



Belmont Village of Hunters Creek Village NEWS



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

August 2016

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Ronnie Shakir, Executive Director

Reach Out and Make New Friends

Studies indicate that social connections boost mental and physical health. Making new friends can enrich your life. Here are some ways to connect with others:

Show some enthusiasm. Be excited about meeting new people and seeing friendly acquaintances again.

Follow up. After a conversation or outing with someone new, follow up to say you enjoyed it.

Take an interest. Figure out what someone's hobbies are, and then find something related to that interest. If a relevant article or coupon comes your way, pass it along.

Join the club. Find an organization centered on one of your pastimes or passions to meet like-minded people.

Volunteer. Helping others helps you meet great people.

Accept invitations. Instead of

watching TV, why not get out and mingle?

Keep it light. When making a new friend, stick with neutral subjects. Remember, safe topics don't have to mean boring conversation. As you get to know people, you'll gradually discover their opinions about more serious issues.

Smile and wave. Greet people you know and people you don't when you see them. A friendly face may be all your new neighbor needs to feel right at home.



Carolyn made a new friend! It must be 'Puppy' Love!

Years of Fun

"Age is not how old you are, but how many years of fun you've had." —Matt Maldre



August Namesakes

The eighth month was named for Emperor Augustus, who founded the Roman Empire in 27 B.C., but he wasn't the only famous Augustan.

- Auguste Rodin was a 19th-century French sculptor known for lifelike works such as "The Thinker" and "The Kiss."
- In 1858, German astronomer and mathematician August Möbius discovered a one-sided, three-dimensional puzzle that would become known as the Möbius strip.
- Author, playwright and patron of the arts Lady Augusta Gregory was an influential member of the late-1800s Irish literary movement.

Famous Faces Born in August

- Aug. 3, 1992: Karlie Kloss
- Aug. 5, 1956: Maureen McCormick
- Aug. 8, 1938: Connie Stevens
- Aug. 11, 1983: Chris Hemsworth
- Aug. 14, 1945: Steve Martin
- Aug. 15, 1990: Jennifer Lawrence
- Aug. 22, 1978: James Corden
- Aug. 27, 1961: Tom Ford



Happy Birthday



Employee Birthdays

- Aug 16 Jose Melendez
- Aug 18 Ebangha Tanyi
- Aug 20 Krystal Komolafe
- Aug 23 Nadyne Enriquez
- Aug 29 Elida Bravo Gil
- Aug 31 Ana Arellano



Employee Anniversaries

- 13 yrs Robert A. Stevens
- 1 yr Nora L. Rodriguez
- 1 yr Claudete M. Duncan

Resident Birthdays

- Aug 1 George Berko
- Aug 2 John Anderson
- Aug 3 Rhonda Martin
- Aug 4 Evelyn Gunnels
- Aug 5 Ellen Parkey
- Aug 13 Bhakti Ghosh
- Aug 20 Margaret Green
- Aug 21 Alda Anderson
- Aug 26 Maria Harpold
- Aug 26 Thomas Lisenby

August Birthday Celebration

Our Resident Birthday Party will be held on Friday, August 26, from 1 to 2 p.m. in Josephine's Kitchen.

August's Beautiful Blooms

The birth flower for August is the gladiolus. Its name is derived from the Latin word for "little sword," so the long-stemmed flower with showy blossoms is sometimes called the sword lily.



Kenia Cruz,
Housekeeper

Employee of the Month

Kenia Cruz is August's Employee of the Month! "Her works are faultless and accomplished to perfection and always completed in a timely manner," states Sam Evans, Belmont Village Resident. "Diligence and attention to results are always a direct reflection on performance. Kenia works with a prideful attitude in what is expected and required of her. She excels in each and every measure, and I further opine she is a great influence on new employees. She brings a positive and cheerful attitude demonstrated by her pleasant and beautiful smile," says Sam.



Circle of Friends & Neighborhood

Circle of Friends welcomes the Houston K9 academy this Friday for an exhibit from 10 a.m. to 11 a.m. on the back patio. Friday evening Shabbat services each week in the Town Hall continue to grow and we had over 20 family members and residents at our previous service. I would like to announce the hiring of Erika Leppo, our new Enrichment Leader, who we are very excited to have join our team. Erika has a great work ethic and brings with her much enthusiasm and passion and is dedicated to improve the quality of life for our residents. I am also very excited to announce starting shortly will also be our new Circle of Friends pal Nicole, who will be a huge addition to the team and great support for the Enrichment Leaders.

In the Neighborhood, we have had many resident birthdays this month and with it, much birthday cake. I am always trying to add more music in the Neighborhood and have found several volunteers to play cello for us this month during dining service.



Resident Spotlight

Bob Southwell






Bob and his wife ,Barbara, along with their two sons, Brian and Brent, will be celebrating this special day together.

Bob was in the Navy and was the Manager for the Houston Country Club. He was very influential in training his staff and assisted his boys start their own businesses, both becoming very successful. He loved sailing and would always take his family with him on his boat. Bob is very creative and used to ice sculpt when he was younger. Bob loves his dog, Zeus, who comes to visit him almost every day.



Positive Thought

“Live your life and forget your age.” —Frank Bering

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
August	1	2	3	4	5	6	
	9:30 PL Exercise: Aqua Aerobics with Ruhee ♥ 11:00 TH Giant Crossword Challenge ♣ 1:00 CL Bible Study 2:00 TH Weekend Sports Recap with Aaron: Discussion and Video Replay ♥ 3:00 TH Sing-A-Long: Come One, Come All! ♥ 4:00 TH You Be the Judge 6:30 TH Documentary "National Parks: America's Greatest Idea"	9:45 TH "Tai Chi" with Simone ♣ 10:30 TH Think Tank: Brain Challenges ♣ 2:30 CL Bridge Games & Refreshments 3:00 TH Drama: Actor's Studio: Mary Margaret Mann 6:30 TH Tuesday Night Action Movie	9:45 TH Exercise: Boot Camp with Ruhee 2:00 CL Bible Study with Scott Endress, Chapelwood UMC ♥ 3:30 GR Wine and Cheese Social: Jane Vandiver ★ 6:30 TH Wednesday Movie: "Apollo 13"	9:45 TH Volleyball Competition ♥ 10:30 TH Bill Phillips: Storytelling "Story Forum"-based on "The Moth" ♥ 2:30 BT Bridge Games ♥ 3:30 BT Afternoon Art and Music ★ 6:30 TH Comedy Movie Night	9:45 TH Exercise with Ruhee: Balance ♣ 10:30 BT Brain Games ♣ 1:30 TH Belmont Boys' Club with Steve Carnahan ♥ 3:00 BT Bunco Dice Game 4:30 TH Shabbat ★ 6:30 TH Friday Night Popcorn and Movie Classics ♥	9:00 PT Walk the Walk with Arturo ♥ 10:15 BT Coffee, Daily Chronicles, and Puzzles 1:30 BT Pokeno with Arturo 2:30 O Local Shopping 3:30 GR Music with Jim Connors 6:30 TH Saturday Night with "Seinfeld" ♥	
7	8	9	10	11	12	13	
8:30 O Church-Take and Pickup 10:00 BT Coffee and Noteworthy News 10:00 TH St. Luke's UMC followed by Catholic Service at 10:30 - Comcast Ch. 53 1:30 CF Church Service: Communion & Hymns 2:30 O Sunday Sightseeing 4:00 BT Bingo with Arturo! 7:00 TH PBS Masterpiece Theatre	9:30 PL Exercise: Aqua Aerobics with Ruhee ♥ 1:00 CL Bible Study 1:30 GR Bill Parish: Patriotic Music ♥ 2:00 BT Sport Recap with Ronnie ♥ 3:00 TH Sing-A-Long: Come One, Come All! ♥ 3:30 GR Afternoon Exercise: Senior Style 6:30 TH Documentary "National Parks: America's Greatest Idea"	9:45 TH "Tai Chi" with Simone ♣ 10:30 TH Think Tank: Brain Challenges ♣ 1:00 CL Literary: Selected Short Stories ♥ 2:30 CL Bridge Games & Refreshments 3:30 TH SUPER BINGO!! ♥ 6:30 TH Tuesday Night Action Movie	9:45 TH Exercise: Boot Camp with Ruhee 11:00 TH Wheel of Fortune with Jamaal ♣ 2:00 CL Bible Study with Scott Endress, Chapelwood UMC ♥ 2:00 TH Catholic Communion with Sister Ginny from St. Michael's ♥ 3:30 GR Wine and Cheese Social: Faith Gugenheim ★ 6:30 TH Wednesday Movie: "Apollo 13"	9:45 TH Volleyball Competition ♥ 10:30 TH Bill Phillips: Storytelling "Story Forum"-based on "The Moth" ♥ 2:30 TH Girlfriends' Gathering: Summer Flower Arranging ♥ 2:30 BT Bridge Games ♥ 3:45 BT Debate & Discuss: You Be the Judge ♥ 6:30 TH Comedy Movie Night	9:45 TH Exercise with Ruhee: Balance ♣ 10:30 BT Brain Games ♣ 1:45 TH Belmont Boys' Club with Steve Carnahan ♥ 3:00 BT Bunco Dice Game 4:30 TH Shabbat ★ 6:30 TH Friday Night Popcorn and Movie Classics ♥	9:00 PT Walk the Walk with Arturo ♥ 10:15 BT Coffee, Daily Chronicles, and Puzzles 1:30 BT Bingo with Arturo 2:30 O Local Shopping 3:30 GR Music with Rodney Raspberry ♥ 6:30 TH Saturday Night with "Seinfeld" ♥	
14	15	16	17	18	19	20	
8:30 O Church-Take and Pickup 10:00 TH St. Luke's UMC followed by Catholic Service at 10:30 - Comcast Ch. 53 10:00 BT Coffee and Noteworthy News 1:30 CF Sunday Church with Thomas Harper, Pastor, St. Luke's UMC ♥ 2:30 O Sunday Sightseeing 7:00 TH PBS Masterpiece Theatre	9:30 PL Exercise: Aqua Aerobics with Ruhee ♥ 10:45 TH The Dust Bowl: Ken Burns Documentary ★ 1:00 CL Bible Study 1:30 GR Bill Parish: Patriotic Music ♥ 3:00 TH Sing-A-Long: Come One, Come All! ♥ 6:30 TH Documentary "National Parks: America's Greatest Idea"	9:45 TH "Tai Chi" with Simone ♣ 10:30 TH Think Tank: Brain Challenges ♣ 1:30 TH Resident Council 2:30 CL Bridge Games & Refreshments 3:30 TH SUPER BINGO!! ♥ 4:00 BT Pick Your Puzzle 6:30 TH Tuesday Night Action Movie	9:45 TH Exercise: Boot Camp with Ruhee 10:30 TH Word Jumble 1:00 TH Cookbook Club ♥ 2:00 CL Bible Study with Scott Endress, Chapelwood UMC ♥ 3:30 GR Wine and Cheese Social: Leah Stonum ★ 6:30 TH Wednesday Movie: "Apollo 13"	9:45 TH Volleyball Competition ♥ 10:30 TH Bill Phillips: Storytelling "Story Forum"-based on "The Moth" ♥ 12:00 JK Captain's Table with Ronnie ★ 2:30 BT Bridge Games ♥ 3:30 TH Armchair Travel: The Pacific Northwest 4:00 BT Parlor Games: Kings in the Corner ♥ 6:30 TH Comedy Movie Night	9:45 TH Exercise with Ruhee: Balance ♣ 10:30 O Rice University Farmers' Market 10:30 BT Brain Games ♣ 1:45 TH Belmont Boys' Club with Steve Carnahan ♥ 3:00 BT Bunco Dice Game 4:30 TH Shabbat ★ 6:30 TH Friday Night Popcorn and Movie Classics ♥	9:00 PT Walk the Walk with Arturo ♥ 10:15 BT Coffee, Daily Chronicles, and Puzzles 1:30 BT Pokeno with Arturo 2:30 O Local Shopping 3:30 GR Music with Maurice Daugherty ♥ 6:30 TH Saturday Night with "Seinfeld" ♥	
21	22	23	24	25	26	27	
8:30 O Church-Take and Pickup 10:00 TH St. Luke's UMC followed by Catholic Service at 10:30 - Comcast Ch. 53 10:00 BT Coffee and Noteworthy News 1:30 CF Sunday Vesper with Volunteers ★ 2:30 O Sunday Sightseeing 4:00 BT Pokeno with Arturo 7:00 TH PBS Masterpiece Theatre	9:30 PL Exercise: Aqua Aerobics with Ruhee ♥ 1:00 CL Bible Study 1:30 GR Bill Parish: Patriotic Music ♥ 3:00 TH Sing-A-Long: Come One, Come All! ♥ 3:30 TH Afternoon Stretch and Balance 6:30 TH Documentary "National Parks: America's Greatest Idea"	9:45 TH "Tai Chi" with Simone ♣ 10:30 TH Think Tank: Brain Challenges ♣ 1:30 BT Chat with The Chef 2:30 CL Bridge Games & Refreshments 3:30 TH Satchmo Social: Play Jazz Music While Snacking ♥ 4:30 TH You Be The Judge 6:30 TH Tuesday Night Action Movie	9:45 TH Exercise: Boot Camp with Ruhee 10:30 TH Wheel of Fortune 2:00 CL Bible Study with Scott Endress, Chapelwood UMC ♥ 3:30 GR Wine and Cheese Social: Party of Two ★ 6:30 TH Wednesday Movie: "Apollo 13"	9:45 TH Volleyball Competition ♥ 10:30 TH Bill Phillips: Storytelling "Story Forum"-based on "The Moth" ♥ 2:30 TH Girlfriends' Gathering: Resident Jewelry Making Demonstration ♥ 2:30 BT Bridge Games ♥ 3:45 BT Debate & Discuss: You Be the Judge ♥ 6:30 TH Comedy Movie Night	9:45 TH Exercise with Ruhee: Balance ♣ 10:00 O Outing: Pinot's Pallet Restaurant 10:30 BT Brain Games ♣ 1:45 TH Belmont Boys' Club with Steve Carnahan ♥ 3:00 BT Bunco Dice Game 4:30 TH Shabbat ★ 6:30 TH Friday Night Popcorn and Movie Classics ♥	9:00 PT Walk the Walk with Arturo ♥ 10:00 GR Pets: Faithful Paws 10:15 BT Coffee, Daily Chronicles, and Puzzles 1:30 BT Bingo with Arturo! 2:30 O Local Shopping 3:30 GR Music with Theresa Behenna ♥ 6:30 TH Saturday Night with "Seinfeld" ♥	
28	29	30	31	 ENJOY SUMMER!			
8:30 O Church-Take and Pickup 10:00 BT Coffee and Noteworthy News 10:00 TH St. Luke's UMC followed by Catholic Service at 10:30 - Comcast Ch. 53 1:30 CF Church Service and Communion with Rev. Jim Berggren ★ 2:30 O Sunday Sightseeing 4:00 BT Twenty One with Arturo 7:00 TH PBS Masterpiece Theatre	9:30 PL Exercise: Aqua Aerobics with Ruhee ♥ 1:00 CL Bible Study 1:30 GR Bill Parish: Patriotic Music ♥ 3:00 TH Sing-A-Long: Come One, Come All! ♥ 3:30 BT Senior Style Exercise 6:30 TH Documentary "National Parks: America's Greatest Idea"	9:45 TH "Tai Chi" with Simone ♣ 10:30 TH Think Tank: Brain Challenges ♣ 2:30 CL Bridge Games & Refreshments 3:30 TH SUPER BINGO!! ♥ 6:30 TH Tuesday Night Action Movie	9:45 TH Exercise: Boot Camp with Ruhee 10:30 TH Jeopardy 2:00 CL Bible Study with Scott Endress, Chapelwood UMC ♥ 3:30 GR Wine and Cheese Social: Ivory Touch ★ 6:30 TH Wednesday Movie: "Apollo 13"	 ENJOY SUMMER!			
							



**Memorable Melody:
'Heat Wave'**

Teens across the nation spent the summer of 1963 dancing to this energetic love song, performed by Martha and the Vandellas. Reaching No. 4 on the pop chart and No. 1 on the R&B singles chart, "Heat Wave" was one of the girl group's earliest hits and is credited with helping create the distinctive Motown sound. The song also earned the Vandellas their only Grammy nomination—the first one ever for a Motown group.

**Refreshing
and Delicious**

The Popsicle, that classic summertime treat, isn't exactly a health food. But the refreshing snack on a stick can help you stay hydrated on hot, sunny days. Plus, ice pops are lower in calories and fat than desserts like ice cream, and, depending on the brand, may be sugar-free or contain additional nutrients if made with real fruit.



August
Sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9.

Solution:

3	7	5	4	8	6	1	9	2
1	4	6	2	9	3	7	8	5
2	8	9	1	4	5	6	3	7
4	3	1	8	9	5	2	7	6
6	2	8	7	5	4	6	1	3
5	9	7	1	3	2	8	4	9
8	5	2	6	4	3	7	6	1
7	9	4	6	1	8	2	3	5
6	1	3	5	2	7	9	8	4

		3		2	7			4
						2		
8			9			7		
	6	7		3				
9	2						1	3
			6			5	2	
		9			1			6
		6						
3			4	8		1		



SPIRITUAL SERVICES

Sunday Vesper Service

1st Sunday, Vesper Service

1:30 p.m. (COF)

Pastor Tami Heinrich

Chapelwood UMC

2nd Sunday, 1:30 p.m. (COF)

Pastor Thomas Harper

St. Luke's UMC

3rd Sunday 1:30 p.m. (COF)

Looking for a volunteer

4th Sunday 1:30 p.m. (COF)

Pastor Jim Berggren

Holy Cross Lutheran

Bible Study

Wednesday, 1:30 p.m. (CFL)

Pastor Scott Endress

Catholic Communion

Wednesday, 2:00 p.m. (TH)

Sister Ginny

St. Michael's Catholic Church

Senior Citizens Day

"For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute." With those words, President Ronald Reagan proclaimed Aug. 21, 1988, the first National Senior Citizens Day, now an annual celebration.

Time for a Treat

National Root Beer Float Day is celebrated on Aug. 6. If you haven't had a root beer float since you were a kid, perhaps it's time to partake. Simply put a scoop of vanilla ice cream in a tall glass and add root beer. Tastes like summer!





Health & Wellness

Build Balance by Swimming

In addition to enjoying a gentle, low-impact exercise, seniors have another reason to take up swimming: fall prevention.

Multiple studies show that swimmers have a 30 to 50 percent lower risk of falling. Relying on the water for support helps build stronger core muscles, which contribute to better balance.

To Your Health: Smile!

Researchers at the University of Kansas found that smiling lowers stress, and it doesn't matter if you're really happy or just faking it. Participants in the study who put on a smile—fake or genuine—had lower heart rates than those with neutral expressions when doing a stressful task.

Brain Boost for Book Lovers

People often say the book is better than the movie. Scientists who study brain function agree.

Research shows processing information by reading it gives you more of a mental workout than simply watching it unfold on a screen. Reading activates your imagination and insight. Exercise yours on National Book Lovers Day, Aug. 9.

Take a Nap to Boost Your Brain

Whether you call it a catnap, a doze or a siesta, experts say getting a short snooze each day can enhance your memory. Sleep is an essential function in absorbing new information, because it allows the brain to clean out its short-term memory storage. Research confirms that daytime napping helps solidify new data and memories by moving them to the brain's long-term storage areas, where they can be retained for future use. Experts say just a 15- to 20-minute nap can be beneficial.



Write It Down

Need help remembering something? Write it down. Handwriting engages more parts of the brain than typing, and it is easier to remember something once you've written it on paper.

A Slice Is Nice

Add some slices of tomato to sandwiches and salads. Tomatoes contain lycopene, which helps protect your skin from sun damage and can improve circulation.

Resident Meeting

Resident Council Meeting

Resident Council will meet on Tuesday, August 9, at 1:30 p.m. in the Town Hall. Join us!



Positive Thought

"Gold medals aren't really made of gold. They're made of sweat, determination and a hard-to-find alloy called guts."
—Dan Gable



'Lemon' Is One

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



Life and Ice Cream

"Life is like an ice cream cone; you have to lick it one day at a time." —Charles M. Schulz

Our Residents Are the Life of Our Village!



BELMONT *Village*
SENIOR LIVING
HUNTERS CREEK

7667 Woodway Dr
Houston, TX 77063

Lic. #106016
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