



Belmont Village at Johns Creek VillageNEWS

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A Publication of Belmont Village for Residents, Staff, Family and Friends

September 2015

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Community News



When the calendar turns to September, we know that changes are in store. Sunsets will arrive earlier, and fall's

crispness will soon replace summer's warm languor.

Celebrate Labor Day! Labor Day (the first Monday in September) is different from most holidays because it is not related to the celebration or recognition of a specific individual, sect, race or nation. Instead, Labor Day is dedicated to the social and economic achievements of American workers and their impact on the strength, prosperity and well-being of our country. We often think of Labor Day as the end of summer, but it's observance encompasses so much more. Americans have long held a tradition of honoring the men and women who make this country work. No matter what kind of work each of us does, we have played an important part in our nation's success. Let's set aside and take pride in our work and salute those who have worked to make our jobs secure. So, take a little time to celebrate with your neighbors and make the most of this last official holiday of the

summer season.

A big thank you is in order to all grandparents. While we appreciate you every day, the first Sunday after Labor Day—Grandparents Day—is special. First of all, thank you for loving us—even when we were not always lovable. Thank you for the great advice and wisdom you passed on through the years. Thanks for hugging us, letting us sit on your lap and listening to all of our stories, as well as a sad tale or two. Finally, thank you for sharing your lives with us. You helped us become who we are today. We want to honor all the grandparents who call Belmont Village home.

National Assisted Living Week is Sept. 13-19. This weeklong celebration honors more than 1 million residents, their families, staff and volunteers in more than 30,000 assisted living and personal care homes across America.

Best Regards,
Jan Boatright

Family Southern Dinner

Thursday, Sept. 17, 4:30 p.m.
(Please R.S.V.P. by Friday,
Sept. 11)

Limit 3 guests per resident

Adults- \$12 and Children- \$6




Happy Birthday

September Birthday Luncheon

It's a Belmont Village tradition to celebrate resident birthdays each month with a special birthday luncheon.

This month's luncheon is Friday, Sept. 25, at 11:30 a.m.

Each resident may bring one guest *on the house*. Please note there will be an extra charge per additional guest, and we **MUST** have your RSVP by Monday, Sept. 21.

Resident Birthdays

| | |
|------|------------------|
| 9/7 | Jim Laskey |
| 9/8 | Harriet Mercer |
| 9/11 | Edith Williams |
| 9/18 | Janet Collins |
| 9/20 | Meredith Riordan |
| 9/20 | Fran Erb |
| 9/28 | Shirley Looney |

Employee Birthdays

| | |
|------|-------------------|
| 9/6 | Malyza Whatley |
| 9/17 | Merashe Obidago |
| 9/22 | Jennifer Stewart |
| 9/22 | LaToya Solomon |
| 9/22 | Rolando Ache-Cruz |
| 9/24 | Angela Moussignac |
| 9/28 | Janice McDonald |



Protect Your Hearing Health

Hearing loss is common with age—about one-third of Americans between 65 and 74 have hearing problems, and half of those over 85 have some sort of hearing loss. The gradual loss of hearing as we age is called presbycusis.

Other causes of hearing loss include infections, certain medications, head injuries, heart conditions and exposure to loud noises.

Do you have a hearing problem? Ask yourself these questions:

- Do you have a problem hearing on the telephone?
- Do you have trouble understanding when two or more people are talking?
- Do people complain that you turn the TV volume too high?

- Do you strain to understand conversation?
- Do you have trouble hearing when a lot of noise is in the background?
- Do you ask others to repeat themselves?
- Do people seem to mumble or not speak clearly?
- Do you misunderstand what others are saying and respond inappropriately?
- Do people get annoyed because you misunderstand them?

If you answered "yes" to *three or more* of these questions, Belmont Village Senior Living suggests you take advantage of a wonderful opportunity by attending our **FREE Accuquest Hearing Screening** being held on Friday, Sept. 11, from 11 a.m.- 3 p.m. in Parlor 200! A sign-up sheet will be posted for you to choose a time slot.



A MOMENT IN OUR LIVES, FOREVER IN OUR HEARTS.

SEPT. 11

PATRIOT DAY

NATIONAL DAY OF SERVICE AND REMEMBRANCE



Resident Council

Come share what you love about Belmont and also how we can make it even better! The meeting will be held on **Tuesday, Sept. 29, at 3 p.m.**

Welcome New Residents



Please welcome Mr. Robert B. and wife Mrs. Judith B. to the Belmont Village family!

Men's Luncheon

We would like to invite all of our gentlemen to join us for a *Pizza* luncheon in the Activity Room on **Wednesday, Sept. 9, at 12 p.m.**



Wine and Cheese Socials



Join us for great entertainment every Friday at 3 p.m.

- 9/4 Alan Weisenberg
- 9/11 Marty Berning
- 9/18 Jeni Michelson
- 9/25 Craig Gleason

What's Cooking

We would like to invite you to our "*Belmont Culinarians.*" This September we will be featuring **Alma Fisher** and her delicious family recipe. We will kick it off with our Chat w/ the Chef to be followed by Alma and Kelly preparing samples for the group to enjoy! Let your inner culinary talents shine!

The demonstration will be held **Wednesday, Sept. 30, at 1 p.m.**



Josephine's Kitchen

Breakfast 7-9 a.m.
Lunch 11 a.m.-1 p.m.
Dinner 4:30-7 p.m.
Guest Meals:
Adults- \$12; Children- \$6

Beauty Salon Services

Maureen Watson, our Belmont beautician, is here every Tuesday, Wednesday and Friday. Please sign up at the front activity table.

Anna Ball, manicurist, is here every other Wednesday offering manicures and pedicures.

Doctors' Appointments

Scheduled transportation is provided to doctors' appointments on **TUESDAY** and **THURSDAY** between 10 a.m. and 3 p.m. Please schedule with the concierge two days in advance so that we may better serve all residents.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|--|--|---|
| <p>Marketplace Open Monday, Wednesday and Friday 10:30- 11:00 a.m.</p> | <p>Please remember to check your calendars for many opportunities for fun, learning, building relationships and making wonderful memories!</p> | <p>10:15 AR Muscles Matter 11:00 CY Popsicles on the porch 1:00 P1 Bridge Club 1:00 P2 Rosary w/ Eileen 2:00 AR Bingo for Bucks 3:30 AR Word Aerobics w/ Judy 7:00 AR Movie Theater Time 7:00 P3 Phase 10</p> | <p>10:00 O Shopping at Kroger 11:00 AR Dance Therapy w/ Saroya 11:00 AR Rummikub Club 1:30 AR BV Boot Camp 3:00 P3 Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time 7:00 GR Christ The Shepard Lutheran Church Choir ✓</p> | <p>10:15 AR BV Boot Camp 11:00 AR Paxxon Vitals ♥ 1:00 AR Topsy da Vinci 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:00 P3 Bible Study w/ Ann 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p> | <p>10:15 AR Muscles Matter 11:00 AR Show and Tell 1:00 GR Addison Pet Therapy 3:00 AR Wine & Cheese: Alan Weisenberg ✓ 7:00 AR Movie Theater Time</p> | <p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 2:00 AR Bingo 7:00 AR Movie Theater Time</p> |
| <p>10:30 AR Catholic Communion w/ St. Brendon 2:00 AR Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p> | <p>Labor Day 10:15 AR Muscles Matter 11:00 AR Accordion by Nicholas Vernola ✓ 1:00 AR Labor Day Pictionary 3:00 AR Tennis Tournament 4:15 GR Piano by Neha ✓ 7:00 AR Movie Theater Time</p> | <p>10:15 AR Muscles Matter 11:00 AR Reminiscence & Tea 1:00 P1 Bridge Club 1:00 P2 Rosary w/ Eileen 2:00 AR Bingo for Bucks 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p> | <p>10:00 O Shopping at Publix 11:00 AR Rummikub Club 12:00 AR <i>Men's Pizza Luncheon</i> 1:30 AR BV Boot Camp 3:00 AR Belmont Bucks Auction 7:00 AR Movie Theater Time</p> | <p>10:15 AR BV Boot Camp 11:00 AR Art w/ Michele & Janet 1:00 GR What If ... 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:00 P3 Bible Study w/ Ann 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p> | <p>10:15 AR Muscles Matter 11:00 P2 Accuquest Hearing Screening ♥ 1:00 GR Addison Pet Therapy 3:00 AR Wine & Cheese: Marty Berning ✓ 7:00 AR Movie Theater Time</p> | <p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 2:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p> |
| <p>National Grandparents Day 10:30 AR Catholic Communion w/ St. Brendon 2:00 AR Grandparents Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p> | <p>Rosh Hashanah Begins at Sundown 10:15 AR Muscles Matter 11:00 O Lunch Bunch to MONDO Pizza Kitchen ★ 3:30 AR Tennis Tournament 7:00 AR Movie Theater Time</p> | <p>Rosh Hashanah 10:15 AR Muscles Matter 11:00 AR Topsy da Vinci 1:00 P1 Bridge Club 1:00 P2 Rosary w/ Eileen 2:00 AR Bingo for Bucks 3:30 AR Word Aerobics w/ Judy 7:00 AR Movie Theater Time 7:00 P3 Phase 10</p> | <p>10:00 O Shopping at Kroger 11:00 AR Rummikub Club 1:30 AR BV Boot Camp 3:00 BT Margarita Happy Hour 7:00 AR Movie Theater Time</p> | <p>10:15 AR BV Boot Camp 11:00 AR Satin Hands Spa Day by Kay 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:00 P3 Bible Study w/ Ann 4:30 JK Family Southern Dinner ● 7:00 AR Movie Theater Time 7:00 P3 Phase 10</p> | <p>9:30 AR Bible Study w/ Rev. Danny Park 10:15 O Dollar Tree 1:00 GR Addison Pet Therapy 1:30 AR Muscles Matter 3:00 GR Wine & Cheese: Jeni Michelson ✓ 7:00 AR Movie Theater Time</p> | <p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 2:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p> |
| <p>10:30 AR Catholic Communion w/ St. Brendon 2:00 AR Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p> | <p>9:15 O Aaron Family Orchards (Elijay, Ga) and Lunch 10:15 AR Muscles Matter 3:30 AR Tennis Tournament 7:00 AR Movie Theater Time</p> | <p>10:15 AR Muscles Matter 11:00 AR Dental Health Lecture ♥ 1:00 P2 Rosary w/ Eileen 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 7:00 AR Movie Theater Time 7:00 P3 Phase 10</p> | <p>10:00 O Shopping at Publix 11:00 AR Rummikub Club 1:30 AR BV Boot Camp 2:00 P3 Lit, Wit and Wisdom w/ Carol 3:00 GR The Geriatrics ✓ 7:00 AR Movie Theater Time</p> | <p>10:15 AR BV Boot Camp 11:00 AR Arts & Crafts w/ Charlotte 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:00 P3 Bible Study w/ Ann 7:00 AR Movie Theater Time 7:00 P3 Phase 10</p> | <p>10:15 AR Muscles Matter 11:30 AR <i>Resident Birthday Luncheon</i> 1:00 GR Addison Pet Therapy 3:00 AR Wine & Cheese: Craig Gleason ✓ 7:00 AR Movie Theater Time</p> | <p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games 1:00 AR Rummikub Club 1:00 GR Chamber Music Presented by Hooch Art Reach ✓ 2:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p> |
| <p>10:30 AR Catholic Communion w/ St. Brendon 1:00 GR Gwinett School of Music & Atlanta Music Academy ✓ 2:00 AR Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p> | <p>10:15 AR Muscles Matter 11:00 AR Primrose Talent Show ■ 1:00 AR Neighborhood Creations (Craft) 3:00 GR Sugar & Derby Pet Therapy 3:30 AR Tennis Tournament 7:00 AR Movie Theater Time</p> | <p>10:15 AR Muscles Matter 11:00 AR Back-to-School Jeopardy 1:00 P1 Bridge Club 1:00 P2 Rosary w/ Eileen 2:00 AR Bingo for Bucks 3:00 AR Resident Council 7:00 AR Movie Theater Time 7:00 P3 Phase 10</p> | <p>10:30 AR Dental Implants Lecture ♥ 11:00 AR Rummikub Club 1:00 AR <i>Chat with the Chef & Belmont Culinaris</i> 3:00 P3 Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p> | <p>Happy Labor Day! Many thanks to all the men and women who have worked so hard all their lives making the world a better place to live!</p> | <p>Lovely Libra Represented by a set of balance scales, Libra is the zodiac sign for those born between Sept. 23 and Oct 22. Libra value beauty and harmony and are known to root for the underdog.</p> | <p>It's Your Day! The Sunday after Labor Day is National Grandparents Day! Are you a grandparent? If so, celebrate your special day on Sept. 13 at 2 p.m. by inviting your grandkids to come play BINGO with us!</p> |



EXTRA **Neighborhood**
News

- Music w/ Fredrick Jones, Thurs., Sept. 3, at 11 a.m.
- Music w/ Smitty Lucas, Thurs., Sept. 10, 3 p.m.
- Music w/ Dick Amundsen, Tues., Sept. 22, at 11 a.m.
- Music with Alan Li every Mon. at 2 p.m.
- Paxxon Exercise, every Wed. at 9:30 a.m.
- Scenic Drive, every Wed. at 2 p.m.
- Bible Study w/ Richard Peacock, every Fri. at 9:30 a.m.
- Church Service, every Sun. at 2 p.m. w/ Reverend Ray Batson.



Norvelle C. enjoying the delicious culinary delights prepared at Belmont!



Learn a Language to Boost Your Brain

Two is better than one. Researchers say learning and speaking a second language benefits the brain. Results of several studies show evidence that being bilingual bolsters cognitive function, resulting in advantages such as better focus, increased ability to multitask and delaying the onset of Alzheimer's disease. And it didn't matter whether the speakers had learned a second language as children or later in life. To begin learning, look for free lessons online; check out books, CDs or DVDs from the library; or practice with someone who speaks a foreign language. *Belmont Village* is committed to boosting brain power and fighting against the progression of dementia! Every day we teach our residents a new Spanish word that they can learn and use!

Brainteaser

Question: A sundial has the fewest moving parts of any timepiece. What timepiece has the most parts?

Answer: An hourglass. It holds thousands of grains of sand.



Logic Problem

Jane went to visit Jill. Jill is Jane's only husband's mother-in-law's only husband's only daughter's only daughter. What relation is Jill to Jane?

'Trail' Is One

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



Refresh Your Home for Fall

The switch from summer to fall is a great time to update your décor. Try these simple design tips to bring a touch of autumn to your home.

Embrace the outdoors. Nature lets us know that fall has arrived with falling leaves, acorns and pinecones. These items make great decorative elements—put them in jars or bowls and place on tables or shelves. Don't forget to include seasonal blooms such as sunflowers and mums.

Fun with fall fabrics. Pack away linen and cotton accessories and bring out pillows, throws, and kitchen towels in rich colors and geometric patterns such as plaid or houndstooth. For a unique, stylish table runner, use a pretty scarf.

Home is where the harvest is. Traditional fall foods are another symbol of the season. Go literal with a cornucopia centerpiece of goodies, or add subtle touches of decorative corn, pumpkins and gourds around your home. Fill a pretty bowl with multi-colored apples or pears and set it on a counter or coffee table.

Breathe in fall beauty. Nothing says fall like the smell of cinnamon, cloves and nutmeg. Boil them together in a saucepan to enjoy the pleasant aroma of autumn as the scent floats around your home.

Natural Smiles

Replacing missing teeth is important to overall oral and medical health and can dramatically improve the shape of your face, your smile and your ability to chew. When missing teeth need to be replaced, many seniors are opting for dental implants instead of crowns, bridges or dentures.

An implant is a replacement tooth root that provides a strong foundation for a permanent or removable replacement tooth that is made to match natural teeth.

Implants can replace a single tooth or multiple teeth. Candidates for dental implants need to have healthy gums and adequate bone to support the implant.

If you're considering a dental implant, talk to your general dentist first. Implant placement is not a dental specialty in itself, and often a team of specialists provides the treatment. One specialist may perform the surgery to place the implant, while another places a crown on top of the implant to complete the restoration.

Dental Implants Lecture

Join us on Wednesday, Sept. 30, at 10:30 a.m. as periodontist Dr. Pearson presents an informative lecture on dental implants!

Employee of the Month



SEPTEMBER EMPLOYEE OF THE MONTH

Sandy Cason

Sandy holds a position as a PAL. She has worked for Belmont since February 2015. Sandy can ALWAYS be seen with a bright smile across her face. She has the ability to brighten any room. The residents enjoy her kind spirit and her professionalism in everything that she does. Sandy pays attention to the residents' preferences and ensures person-centered care! We thank you, Sandy, for being so kind and attentive to the individual needs of each resident and for being a fantastic team player!

Belmont Bucks Auction

As you are cleaning out your closets, basements, attics and storage units, please consider donating those items for our Belmont Bucks Auction being held on Tuesday, Sept. 9, at 3 p.m.

Belmont Village Scene



Nina L. & Philip L.



June Z. painting like Picasso!



Thank you to our faithfully dedicated volunteers! Dick, Judy, Carol, Ann, Richard



Mary Margaret N., Meredith R. and Louise A. creating beautiful jewelry!



Lily O. enjoying some much-deserved pampering!



Huge thanks to Eileen for her many years of volunteering!



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Belmont Village Communities

CALIFORNIA: Burbank, 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

SOUTHERN US: Memphis, Nashville, Louisville, Atlanta—Buckhead and Johns Creek, Dallas, Austin, Houston—West University and Hunters Creek

