🌿<br>6:30 TH Shabbat Service Webcast                   | 19<br>10:00 TH Stretch Zone 🌿<br>10:45 GR Daily Devotions<br>2:00 CO Afternoon Movie<br>3:00 TH News Chronicles!   |
| 20<br><b>Go Caroling Day</b><br>9:30 TH Live Stream: Church<br>10:30 TH Bodies, Music, & Motion 🌿<br>2:00 GR Hot Chocolate Surprise!<br>3:00 TH Community BINGO<br>6:00 B Residents' Choice 🌿             | 21<br><b>First Day of Winter</b><br>10:30 TH Fitness Club w/ Miyah 🌿<br>1:30 CO Beyond the Book Club 🌿<br>1:30 B Let's Talk 🌿<br>6:00 TH Evening Movie in Town Hall 🌿              | 22<br>10:30 TH Healthy Moves<br>11:00 * Outing: Let's See the City! ★<br>2:00 B Hydration Cart Delivery!<br>6:00 TH Evening Movie in Town Hall   | 23<br>10:00 TH Bodies, Music and Motion!<br>2:00 TH Monthly Featured Movie<br>2:00 B Resident's Choice w/ Kim 🌿<br>6:00 TH Evening Movie in Town Hall   | 24<br><b>Christmas Eve</b><br>10:30 TH Muscles Matter 🌿<br>1:30 B Brain Games 🌿<br>2:00 TH Culinary Crafts! 🌿<br>3:00 B Residents' Choice Activity 🌿<br>6:00 TH Evening Movie in Town Hall                                 | 25<br><b>Christmas Day!</b><br>11:30 TH Wii: Games 🌿<br>1:30 CO A Christmas Movie<br>3:00 GR Wine & Dine<br>6:00 B Christmas BINGO! 🌿<br>6:30 TH Shabbat Service Webcast                                    | 26<br>10:00 TH Stretch Zone 🌿<br>10:45 GR Daily Devotions<br>2:00 CO Afternoon Movie<br>3:00 TH News Chronicles!   |
| 27<br>9:30 TH Live Stream: Church<br>10:30 TH Bodies, Music, & Motion 🌿<br>2:00 GR Hot Chocolate Surprise!<br>3:00 TH Community BINGO<br>6:00 B Residents' Choice 🌿                                       | 28<br>10:30 TH Fitness Club w/ Miyah 🌿<br>1:30 CO Beyond the Book Club 🌿<br>1:30 B Let's Talk 🌿<br>3:00 TH Music Memories w/Dennis Goodwin<br>6:00 TH Evening Movie in Town Hall 🌿 | 29<br>10:30 TH Healthy Moves<br>11:00 * Outing: Let's See the City! ★<br>1:30 TH Choga w/ Brandy 🌿<br>3:00 B Word on the Street<br>3:30 GR Resident Council Meeting<br>6:00 TH Evening Movie in Town Hall  | 30<br><b>Tiger Woods' Birthday</b><br>10:00 TH Bodies, Music and Motion!<br>10:30 B Current Events 🌿<br>1:30 GR Wildin' Out Wednesdays!<br>2:00 B Resident's Choice w/ Kim 🌿<br>6:00 TH Evening Movie in Town Hall                      | 31<br>10:30 TH Muscles Matter 🌿<br>11:30 B Residents' Birthday Celebration<br>12:00 JK New Year's Celebration!!<br>2:00 TH Culinary Crafts! 🌿<br>3:00 B Residents' Choice Activity 🌿<br>6:00 TH Evening Movie in Town Hall |    | <b>NEW YEAR'S EVE!</b>   |

## Resident Council

### RESIDENT COUNCIL

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



### 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, December 9th, at 1:30pm.**

## Josephine's Kitchen

### HOURS OF OPERATIONS

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



## Trivia

### BRAIN BENDER: WINDOW WORDS

Helen woke up one morning to discover that it had snowed overnight, leaving her window frosted over with condensation. Using her finger, she wrote the word "SNOWING" on the window. She then crossed out the letter "N" to create the word "SOWING." She continued crossing out one letter at a time, creating a new word each time. Finally, she had a one-letter word remaining.

Can you determine the words Helen made, and in what order?

*(Answer: Snowing, sowing, swing, wing, win, in, I. Or: Snowing, sowing, owing, wing, win, in, I.)*

### MEMORABLE MELODY: 'FROSTY THE SNOWMAN'

"With a corncob pipe and a button nose and his eyes made out of coal," a jolly, happy snowman named Frosty came to life for millions of kids in 1950 in the lyrics of this holiday song. Beloved actor and "Singing Cowboy" Gene Autry recorded the tune as a follow-up to his hit "Rudolph the Red-Nosed Reindeer." An animated TV special based on the song first aired in 1969, and has become a timeless holiday classic.



## Circle of Friends & Neighborhood



### NOVEMBER CRAFTS!

November brought us many opportunities to do Thanksgiving crafts that included making pumpkins from paper, coils and pumpkin flavored treats, which allowed residents to eat their creations. Every year we always share what we are thankful for, and the common theme is always each other. So with that being said, thank you to all of our staff, families and residents because we are nothing without each other!



### HALLOWEEN FUN!

We had a Spook-tacular time on October 31st! Residents and staff had a great time in costume during our Halloween lunch. Plus we all enjoyed our very own bag of candy, Trick or Treat! Our very own Enrichment Leader, Brandy and Sales Manager Rita really got into the spirit with their awesome costumes!



## People & Places

### COF 1 OUTINGS:

Tuesdays Coffee + Donut Drive

### COF 2 & NH:

Wednesdays Tea & Scone Drive

## Health News

### 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!

### TO YOUR HEALTH: SIP SOME SOUP

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better.

# WHAT'S HAPPENING IN OUR COMMUNITY



Check out John's rings!



Patty is a natural artist!



Our flower girl, Ms. Opal



Happy Veterans Day Mr. Potlock!



Watercolors with Betty!



## 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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