



Belmont Village of Memphis Village NEWS

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

November 2014

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Stephanie Crump, Executive Director

Have a Thrifty Thanksgiving

For many, Thanksgiving dinner is a treasured yearly event, but it can be stressful and expensive to prepare. It's not hard to have a frugal celebration, however.

First, plan your meal down to the last detail. This gives you a chance to take advantage of sales in the weeks leading up to the holiday and even cook and freeze a few dishes ahead of time. Use this time to find pans and serving platters you will need, either by going through your cabinets, borrowing items from friends or family, or shopping at sales or thrift stores.

One way to split costs is to have

a Thanksgiving potluck, where one person prepares the turkey and others provide side dishes and desserts. Even if you wish to cook most of the meal, don't be afraid to ask others to bring specific items—whether it is food, drinks, silverware or even extra chairs. Most people will be happy to help.

Remember that this is a time to give thanks, spend time with friends and family, and enjoy simple, traditional foods. Don't worry about impressing anyone with fancy ingredients or decorations. If you do decorate, seasonal accents such as acorns and leaves can often be found outside for free.

I would like to extend to everyone a very happy Thanksgiving with your family. I am privileged to say I have a very big family here, as every one of you is a part of it. Enjoy that turkey and of course sitting on the couch afterwards watching football. I know I will! Roll Tide!





Happy
Birthday



Birthday Luncheon

Friday, Nov. 28, at
11 a.m. (JK)



RESIDENT BIRTHDAYS

- Nov. 4 John Phillips
- Nov. 8 Sidney Kaplan
- Nov. 13 Iola Thisdale
- Nov. 21 Thomas Greer
- Nov. 23 Joan Sipowich
- Nov. 27 Darlene Sheddan
- Nov. 29 William Bennis



EMPLOYEE BIRTHDAYS

- Nov. 2 Twanna Cooke
- Nov. 2 Jessica Clark
- Nov. 3 Michelle Perkins
- Nov. 8 Ronnie Gentry
- Nov. 23 Keisha Holmes

Employee
of the
Month




Jennifer Tennial, November's
Employee of the Month

Jennifer is one special lady. Who could not love her infectious laugh, great bingo calling and all around good sense of humor? For someone who says "beautiful" a

lot, she is that, inside and out. We are very lucky to have Jennifer as the Dining Room Coordinator as she is always hustling and bustling around the dining room making sure that everything is just right for the residents.

Born in the great Windy City of Chicago, she is of course a Chicago Bears fan. Go Bears! Jennifer is married to Rico, whom you also know, as he is a cook here at Belmont. They have two children who are all grown up, Donevin and Kayla. Watching football—Go Bears (again)!—and reality TV helps her relax when she is away from work.

Thanks, Jennifer, for all your hard work and four years of being a part of the Belmont family.



**"This Month
In History"**
NOVEMBER

1777: The Continental Congress adopts the Articles of Confederation, the first written constitution of the United States.

1869: The Suez Canal opens, providing a shorter shipping route between the Mediterranean and Red seas.

1895: While experimenting in his lab, German physicist Wilhelm Conrad Rontgen makes an accidental discovery

and observes the first X-rays. They quickly became a vital medical diagnostic tool.

1916: Representing the state of Montana, Jeannette Rankin, a suffragist and pacifist, is the first woman elected to the U.S. Congress.

1923: Garrett A. Morgan acquires a U.S. patent for the automated three-position traffic signal, the first that included a third warning light along with stop and go lights.

1963: Bell Telephone debuts push-button phones as an alternative to rotary dial models.

1969: Brazilian soccer legend Pele makes his 1,000th goal in a professional game. By the end of his career, he had scored 282 more.

1981: The board game "Trivial Pursuit" is trademark-registered.

1994: With a 10th-round knockout punch to opponent Michael Moorer, George Foreman becomes the oldest heavyweight boxing champ at age 45.

2001: J.K. Rowling's story of a boy wizard premieres on the big screen. "Harry Potter and the Sorcerer's Stone" was the first of eight movies based on the wildly popular book series.



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.



Word for November: Service

Each year, on Nov. 11, we celebrate Veterans Day by honoring the courageous men and women of the military for their service to our country. Merriam-Webster defines service as "contribution to the welfare of others." You can follow our service members' example and find ways to make the community a better place. Volunteer at a school or charitable organization. Pick up litter around the neighborhood. Or simply reach out to friends and neighbors who may need a helping hand and a smiling face.



Transportation

FRIENDLY REMINDER!

Our concierge is always happy to assist you with your transportation needs. **PLEASE GIVE AT LEAST A 24-HOUR NOTICE.** It helps with the planning of the driver's schedule. Thank you.

DOCTOR APPOINTMENTS:

Please make all appointments on Monday, Wednesday or Friday before 2:30 p.m. Thank you. **Should any of your appointments be CANCELLED, please kindly inform the concierge staff.**

SHOPPING DAYS

Weekends at 1:30 p.m.

Walgreens and Kroger

Mondays at 12:30 p.m.

Thrift Store

1st Wed. at 9:45 a.m.

Mystery Drives

Every Saturday

Temple Transportation

Available every Friday or Sunday

Church Transportation

Available every Sunday



We will be having a PAL assist the residents going on the outings and shopping trips to assure their safety.





Weekly Events

Variety of Exercise:
Every Day at 10 a.m.
Walgreens and Krogers: Monday at 12:30 p.m.
Dan the History Man: 1st Monday at 2 p.m.
BP & Weights w/ Cathy 3rd Monday at 3 p.m.
First Evangelical: Tuesday at 9:30 a.m.
Communion Tuesday at 1 p.m.
Wine and Cheese: Wed. at 3 p.m.
Devotional w/ Becky: Every 2 weeks-Thurs 9:30 a.m.
Shabbat Service: 1st Fri. of month at 4 p.m.
Social Hour: Every Friday at 3 p.m.
Music w/ Miriam: Every Fri. at 10:30 a.m.
Communion with Carlos: Every 2 weeks on Friday at 9:30 a.m.
Music Hour w/ Dr. Samuel: 1st Saturday of month 3 p.m.
Mystery Drive: Sat. 12:30 & 1:30 p.m.
Music w/ Paul: 4th Saturday at 3 p.m.
Store Visit: Each Sun. 12:30 & 1:30 p.m.
Bellevue Baptist: Sunday at 2 p.m.

Sunday	Monday	Tuesday
 All Designated MBA Activities Are Underlined in the Calendar		<p>WISHING ALL OUR STAFF AND RESIDENTS A VERY HAPPY THANKSGIVING FROM THE MANAGEMENT TEAM OF BELMONT VILLAGE, MEMPHIS</p>
<p>Daylight Saving Time Ends! 2</p> <p>9:00 Good Morning News (GR) 9:30 Did You Know (GR) 10:00 <u>EXERCISE - Combo</u> (TH) 10:30 Brain Works (CFL) 1:30 SHOPPING - Target 2:00 Bellevue Baptist (TH) 3:00 Art & Craft (CFL) 6:30 Bingo (TH)</p>	<p>9:00 Good Morning News (GR)3 10:00 <u>EXERCISE</u> - Yoga (TH) 10:30 <u>A Blast From the Past</u> (CFL) 11:00 History Mystery - The Challenger (CFL) 12:30 SHOPPING - Walgreens or Kroger 2:00 Dan - History Man (CFL) 3:00 Nature Calls (CFL) 6:00 Scrabble (CFL)</p>	<p>9:30 First Evangelical (TH) 10:10 <u>EXERCISE</u> - Combo (TH) 10:45 OUTING - Bowling at Andy B's 1:00 Communion (TH) 1:30 Scrapbooking (CFL) 3:00 Bingo (TH) 4:00 Afternoon Tea Trivia (BIS) 6:30 <u>Cardo</u> (GR)</p>
<p>10:00 <u>EXERCISE-Combo</u> (TH) 9 10:30 Who Am I? (GR) 1:00 EVENT - Veteran's Day Svs - Memphis Nat'l Cemetery 1:30 SHOPPING - Walmart 1:30 History Mystery (CFL) 2:00 Bellevue Baptist (TH) 3:00 Sunday Movie (TH) 3:00 Board Game (CFL) 6:30 Bingo (TH)</p>	<p>U.S. Marine Corps Birthday! 10</p> <p>9:15 OUTING - Riverdale School Veterans Day Event 10:00 <u>EXERCISE</u> - Yoga (TH) 10:30 History of USMC (CFL) 12:30 SHOPPING - Walgreens, Kroger 2:00 Fun With Cooking (JK) 3:00 My Favorite Recipes (CFL)</p>	<p>VETERANS DAY 11</p> <p>9:30 First Evangelical (TH) 10:00 EVENT- Veteran's Day 10:30 <u>EXERCISE-Combo</u> (TH) 11:00 LUNCH BUNCH 1:00 Communion (TH) 1:30 Movie Trivia (CFL) 2:00 Name That Tune (CFL) 3:00 Bingo (TH) 4:00 Fact or Fiction (CFL)</p>
<p>10:00 <u>EXERCISE-Combo</u> (TH) 16 10:30 Word Search (CFL) 1:30 SHOPPING - Target 1:30 History-The Watergate Scandal (CFL) 2:00 Bellevue Baptist (TH) 3:00 Sunday Movie (TH) 3:00 Art & Craft (CFL) 6:30 Bingo (TH)</p>	<p>10:00 <u>EXERCISE</u> - Yoga (TH) 17 10:40 Coffee Morning (BIS) 12:30 SHOPPING - Walgreens/Kroger 2:00 Package for Our Troops(CFL) 3:00 BP & Weights W/Cathy (TH) 4:00 Art & Craft (CFL) 6:30 <u>Scrabble</u> (GR)</p>	<p>9:30 First Evangelical (TH) 10:30 OUTING - Collierville Fire House 10:10 <u>EXERCISE</u> - Combo (TH) 1:00 Communion (TH) 1:30 Art - Self Portrait (CFL) 3:00 Bingo (TH) 4:00 Afternoon Trivia (BIS) 6:30 <u>Cardo</u> (GR)</p>
<p>10:00 <u>EXERCISE-Combo</u> (TH) 23/30 10:30 <u>Word Search</u> (23 & 30) (CFL) 1:30 SHOPPING - Dollar Tree(23) SteinMart (30) 1:30 History (CFL) 2:00 Bellevue Baptist (TH) 3:00 Sunday Movie (TH) 3:00 Art & Craft (23 & 30) (CFL) 6:30 Bingo (TH)</p>	<p>10:00 <u>EXERCISE</u> - Yoga (TH) 24 10:40 Coffee Morning (BIS) 12:30 SHOPPING - Walgreens/Kroger 2:00 WORKSHOP - Stitch in Time (CFL) 3:00 Short Documentary (TH) 6:30 <u>Scrabble</u> (GR)</p>	<p>9:30 First Evangelical (TH) 10:10 <u>EXERCISE</u> - Combo (TH) 11:00 LUNCH BUNCH 1:00 Communion (TH) 1:30 Stamp Collecting (CFL) 3:00 Bingo (TH) 4:00 Afternoon Trivia (BIS) 6:30 <u>Cardo</u> (GR)</p>

November 2014

Wednesday

Thursday

Friday

Saturday



NOVEMBER



Alzheimer's Walk Today 1

<p>9:45 OUTING - Thrift Store 5</p> <p>10:00 EXERCISE - Balance (TH)</p> <p>10:30 <u>History - Cleopatra</u> (CFL)</p> <p>1:00 <u>Market Place</u> (CFL)</p> <p>1:45 <u>Brain Works</u> (CFL)</p> <p>2:15 <u>Board Game of Choice</u>(CFL)</p> <p>3:00 <u>Wine & Cheese Hour</u> (JK)</p> <p><i>Mike Dougherty</i></p> <p>6:30 <u>Bridge Club</u> (GR)</p>	<p>10:00 EXERCISE - Strength (TH)</p> <p>10:45 OUTING -Germantown Senior Expo</p> <p>1:30 <u>Art & Craft</u> (CFL)</p> <p>3:00 <u>Family Bingo</u> (CFL)</p> <p>6:30 <u>Card Game</u> (CFL)</p>	<p>9:00 <u>Good Morning News</u> (GR)</p> <p>9:30 <u>Trivia</u> (GR)</p> <p>10:00 EXERCISE - Yoga (TH)</p> <p>10:30 <u>Music With Miriam</u> (GR)</p> <p>1:30 <u>Exploring Science</u> (CFL)</p> <p>3:00 <u>Social Hour</u> (JK)</p> <p><i>Breeze</i></p> <p>4:00 <u>Play on Words</u> (BIS)</p>	<p>9:30 <u>Trivia</u> (GR)</p> <p>10:00 EXERCISE-Combo (TH)</p> <p>10:30 <u>Crossword Puzzle</u>(CFL)</p> <p>11:00 <u>Art & Craft</u> (CFL)</p> <p>12:30 <u>AL Mystery Drive</u></p> <p>1:30 <u>NH Mystery Drive</u></p> <p>2:00 <u>Movie Matinee</u> (TH)</p> <p>2:00 <u>History-Great Wall of China</u> (CFL)</p> <p>3:00 <u>Life of a President</u> (CFL)</p> <p>6:30 <u>Bingo</u> (TH)</p>
<p>10:00 EXERCISE - Balance 12</p> <p>10:30 <u>History - General Patton</u> (CFL)</p> <p>11:30 OUTING-JCC Luncheon</p> <p>1:00 <u>Market Place</u> (CFL)</p> <p>1:45 <u>Art & Craft</u> (CFL)</p> <p>3:00 <u>Wine & Cheese Hour</u> (JK)</p> <p><i>Driving Sideways</i></p> <p>6:30 <u>Bridge Club</u> (GR)</p>	<p>9:00 <u>Good Morning News</u> (GR) 13</p> <p>9:30 <u>Devotional W/Becky</u> (TH)</p> <p>10:00 EXERCISE - Strength (TH)</p> <p>10:30 <u>Discussion on Holidays</u> (CFL)</p> <p>11:15 <u>Ladies Luncheon</u> (TH)</p> <p>2:00 WORKSHOP-Knitting W/Carole (CFL)</p> <p>3:00 <u>Bingo</u> (TH)</p> <p>4:00 <u>Trivia</u> (GR)</p>	<p>9:00 <u>Good Morning News</u> (GR) 14</p> <p>9:30 <u>Communion Service</u> (TH)</p> <p>9:30 <u>Trivia</u> (GR)</p> <p>10:00 EXERCISE - Yoga (TH)</p> <p>10:30 <u>Music With Miriam</u> (GR)</p> <p>1:30 <u>Fun With Food & Science</u> (CFL)</p> <p>3:00 <u>Social Hour</u> (GR)</p> <p><i>Veterans' Event With Crossroads Hospice</i></p>	<p>9:30 <u>Trivia</u> (GR) 15</p> <p>10:00 EXERCISE - Combo (TH)</p> <p>10:30 <u>Crossword Puzzle</u>(CFL)</p> <p>11:00 <u>Art & Craft</u> (CFL)</p> <p>12:30 <u>AL Mystery Drive</u></p> <p>1:30 <u>NH Mystery Drive</u></p> <p>2:00 <u>Movie Matinee</u> (TH)</p> <p>2:00 <u>Planes, Trains & Automobiles</u> (CFL)</p> <p>3:00 <u>in the Life of a Star</u> (CFL)</p> <p>6:30 <u>Bingo</u> (TH)</p>
<p>9:00 <u>Good Morning News</u> (GR) 19</p> <p>10:00 EXERCISE - Balance</p> <p>10:30 <u>Name That Movie</u> (CFL)</p> <p>1:00 <u>Market Place</u> (CFL)</p> <p>1:45 <u>Brain Works</u> (CFL)</p> <p>2:15 <u>Reading Club</u> (CFL)</p> <p>3:00 <u>Wine & Cheese Hour</u> (JK)</p> <p>Charles Norman</p> <p>6:30 <u>Bridge Club</u> (GR)</p>	<p>9:00 <u>Good Morning News</u> (GR) 20</p> <p>10:00 EXERCISE - Strength (TH)</p> <p>10:30 <u>Discussion on Holidays</u>(CFL)</p> <p>2:00 EVENT - First Generation Singers (JK)</p> <p>*3:30 <u>Bingo</u> (TH)</p>	<p>9:00 <u>Good Morning News</u> (GR) 21</p> <p>9:30 <u>Trivia</u> (GR)</p> <p>10:00 EXERCISE - Yoga (TH)</p> <p>10:30 <u>Music With Miriam</u> (GR)</p> <p>2:00 WORKSHOP-Knitting With Carole (CFL)</p> <p>3:00 <u>Social Hour</u> (GR)</p>	<p>9:00 <u>Good Morning News</u> (GR) 22</p> <p>9:30 <u>Trivia</u> (GR)</p> <p>10:00 EXERCISE-Combo (TH)</p> <p>10:30 <u>Crossword Puzzle</u>(CFL)</p> <p>11:00 <u>Art & Craft</u> (CFL)</p> <p>12:30 <u>AL Mystery Drive</u></p> <p>1:30 <u>NH Mystery Drive</u></p> <p>2:00 <u>Movie Matinee</u> (TH)</p> <p>3:00 <u>Music With Paul</u> (GR)</p> <p>4:00 <u>in the Life of a Star</u> (CFL)</p> <p>6:30 <u>Bingo</u> (TH)</p>
<p>9:00 <u>Thanksgiving News</u> (GR) 26</p> <p>9:30 <u>Facts or Fiction</u> (GR)</p> <p>10:00 EXERCISE - Balance</p> <p>10:30 <u>History - Pocahontas</u> (CFL)</p> <p>1:00 <u>Market Place</u> (CFL)</p> <p>2:00 <u>Favorite Books</u> (CFL)</p> <p>3:00 <u>Wine & Cheese Hour</u> (JK)</p> <p><i>Double G</i></p> <p>6:30 <u>Bridge Club</u> (GR)</p>	<p>Happy Thanksgiving 27</p> <p>9:30 <u>Stories of Thanks</u> (GR)</p> <p>10:00 EXERCISE - Combo (TH)</p> <p>10:30 <u>Discussion on Thanksgiving</u> (CFL)</p> <p>11:00 <u>Thanksgiving Celebration Lunch</u> (JK)</p> <p>2:00 <u>Movie Time</u> (CFL)</p> <p>3:00 <u>Art & Craft</u> (CFL)</p> <p>4:00 <u>Bingo</u> (TH)</p>	<p>9:00 <u>Stories of the Holidays</u> 28 (GR)</p> <p>9:30 <u>Communion Service</u> (TH)</p> <p>9:30 <u>Word Search</u> (CFL)</p> <p>10:00 EXERCISE - Yoga (TH)</p> <p>10:30 <u>Music With Miriam</u> (GR)</p> <p>1:30 <u>Brain Storm</u> (CFL)</p> <p>3:00 <u>Social Hour</u> (GR)</p> <p><i>Piano With Carlos Martin by the Fire & Cider</i></p> <p>4:00 <u>Trivia</u> (GR)</p>	<p>9:30 <u>Trivia</u> (GR) 29</p> <p>10:00 EXERCISE - Combo (TH)</p> <p>10:30 <u>Crossword Puzzle</u> (CFL)</p> <p>11:00 <u>Art & Craft</u> (CFL)</p> <p>12:30 <u>AL Mystery Drive</u></p> <p>1:30 <u>NH Mystery Drive</u></p> <p>2:00 <u>Movie Matinee</u> (TH)</p> <p>2:00 <u>Holiday Trivia</u> (CFL)</p> <p>3:00 <u>In the Life of a Star</u> (CFL)</p> <p>6:30 <u>Bingo</u> (TH)</p>



Why Should People Get Vaccinated Against the Flu?

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community.

How do flu vaccines work and what is available?

Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine.

There are several flu vaccine options for the 2014-2015 flu season.

- The high-dose trivalent shot is approved for people 65 and older.

Let's protect ourselves this flu season by getting a flu vaccine either at your local pharmacy or your Belmont Community.



Semper Fi

From the Halls of Montezuma to the shores of Tripoli, the U.S. Marine Corps has fought our country's battles in the air, on land and sea. Those words from the "Marines' Hymn" are sure to be sung on Nov. 10, the Corps' birthday. Established in 1775, its motto is Semper Fidelis, Latin for "always faithful."



Deal of the Month

Want to watch your favorite holiday movies on a new TV this year? You don't have to wait until Black Friday—look for sales on TVs all month long in November.

November by the Numbers

46 million. Average number of turkeys eaten at Thanksgiving.

3,699. Weight in pounds of the world's largest pumpkin pie, made in Ohio in 2010.

43. New York City blocks in the route covered by the Macy's Thanksgiving Day Parade.



Fall Back

Daylight saving time ends at 2 a.m. on the first Sunday in November. Set your clocks back one hour. Remember, "spring forward, fall back."





COF and NEIGHBORHOOD DISCOVERIES

Christopher Columbus, the son of a wool merchant, was born in Genoa in about 1451. As a teenager, he worked on a merchant ship. Later, he made his way to Lisbon, and studied mathematics, astronomy, cartography and navigation. It was then that he hatched a plan that would change the world.

The route to Asia was long and arduous, and encounters with hostile armies were frequent. Portuguese explorers solved this problem by sailing south along the West African coast and around the Cape of Good Hope.

Columbus had an idea to sail west across the Atlantic. The young navigator's logic was sound, but his math was faulty. He grossly underestimated the circumference of the Earth. He believed that the journey by boat from Europe to Asia should be not only possible but comparatively easy. He presented his plan to the sympathetic audience of Ferdinand of Aragon and Isabella of Castile.

Columbus, Ferdinand, and Isabella shared the desire for fame and fortune, along with the opportunity to export Catholicism to distant lands. Columbus' contract stated that he could keep 10 percent of whatever riches he found, along with a noble title

and the governorship of any lands he should encounter.

Columbus set sail from Spain in three ships: the Nina, the Pinta and the Santa Maria. On Oct. 12, the ships made landfall—not in Asia, as Columbus assumed, but on one of the Bahamian islands. In 1493 he returned to Spain.

Later in 1493, Columbus returned to the Americas where he headed west, with a crew of native slaves, to continue his search for gold and other goods. In lieu of the material riches he had promised the Spanish monarchs, he sent some 500 slaves to Queen Isabella. The queen was horrified—she believed that any people Columbus “discovered” were Spanish subjects who could not be enslaved—and she promptly and sternly returned the explorer's gift.

In 1498, Columbus sailed again. He visited Trinidad, the South American mainland, and the Hispaniola settlement, where the colonists had staged a bloody revolt against Columbus. Columbus was arrested and returned to Spain in chains.

In 1502, cleared of the serious charges but stripped of his noble titles, the aging Columbus sailed once more across the Atlantic. This time, he made it all the way to Panama. Empty-handed, the elderly explorer returned to Spain, where he died in 1506.

Health **News**

DR. SHAINBERG - PODIATRIST

On-site visits 1st Weds. of every month. \$40 cash or check only at time of visit. Please arrange with family for payment.

GAMMA LABS

On-site collection services weekly on Thursdays.

INTERNAL MEDICINE OF THE MIDSOUTH

Dr. Randy Villanueva will be here every Thursday -Wellness Center (2nd floor).

Appointments and questions, please see Linda Bello, DRCS.



Your Brain Is Full

The next time you are slow to remember something, consider it a sign of experience. Scientists compare the brain to a computer. They say all the information stored over a lifetime is like data on the computer's hard drive. Older adults take longer to recall things simply because they have so much more accumulated, not because brain function is declining.

Belmont Village Scene



Being a good sport! Denesha and Darrius helping out with the Red Hat Society Luncheon.



Mimi and Joy with friends from the Red Hat Society.



The lovely ladies of the Red Hat Society.



Visit and tour of the Ducks Unlimited Headquarters in Memphis.



How sweet is this photograph? Gena and Rosalie going down to the water's edge.



Breast Cancer Awareness!



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ACLF Lic. 102
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



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