



Belmont Village at Johns Creek Village NEWS

4315 Johns Creek Parkway • Suwanee, GA 30024 • Phone 770-813-9505 • Fax 770-813-0380

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

October 2015

Jan Boatright

Executive Director

(770) 813-9505 ext. 13

jboatright@belmontvillage.com

Leslie Sowders

Community Relations Coordinator

(770) 813-9505 ext. 11

lsowders@belmontvillage.com

Kelly DiTullio

Activity Memory Programs Coord.

(770) 813-9505 ext. 16

kditullio@belmontvillage.com

Theresa Jackson

Director Resident Care Services

(770) 813-9505 ext. 17

tjackson@belmontvillage.com

Cathy Owens

Human Resources Generalist

(770) 813-9505 ext. 18

cowens@belmontvillage.com

David Autry

Building Engineer

(770) 813-9505 ext. 21

dautry@belmontvillage.com

Patricia Mann

Chef Manager

(770) 813-9505 ext. 22

pmann@belmontvillage.com



Community News



Fall is here. Out of all the seasons, Fall is my favorite. The evenings are getting shorter, the nights are getting cooler and

Halloween and Thanksgiving are just around the corner. Fall is one of the most beautiful times of the year, producing leaves in magnificent shades of yellow, orange and red.

Autumn may be here, but that doesn't mean the growing season is over. Yes, that's right. Since October is the first full month of Autumn, it's the perfect time to fall in love with fresh produce.

Here is what's in season:

Vegetables: Beets, Brussel sprouts, leeks, lettuce, kale, cabbage, pumpkins, peppers, potatoes, okra, parsnips, turnips, sweet potatoes, watercress and winter squash.

Fruits: Apples, cranberries, dates, figs, grapes, pears, persimmons and raspberries.

The birthstone for October is the opal. A poem written for the October birthstone is : "October's child is born for woe, and life's vicissitudes must know, But lay an opal on her breast, and hope will lull those woes to rest." This poem reflects some of the properties

with which the Opal is associated—hope, innocence and purity.

Belmont Village birthday wishes go out to *Ed Neely, Annie Faye Gardner, Mary Ann Calvert, Marlyn Giesecking, Patricia Heicken, Gaynell High, Bobby Brown and David Hilburn.*

Best Regards,
Jan Boatright

Gearing Up for the Holidays

Be sure to leave these dates open for our upcoming holiday celebrations. Our **Thanksgiving Open House** is on Nov. 12 and our **Holiday Open House** is on Dec. 10.





Happy Birthday

October 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, Oct. 30, 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, Oct. 26**.



Resident Birthdays

- 10/6 Ed Neely
- 10/9 Annie Faye Gardner
- 10/15 Mary Ann Calvert
- 10/16 Marlyn Giesecking
- 10/21 Patricia Heicken
- 10/24 Gaynell High
- 10/29 Bobby Brown
- 10/29 David Hilburn

Employee Birthdays

- 10/3 Maria Giraldo
- 10/06 Kelly DiTullio
- 10/07 Hasan Monroe
- 10/09 Rebecca Trotman
- 10/16 Theresa Jackson
- 10/17 Joshua Laber
- 10/26 Ekua De Man Amuzu



On Deck for the World Series

Batter up! The 2015 World Series—the best-of-seven playoff between Major League Baseball's American League and National League champions—begins Oct. 27. Get on deck with these facts about the Fall Classic:

- The winning team is awarded the Commissioner's Trophy, first presented in 1967.
- Championship rings became a tradition in the 1930s. Previously, players were honored with watch charms or lapel pins.
- With 10, former New York Yankee Yogi Berra has won more World Series rings than any other player in history.

Save the Date



Chat With the Chef

Your voices have been heard and Belmont Village is responding to your request for the Chat with the Chef and the Belmont Culinarians to be separated into two distinct events.

Come chat with the Chef and find out what's cooking. Share your thoughts about our menu and the food and be part of planning the special meals. Starting in October Chat with the Chef will break off from Belmont Culinarians and the Chat will be held on **Tues., Oct. 13 at 1 p.m. in the Activity Room.**

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, Oct. 27, at 3 p.m.**

Welcome



Please Welcome Mozelle (Mo) I. to the Belmont Family!



Men's Luncheon

We would like to invite all of our gentlemen to join us for a luncheon in the Activity Room on **Wednesday, Oct. 14, at noon**. Please remember to sign up to attend ahead of time to reserve your spot.

Wine and Cheese Socials



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

- 10/2 Lawrence Langston
- 10/9 Fred Jones
- 10/16 Keith Peters
- 10/23 Debra Lieb
- 10/30 Tim Oliver



Pat H. cooking her heart out!

Belmont Culinarians

This October we will be featuring Kelly's delicious family recipe and preparing samples for the group to enjoy! The demonstration will be held **Wed., Oct. 21, at 1 p.m.**

Josephine's Kitchen

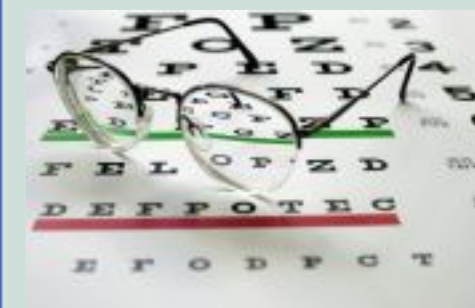
Breakfast 7-9 a.m.
Lunch 11 a.m.-1 p.m.
Dinner 4:30-7 p.m.
Guest Meals:
Adults- \$12; Children- \$6

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>Columbus Day: Oct. 12 Halloween: Oct. 31</p>	<p>Secrets of Scorpio Scorpio, represented by a scorpion, is the sign for those born between Oct. 23 and Nov. 21. Sometimes seen as secretive and withdrawn, Scorpios are also confident, passionate and bold.</p>	<p>10:15 AR BV Boot Camp 11:00 AR Paxxon Vitals ♥ 1:00 P1 Bridge Club 1:00 AR Topsy de Vinci 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 G Planting Fall Flowers in Courtyard 1:00 GR Addison Pet Therapy 3:00 AR Wine & Cheese: Lawrence Langston ✓ 7:00 AR Movie Theater Time</p>	<p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games w/ Ridhi 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>10:15 AR Muscles Matter 11:00 O Lunch Bunch to Brookwood Grill ★ 3:30 AR Tennis Tournament 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 11:00 AR Art Class w/ Lauren 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 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>10:00 O Shopping at Kroger 10:30 GR Johns Creek Masters Singers ✓ 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</p>	<p>10:15 AR BV Boot Camp 11:00 AR Art Therapy w/ Linda 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 Jumbo 5 (Yahtzee Dice Game) w/ Neha 11:45 GR 15 Min. Piano Concert By Neha ✓ 1:00 O Shopping at Dollar Tree 1:00 GR Addison Pet Therapy 3:00 AR Wine & Cheese: Fred Jones ✓ 7:00 AR Movie Theater Time</p>	<p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games w/ Ridhi 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>Columbus Day 10:15 AR Muscles Matter 11:00 O Lunch Bunch to Tara Humana ★ 3:30 AR Tennis Tournament 7:00 AR Movie Theater Time</p>	<p>10:15 AR Muscles Matter 11:00 P3 Storytelling by Jaya 1:00 P2 Rosary w/ Eileen 1:00 AR Chat w/ the Chef 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 7:00 P3 Phase 10 7:00 AR Movie Theater Time</p>	<p>9:30 O Shopping at Publix 11:00 AR Rummikub Club 11:00 AR Healthy Eating Habits, Magnesium & Heart Health by Nancy Graves ♥ 12:00 AR Men's Luncheon 1:30 AR Diabetic Diet by Nancy Graves ♥ 3:00 P3 Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p>	<p>10:15 AR BV Boot Camp 11:00 JK Oktoberfest Lunch ● 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>9:30 AR Bible Study w/ Chaplin Danny Park 10:15 O Shopping at Hobby Lobby 1:00 GR Addison Pet Therapy 1:30 AR Muscles Matter 3:00 AR Wine & Cheese: Keith Peters ✓ 7:00 AR Movie Theater Time</p>	<p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games w/ Ridhi 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 1:15 GR Children's Choir from Norcross 1st Methodist Church ✓ 2:00 AR Bingo 3:30 AR Chapel Service 7:00 AR Movie Theater Time</p>	<p>10:00 O Lunch Bunch to The Maple Restaurant at Amicalola Falls ★ 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 P3 Storytelling by Jaya 1:00 P2 Rosary w/ Eileen 1:00 P1 Bridge Club 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 1:00 AR Belmont Culinarrians 3:00 P3 Lit, Wit and Wisdom w/ Carol 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 11:00 AR Talking Books Presentation by Pete Hayek 1:00 GR Addison Pet Therapy 1:30 AR Halloween Pictionary 3:00 GR Wine & Cheese: Debra Lieb ✓ 7:00 AR Movie Theater Time</p>	<p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games w/ Ridhi 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>10:15 AR Muscles Matter 11:00 O Lunch Bunch to Another Broken Egg ★ 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 P3 Storytelling by Jaya 1:00 P2 Rosary w/ Eileen 1:00 P1 Bridge Club 2:00 AR Bingo for Bucks 3:00 AR Resident Council Meeting 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 3:00 P3 Lit, Wit and Wisdom w/ Carol 7:00 AR Movie Theater Time</p>	<p>10:15 AR BV Boot Camp 11:00 AR Accordion by Nicholas Vernola ✓ 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 11:30 AR Resident Birthday Luncheon 1:00 GR Addison Pet Therapy 1:00 O Shopping at Sprouts 3:00 AR Wine & Cheese: Tim Oliver (Tim The Jazz Man) ✓ 7:00 AR Movie Theater Time</p>	<p>10:15 AR Sit and Stretch 11:00 AR Tabletop Games w/ Ridhi 1:00 AR Rummikub Club 2:00 AR Bingo w/ Sanjay 7:00 AR Movie Theater Time</p>



EXTRA NEWS Neighborhood News

- Music w/ Fredrick Jones, Thurs., Oct. 1, at 11 a.m.
- Music w/ Marty Berning Tues., Oct. 20, 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.



Alice, Gwen, Marguerite!



Marilyn, Janet, Jean, and Julia!



Coral and Marilyn at the Luau!



Al, Irwin, and Joe!

What's New?

Storytelling by Jaya

That's right....a new activity program is starting in October! One of our wonderful volunteers named Jaya has dedicated her time and talents to come and help us expand our minds and allow us to travel to many different places through the art of Storytelling! Come check out the new program on Tues., Oct. 13, 20, and 27 at 11 a.m. in Parlor 300.



Hand-Washing Tip

With cold and flu season underway, it's more important than ever to wash your hands to fight germs. While many of us were taught to always use soap and warm water, the Centers for Disease Control and Prevention reports that when it comes to killing bacteria, the temperature of the water doesn't matter—the amount of time spent scrubbing does. Using cold water will save energy as well as prevent the skin on your hands from becoming cracked and dry.

Fact or Fiction: Myths About the Common Cold

In the thick of cold and flu season, people will believe just about anything in order to feel better and prevent any icky encounters. But does science back the advice you've been following for years? Here are some common cold remedies and prevention techniques from *WebMD.com* and the truth behind their claims:

Claim No. 1: Washing hands is critical. **Fact:** Colds are spread by touching someone or something with cold-causing viruses and then touching your nose, eyes or mouth. Wash hands thoroughly and often.

Claim No. 2: Feed a cold, starve a fever. **Fiction:** There's no solid evidence that colds get better with food or that you shouldn't eat when feeling feverish. It's more important to listen to your body and eat when you're hungry.

Claim No. 3: Bundle up or you'll catch a cold. **Fiction:** While colds are more common in colder seasons, you can't catch one from low temperatures.

Claim No. 4: Taking a shower will make you feel better. **Fact:** A hot shower can loosen clogged nasal passages to help you breathe.

Claim No. 5: You'll catch a cold by going outside with wet hair. **Fiction:** A wet head will just make you cold. It won't give you a cold. You catch a cold from germs.

Employee of the Month



OCTOBER EMPLOYEE OF THE MONTH
Gwen Turner

Gwen is our Neighborhood Activity Assistant. She's been at Belmont since November 2014. Gwen is vibrant and has a wonderful sense of humor. The residents truly love Gwen and it shows on each resident's face lights up when she is around. Gwen is innovative and dedicated to creating the most pleasant day allowing the residents to flourish! Thanks Gwen, for being so kind and attentive to the individual needs of each resident and for being a fantastic team player!



Good times among friends!



Norvelle is all smiles! Perimeter Pet Pal Therapy is every first Friday of the month, at 11 a.m.



Belmont Village Scene



Bob and Judy enjoying the festivities!



Jack and Marilyn served with a smile!



Good friends having a blast!



Beautifully dressed for the Luau!



Mozelle and Betty at the Luau!



Martha, Lily, and Marge!



4315 Johns Creek Parkway
Suwanee, GA 30024

PC Lic. 58030041
www.belmontvillage.com

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

