



Belmont Village of St. Matthews

VillageNEWS

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

February 2016

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How is it that the holidays are over and we are already done with January? One thing about Kentucky that we enjoy is the variance we experience seasonally— with January having both record high and low temperatures. As the Poet Shelly said, "If it is winter, can spring be far behind?"

February is actually one of our busiest months at Belmont Village of St. Matthews, which is great, considering in the middle of cold dreary days we all want a "spark" to keep us going until we can experience a warmer breeze and see the buds of spring.

February includes Groundhog Day, Chinese New Year, National Wear Red Day, Valentine's Day, Mardi Gras, Leap Day, and, needless to say, basketball season (Go Cards, Go Cats!) Please join us as Kathryn schedules several "heart" related events— from voting for Mr. and Ms. Belmont Village, to celebrating Go Red Day, to Heart Health lectures.

February 14 starts Random Acts of Kindness Week. It's a great time to show our love and appreciation for the special people in our lives. It could be a small box of chocolate candy or floral arrangement, or an act of kindness that is out of the ordinary. If you need ideas, we'll have a Random Act of Kindness Jar at the Front

Desk that you can draw from.

One of our main focus this season is Wellness. More than your physical health, but an overall look at your well-being. Your spiritual walk, your emotional health, your mental and nutritional fitness as well. No longer do people say, "I'm 80 so I'm old." Nowadays it is, "I'm 80—what's next in my life?" And that's what we want to help you experience—the next chapters in your life. To provide our residents the best living environment to enhance their "Best Selves."

I leave you with a poem by Walt Whitman that speaks to friendship this month of love:

*The glory of friendship is not
in the outstretched hand,
nor the kindly smile,
nor the joy of companionship;
it is in the spiritual inspiration
that comes to one when he
discovers that someone else
believes in him
and is willing to trust him.*

It's going to be a great month— let's not miss a single opportunity for happiness!

Ted





February Resident Birthdays

2/2	Josephine Adams
2/2	Sidney Blanchard
2/6	Bernadette Krebs
2/6	Catherine Shea
2/7	Hester Dorsey
2/15	Martha Hite
2/18	Geraldine Bischof
2/20	Celeste Froehlich
2/23	Charlene Keys
2/23	Lois Sumner
2/27	Mary K. Smith



February Staff Birthdays

2/2	Janet Lewis
2/5	Pascaline Uwizeyimana
2/8	Shayla Seabrooks
2/10	Mary Fields
2/14	Victoria Tufts
2/18	Jennifer Ray
2/24	Pat Vincent
2/28	Francoise Mulenge

February Staff Anniversaries

14 years	Sharon Alexander
2 years	Jackie Floyd
8 years	Edith Nizigiyimana
7 years	Bella Thomas
3 years	Odine Umawaharo
2 years	Rosette Obonou



Send a HUG-O-GRAM

During this month of love and friendship, is there someone whom you'd like to let know how much you care for them?

For a \$6 donation to the American Heart Association, you can order a Singing Hug-O-Gram that will be delivered to your resident or staff member Valentine's Week.

The recipient of the Hug-O-Gram will receive a helium balloon, candy hearts, a beautifully (well, kind of) sung song, and heartfelt hugs.

Request forms are located at the Concierge desk. **Requests due before Feb. 10.** Call 721-7500.

February 8th is Chinese New Year—Year of the Monkey! What does that mean? Well, that's one of the things we are going to learn in February as we celebrate the Chinese New Year.

From Chinese Culture, to Spiritual Practices, to modern advances, to incredible architecture—we will explore this ancient country, and visit our local Buddhist Temple as well.



Friday, February 5th, is National Wear Red Day. We invite all residents and staff to wear red this day in honor of National Heart Health Month.

Information will be available in the Great Room with heart healthy tips for you.



Your St. Matthews Management Team: (bottom right to left) Ted, Kathryn, Armando, Lorenda, (top right to left) Sheri, Bev, Steve, Sharon, & Samantha.



Ms. & Mrs. Belmont Village

Each February, residents, family members, and staff vote on Mr. and Ms. Belmont Village.

The winners are “crowned” on Valentine’s Day. We invite you to join in the voting process. We have a Mr. and Ms. Belmont both for our Neighborhood and a Mr. and Ms. Belmont Village for the PC side of our community.

Criteria we look for? Seniors who exhibit a positive life attitude, who seem to always consider others first, and have made a positive impact within our community. They make you smile when you see them coming, because you know your day will be all the better for the connection.

Voting ballot boxes are located both at the Neighborhood Nurses’ Desk and The Concierge Desk. Voting takes place from Feb. 1st to 10th.

Winners’ families will be contacted prior to the crowning on Valentine’s Day at our 2 p.m. party.



Warm With a Word

“One kind word can warm three winter months.” —Japanese Proverb

Next Book Club Selection: *The Immortal Life of Henrietta Lacks*

Over the past several years, the Belmont Village Book Club members have read a bevy of books that have covered topics from World War II women pilots, a Parisian wife, the life of the Roosevelts, famous authors, and more.

Our next selected book is *The Immortal Life of Henrietta Lacks*. This phenomenal New York Times Bestseller tells a riveting story of the collision between ethics, race, and medicine; of scientific discovery and faith healing; and of a daughter consumed with questions about the mother she never knew.

Her name was Henrietta Lacks, but scientists know her as HeLa. She was a poor black tobacco farmer whose cells—taken without her knowledge in 1951—became one of the most important tools in medicine, vital for developing the polio vaccine, cloning, gene mapping, and more. Henrietta’s cells have been bought and sold by the billions, yet she remains virtually unknown, and her family can’t afford health insurance.

Our Book Club will resume Monday, February 1st. If you would like to join us and receive a free copy of the book, please contact the Front Desk.



Employee of Month Renee Smith

Renee spent more than half of her life growing up in Germany. She moved back to the United States in 2006. Since her return, she has been focusing on continuously improving her position in life for her 13-year-old son and herself.

She joined our Belmont Village team in August 2015 as the Building Engineer Assistant and has been outstanding in her role of keeping our community looking its best, while doing her part in ongoing maintenance. In her position, she exceeds in keeping our community looking good by working the long, and sometimes very short-term goals.

We are proud to have someone of Renee’s caliber as a member of our Belmont Team! Renee wins a \$100 gift card and the Employee of the Month Parking Spot. *Congrats to you, Renee!*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 TH Fitness Fun ♥ 10:00 Out to Walmart 10:30 Mind Matters - It's Puzzling and 10 in 60 🌿 2:30 TH Book Club Meeting 🌿 3:30 TH Jeopardy - Win a Prize! 🌿 6:30 TH Bingo	2 Groundhog Day 10:00 TH Exercise for Arthritis ♥ 10:30 Out to Dollar Tree 1:00 Ground Hog Scavenger Hunt Begins 2:00 TH Me & My Shadow 3:00 TH Create a giant Mardi Gras Mask 6:30 B Bridge Games 6:30 Play Dominos	3 10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Engaging Your Brain w/Kathryn 🌿 1:00 Silver Bullets Out Bowling ♥ 2:00 L Catholic Rosary 3:00 GR Guest Guitarist Chris Performs 3:00 GR Happy Hour Wine & Appetizers 6:30 TH Bingo	4 Rosa Parks Day 10:00 TH Exercise to the Oldies 2:00 TH Creative Crafting: Make adorable winter mittens 3:00 TH History of Slavery in Louisville & countries that still have slavery 🌿 6:30 Cards & Dominos around Community 7:00 TH Steve Wiser Lecture: Lincoln Slept Here - Presidents that Visited Louisville 🌿	5 National Wear Red Day 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 2:30 TH Guest Speaker: Buddhist on Buddhism 🌿 3:00 TH Marketplace Opens 3:00 GR Singer Ron Marks visits from Florida 6:30 TH Bingo	6 9:30 To Synagogue 10:00 TH Play Bunco 11:00 GR Card Ministry w/Joyce 🌿 1:00 Out to Walgreens 6:30 TH Marie's Saturday Night Classic Movie
7 Super Bowl Sunday 9:00 Morning Church Transportation 1:30 Scenic or Historic Drive 3:00 GR Guitarist Marie Augustine Performs 6:30 TH Super Bowl Party: Beer, Pizza, & Wings	8 Chinese New Year 10:00 TH Fitness Fun ♥ 10:00 Out to Target 10:30 Mind Matters - It's Puzzling and 10 in 60 🌿 2:30 TH Book Club Meeting 🌿 3:30 TH Understanding China: History, Culture & Architecture 🌿 5:00 GR Super Music by Katie 6:30 TH Bingo	9 Mardi Gras 10:00 TH Exercise for Arthritis ♥ 10:30 TH Learning About Flowers with Kathryn 🌿 2:30 TH Understanding China: Buddhism & Western Zen 🌿 4:30 JK Mardi Gras Super & Celebration 6:30 B Bridge Games 6:30 Play Dominos	10 Ash Wednesday 10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Engaging Your Brain w/Kathryn 🌿 10:30 L Ash Wednesday Service ● 2:00 L Catholic Rosary 2:30 To IMAX Theater: The Galapagos Islands 🌿 3:00 GR Happy Hour Wine & Appetizers 6:30 TH Bingo	11 10:00 TH Exercise to the Oldies 10:30 To St. Matthews Library 2:30 TH Creative Crafting: Snowpeople for your door 3:30 TH January Jeopardy 🌿 6:30 Cards & Dominos around Community	12 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 3:00 TH Marketplace Opens 3:00 TH Movie & Popcorn (First Run Movie) 6:30 TH Bingo	13 9:30 To Synagogue 10:00 TH Play Bunco 11:00 GR Card Ministry w/Joyce 🌿 1:00 Out to Walgreens 3:00 TH Historian Laura Wheeler Lectures 🌿 6:30 TH Marie's Saturday Night Classic Movie
14 Valentine's Day 9:00 Morning Church Transportation 1:30 Scenic or Historic Drive 3:00 GR Valentine's Party 3:15 GR Crowning of Mr. & Ms. Belmont Village 4:30 JK Special Valentine's Supper 6:30 TH Worship & Praise with Rev. Slider ●	15 Presidents Day 10:00 Out to Walmart 10:00 TH Fitness Fun ♥ 10:30 Mind Matters - It's Puzzling and 10 in 60 🌿 2:30 TH Book Club Meeting 🌿 3:30 TH Presidential Spelling Bee 🌿 6:30 TH Bingo	16 10:00 TH Exercise for Arthritis ♥ 10:30 Consignment Shopping 1:00 To Comfy Cow for Chocopalooza 2:30 TH Creative Writing class 🌿 3:30 TH Right & Left Brain Functions 🌿 6:30 B Bridge Games 6:30 Play Dominos	17 10:00 Out to Kroger 10:00 TH Morning Stretches ♥ 10:30 TH Engaging Your Brain w/Kathryn 🌿 1:00 Silver Bullets Out Bowling 2:00 L Catholic Rosary 2:30 TH Belmont Culinarians Demo 3:00 GR Happy Hour Wine & Appetizers 6:30 TH Bingo	18 10:00 TH Exercise to the Oldies 10:30 TH Bible Study: Fruits of Spirit ● 2:00 TH Giving Back: Helping Louisville's Homeless 🌿 3:30 TH Sip & Stroke: Beginning Watercolor Class & Wine 🌿 6:30 Cards & Dominos around Community	19 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 2:00 TH Creative Beading: Spring Necklaces 🌿 3:00 TH Movie & Popcorn (First Run Movie) 3:00 TH Marketplace Opens 4:00 L Shabbat ● 6:30 TH Bingo	20 9:30 To Synagogue 10:00 TH Play Bunco 11:00 GR Card Ministry w/Joyce 🌿 1:00 Out to Walgreens 3:00 GR Pianist Nancy Porter Entertains 6:30 TH Marie's Saturday Night Classic Movie
21 Daytona 500 9:00 Morning Church Transportation 1:30 Scenic or Historic Drive 3:00 GR Corn Hole Tournament 6:30 TH Worship & Praise with Rev. Slider ●	22 10:00 Out to Target 10:00 TH Fitness Fun ♥ 10:30 Mind Matters - It's Puzzling and 10 in 60 🌿 1:00 Outing to Tour Buddhist Temple 2:30 TH Book Club Meeting 🌿 3:30 TH Sip & Stroke: Watercolor Class #2 🌿 6:30 TH Bingo	23 10:00 TH Exercise for Arthritis ♥ 2:00 TH Healthy Eating w/Chef Steve ♥ 2:30 TH Resident Council 2:45 GR Louisville Library Bookmobile Visits 6:30 Play Dominos 6:30 B Bridge Games 7:00 GR An Evening of Chocolate: Martinis & Fondue by the Fireplace w/guest pianist	24 10:00 TH Morning Stretches ♥ 10:00 Out to Kroger 10:30 TH Engaging Your Brain w/Kathryn 🌿 11:00 Out to Lunch at Johnny Rockets at The Outlet Shops 2:00 L Catholic Rosary 3:00 GR Happy Hour Wine & Appetizers 6:30 TH Bingo	25 10:00 TH Exercise to the Oldies 10:30 TH Bible Study: The Fruit of the Spirit ● 1:00 Out to Krispy Kreme for hot donuts and hot cocoa 2:00 TH Folktales, Fables & Fairy Tales 🌿 3:00 TH Learning to paint on Burlap 🌿 6:30 Cards & Dominos around Community	26 9:30 Bank Runs 10:00 TH Exercise with Big Stretching ♥ 10:30 L Catholic Communion ● 11:30 Birthday Luncheon 2:00 TH Geography Bee 🌿 3:00 TH Marketplace Opens 3:00 TH Movie & Popcorn (First Run Movie) 6:30 TH Bingo	27 9:30 To Synagogue 10:00 TH Play Bunco 11:00 GR Card Ministry w/Joyce 🌿 1:00 Out to Walgreens 3:00 GR Fireside Chat & Hot Cocoa 6:30 TH Marie's Saturday Night Classic Movie
28 9:00 Morning Church Transportation 1:30 Scenic or Historic Drive 3:00 GR 3:00 Pianist Nancy Porter Entertains 6:30 TH Worship & Praise with Rev. Slider ●	29 Leap Day 10:00 Out to Walmart 10:00 TH Fitness Fun ♥ 10:30 Mind Matters - It's Puzzling and 10 in 60 🌿 11:00 R.O.M.E.O. (Retired Old Men Eating Out) Group Out to Lunch 2:30 TH Book Club Meeting 🌿 3:30 TH Leap Day: What if..... 🌿 6:30 TH Bingo					



Paxxon Healthcare

Within February, we celebrate St. Valentine's Day and are sure to share our hearts and our time with those we love. This month, Paxxon Healthcare would like to take time to let you know that we have a special place in our heart for each and every resident here at Belmont Village.

Feel free to stop by and see us within the Belmont Gym, located on the second floor, and we will share with you why you are so very special and how we may help you to be happy and healthy! We may also be reached by phone at 502-895-7887. We look forward to seeing you and your loved ones.



Banish Winter Blahs

Banish the winter blahs with a dose of natural light. When sunlight hits the eye's retina, it boosts the body's levels of serotonin, which balances your mood. If cold weather keeps you indoors, get some sun by opening up room blinds, and sit near windows whenever possible.



R.O.M.E.O. Club Retired Old Men Eating Out (ROMEIO) Club

Over the last several months, our men have been enjoying the monthly ROMEIO Club outing. The ROMEIO club is open to all male residents at Belmont Village.

The men discuss with our driver where they would like to go each month, and we work hard to make it happen. Hooters and their fabulous wings have come up in conversations more than once! The guys usually like a good steak or BBQ, and maybe a hardy beer.

The residents are accompanied by male staff and male family volunteers, so that it truly can be a time with just the guys.

This club is an especially great way for our new male residents to bond with other residents and also make new friends that they might not have otherwise been introduced to.

ROMEIO club outings are on the last Monday of the month. They depart Belmont Village at 11:30 am for a restaurant of their choosing. If you are interested in attending the club with the men, please contact Samantha Davis for more information.

You may be able to ride on the bus with the men or simply meet them at the destination, and you won't be sorry for attending!

The more ROMEIOS the better!



Charlie and David had a good laugh at the R.O.M.E.O. outing.



Our Activity Assistant Team: Betty, Jackie, Shannon, Hayley, Shy, Samantha, Kelly, and Ashley—you couldn't get a better group!

Circle of Friends and Neighborhood News: We have had a bustling start to 2016! Last month, the Activities Assistants (AAs) and I had a planning retreat. We met off-site at Gilda's Club and spent the day discussing program ideas and setting goals for performance to enhance our memory care programming in the New Year. We also celebrated our AAs during Activity Professionals Week, which took place January 17th-23rd. The AAs had a special catered lunch and received some special gifts to show our appreciation for all of their hard work over this past year. The theme of the month of January's activities was "Great Explorations." The Circle of Friends and Neighborhood residents spent the month learning about exploring space, famous female explorers, and other famous explorers and inventors. In addition, each month, we continue to learn

about the flower that's associated with the current month. The January flower is the Carnation. The residents of the COF and the Neighborhood discussed winter flowers and how to care for flowers in the colder months. Our ROMEO Club is still going strong! The men of Belmont Village meet for lunch on the last Monday of the month. Our driver, Steve, always accompanies the men and comes up with fun places for them to check out. If you are interested in volunteering to assist the residents with attending this outing, please contact me to discuss the details. Our next Dementia Training for family members will take place Thursday, **Feb. 11th, from 4:30 pm to 6:00 pm** in the Library. Our topic this month is Elder Law. Please join us for discussion and refreshments. Hope your New Year is off to a rocking start! Samantha, Memory Programs Coordinator



Sweet Thinking

Feel free to indulge in a little dark chocolate this Valentine's Day. Among its antioxidant properties and heart health benefits, chocolate with at least 70 percent cocoa content can improve blood flow to the brain and boost cognitive function.



The above artworks entitled "**Winter Scenes**" are some of the paintings we recently created over a two-day period. Residents used both acrylic paints and scrapbook paper to create unique 3-D works depicting winter in the mountains. You may say, "I could never do that." However, each resident who attended that class began with "I can't do that," then ended up with "Look what I did!" They were brave enough to come try something new. They knew that the end result, whether a Monet or a Mess, was not the true end goal. The hours we spent listening to fun music, talking about every subject under the sun, and learning a new way to see old methods were the best part of the days. With that said, I challenge EACH OF YOU who read this to join us in one of our several monthly activities featuring the Arts—whether painting, beading, poetry, art history, or others. The challenge is to get out of our heads that say "No, no, not me," to "Sure, I'll give it a try!" Actually, don't be surprised when I come knocking on your apartment door to enlist your participation. Whether you have difficulty walking, using your hands, poor eyesight—they are ALL things we can adapt around! Come on! What do you have to lose?

Kathryn Ray



Marie & Martha work on scarves for homeless men and women.



Mary Kay and Martha also help making thick, warm scarves for those in need.



Martha & Mary Rose decorated cookies for an upcoming Fireside Chat.



Verna & Virginia create floral bouquets with the January birth flower—the carnation.



Mary Rose & Betty are intent on creating beauty in form.



Member of our Circle of Friends took donations to the Alzheimer's Association.

BELMONT *Village*

SENIOR LIVING
ST. MATTHEWS

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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

