



VillageNEWS

Belmont Village of Turtle Creek

3535 N. Hall Street • Dallas, TX 75219 • Tel 214-559-7015 • Fax 214-559-2663

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

August 2016

Our Team

Nancy Sanders

Executive Director

nsanders@belmontvillage.com

Arthur Mbatia

Director of Resident Care Services

ambatia@belmontvillage.com

Kellie Hardesty

Dir. of Activity and Memory Programs

khardesty@belmontvillage.com

Aubrey Ferguson

Activity Programs Coord.

aferguson@belmontvillage.com

Alvaro Nunez

Chef Manager

alnunez@belmontvillage.com

Dan Underwood

Dining Room Manager

dunderwood@belmontvillage.com

Candice Stoner

Human Resources Generalist

Cnielsen@belmontvillage.com

Lisa Mach

Director of Sales

lmach@belmontvillage.com

Vivian Black

Community Relations

vblack@belmontvillage.com

Karisti Shankle

Outside Community Relations

kshankle@belmontvillage.com

A Note From Nancy



The summer is flying by! It has been a busy few months and August is sure to bring those 100-degree days back to Dallas

once again. Please check our calendar for all the “cool” activities around the community this month.

Each year we prepare for a large community event in the fall and we want to have the best turnout ever this year at the 2016 *Greater Dallas Walk to End Alzheimer's!* Mark your calendars for October 1st at the Lawn at Reunion Tower, 30 Reunion Blvd. East. The walk will begin with the 8am ceremony and 8:30am walk. Please tell your friends and family about the Belmont Team. They can sign up on the Dallas Chapter Alzheimer's website.

Also, this year we will have events leading up to the walk. We will host a Lunch and Learn with Becky Prince on September 9th and host an all-day signup for the walk. We know that many of you would like to participate; however, the walk at Reunion Tower may be difficult. We will host a Community Walk around Belmont Village on Friday, September 23rd. Please look for

details to come. Walkers, wheelchairs, and pets are welcome! Let's support the walk in a big way this year!

I thank you in advance for supporting this important cause.



Ehi Asemota

Ehi is dedicated, dependable, professional, warm, and ... I could go on and on!!! Ehi has been with us for three years and we look forward to many more with her. She is calm, quick on her feet, and well liked and respected by her residents as well as her peers. Managers and other staff look forward to working with Ehi! Thank you for all you do. You are such an important part of our Turtle Creek family.



**Family Caregiver
Support Group**

Facilitator - Lisa Shardon
1st Tuesday
of each month
at 3 p.m.
in The Center for Learning
on the 4th Floor



**Family Caregiver
Support Group**

Facilitator - Vivian Black
3rd Thursday of each month
at 5:30 p.m.
in The Pool Lounge
on the 7th Floor

Welcome
New Residents

We will hold a *New Resident and Family Orientation* on Monday, August 22nd, at 4 p.m. in order to welcome you to Belmont Village Turtle Creek. We will answer any and all of the questions you or your family members may have! We look forward to seeing you there!



Residents with a birthday this month are invited to the luncheon at noon on Friday, August 26, along with one guest. *Everyone* is invited to attend the birthday party at 3 p.m.

Employee Birthdays

- 8/3 Porshae Bannie
- 8/9 Tadesse Midekisa
- 8/11 Christian Akoma
- 8/11 Maria Martinez
- 8/16 Nancy Sanders
- 8/21 Thresiamma Thomas
- 8/22 Tyler Coaxum
- 8/22 Chukwunwike Onyeagba
- 8/25 Yolanda Perkins
- 8/26 Christal Knox
- 8/27 Audrey Davis
- 8/30 Tiffany Nichols



Resident Birthdays

- 8/4 Sherri Foah
- 8/4 Virginia Myers
- 8/6 Rhoda Dubinsky
- 8/10 Jeff Kahla
- 8/10 Lois Larsen
- 8/15 Mary Miller
- 8/16 Jack Murphy
- 8/17 Dorothy Abrams
- 8/17 Jean Spangler
- 8/18 Phoebe Moore
- 8/19 Henrietta Slagle
- 8/24 Bill Robinson
- 8/26 Nancy Bahr
- 8/30 Jim Griffin





Physical Activity for Older Adults

Many people decrease their exercise as they age, but continuing to exercise has definite benefits for older people. Being fit is important to everyone. Flexibility and stretching, which help provide a full range of motion for muscles and joints, can help you function better. Everyday tasks that are difficult, such as getting up, walking, tying shoelaces or reaching for a shelf, may become easier. When you stay flexible, you also keep a more natural walking pattern and decrease your chance of falling. Most flexibility that is seemingly lost through aging is caused not only by aging but also by inactivity or lack of movement. Aerobic exercise strengthens the heart and reduces the risk of coronary artery disease. It can also increase the amount of sleep you get at night and may reduce the time it takes to fall asleep.

Strengthening exercises can help you maintain your muscle, strengthen bones, and protect knees and other joints. These

exercises may include resistance training, such as lifting weights, and weight-bearing, such as walking, jogging or dancing.

Your physical activity does not have to be strenuous. Older adults can gain significant health benefits with a moderate amount of physical activity. This can be done in longer sessions of moderately intense activities, such as walking, or in shorter sessions of more vigorous activities, such as fast walking or stair walking. You can benefit from physical activity even if you think of yourself as elderly or you already have old-age conditions, such as osteoarthritis or heart disease. Being more active may improve your quality of life and can prevent or delay disability.

It is advisable to talk to your doctor before starting a fitness program. You may have health problems that limit what you can do.

At Belmont Village we have a Physical Fitness Program available for all residents with consents from their doctor. The program is coordinated by a personal trainer. The Sit and Be Fit Exercise group also meet Monday through Friday at the Town Hall. We also have several exercise machines available at the Center for Life Enhancement for the residents to use when supervised by a personal trainer.

Resident Council

Come Join Us ...

... on the last Monday of every month at 3 p.m. in Town Hall. Come share your feedback, ideas and concerns. This month's Resident Council meeting will be held on **Monday, August 29th.**



Employee Anniversaries!

| | |
|-----------|-------------------|
| 8/5/2013 | Lenroy Thomas |
| 8/5/2013 | Brandy Jones |
| 8/5/2013 | Regina Osa |
| 8/5/2013 | Edward Weathersby |
| 8/5/2013 | Yolanda Perkins |
| 8/5/2013 | Christal Knox |
| 8/5/2013 | Ehi Asemota |
| 8/19/2014 | Juana Quintero |
| 8/19/2014 | Juliana Chonzi |
| 8/26/2014 | Teresa Spearman |
| 8/5/2015 | Darius Lacy |
| 8/5/2015 | Yohannes Mebrahtu |
| 8/7/2015 | Norma Leon |
| 8/10/2015 | Nancy Sanders |
| 8/12/2015 | Alejandra Ortega |
| 8/31/2015 | Irene Omurwa |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | 9:15 TH Belmont Balance 10:30 TH Brain Games with Kay 1:00 TH Let's talk about it! 2:00 TH Yoga 3:00 F4 Computer/ Tablet Training 7:00 TH Belmont Bingo | 9:30 TH Muscle Matters 10:30 TH Mind Benders 1:00 TH Tai Chi 1:30 OS Grocery Outing★ 2:00 TH Boot Camp 3:00 TH Craft Corner 7:00 TH Group Yahtzee | 9:30 TH Yoga 10:30 TH Zen Coloring 1:30 F7 Mahjong 2:00 TH Pilates 3:00 TH Current Events with Randy Mayeux 7:00 TH Group Games | 9:30 TH Cardio 10:30 TH Catholic Communion 1:00 TH Afternoon Games 2:00 TH Boot Camp 3:00 GR Wine & Cheese - Art Stern 4:00 TH Massage with Jen Oxford★ 7:00 TH Belmont Bingo | 9:00 OS Super Walmart★ 9:30 B Men's Coffee & Headlines 9:30 P Aqua Fit 10:30 OS HPPC Friday Fellowship★ 1:00 OS Shopping Outing★ 2:00 TH Pilates | 10:00 OS CVS/Walgreens 10:00 OS Local Farmer's Market★ 10:30 TH Zen Coloring 1:15 OS Walk in the Park 2:00 TH Saturday Stretch 3:00 TH Art Class with Emery 7:00 TH Belmont Bingo |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 8:30 OS Church Transportation 10:30 B Sunday Crosswords 1:15 OS Walk in the Park 1:30 OS Sunday Drive 3:00 TH Ping-Pong and Cornhole 4:00 GR Sunday Inspirations 5:30 OS Hymn Sing at Park Cities Baptist Church★ | 9:15 TH Belmont Balance 10:30 TH Discussion with Rabbi Wolk 1:00 TH Let's talk about it! 2:00 TH Yoga 3:00 F4 Computer/ Tablet Training 7:00 TH Belmont Bingo | 9:30 TH Muscle Matters 10:30 TH Mind Benders 1:00 OS Out to the Movies! -Indignation★ 1:00 TH Tai Chi 1:30 OS Grocery Outing★ 2:00 TH Boot Camp 7:00 TH Group Yahtzee | 9:30 TH Yoga 10:30 TH Zen Coloring 1:30 F7 Mahjong 2:00 TH Pilates 3:00 TH Craft Corner 7:00 TH Group Games | 9:30 TH Cardio 10:30 TH Big Think! 1:00 TH Afternoon Games 2:00 TH Boot Camp 3:00 GR Wine & Cheese - Dave Washburn 7:00 TH Belmont Bingo | 9:00 OS Super Walmart★ 9:30 B Men's Coffee & Headlines 9:30 P Aqua Fit 10:30 OS HPPC Friday Fellowship★ 1:00 OS Shopping Outing★ 2:00 TH Pilates | 10:00 OS CVS/Walgreens 10:00 OS Local Farmer's Market★ 10:30 TH Zen Coloring 1:00 GR Bill and Peggy Lohr perform 1:15 OS Walk in the Park 2:00 TH Saturday Stretch 3:00 TH "Bored" Games 7:00 TH Belmont Bingo |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 8:30 OS Church Transportation 10:30 B Sunday Crosswords 1:15 OS Walk in the Park 1:30 OS Sunday Drive 3:00 TH Ping-Pong and Cornhole 4:00 GR Sunday Inspirations | 9:15 TH Belmont Balance 10:30 TH Brain Games with Kay 1:00 TH Let's talk about it! 2:00 TH Yoga 3:00 F4 Computer/ Tablet Training 4:00 TH New Resident and Family Orientation★ 7:00 TH Belmont Bingo | 9:30 TH Muscle Matters 10:30 TH Mind Benders 11:30 TH Lunch & Learn: Healthy Heart with Stephanie Koepke★ 1:00 TH Tai Chi 1:30 OS Grocery Outing★ 2:00 TH Boot Camp 7:00 TH Group Yahtzee | 9:30 TH Yoga 10:30 TH Zen Coloring 1:30 F7 Mahjong 2:00 TH Pilates 3:00 TH Birthday Party for Dorothy Abrams★ 4:00 B Hearing Professionals Center 7:00 TH Group Games | 9:30 TH Cardio 10:30 TH Catholic Communion 1:00 TH Afternoon Games 2:00 TH Boot Camp 3:00 GR Wine & Cheese - Marty Ruiz 7:00 TH Belmont Bingo | 9:00 OS Super Walmart★ 9:30 B Men's Coffee & Headlines 9:30 P Aqua Fit 10:30 OS HPPC Friday Fellowship★ 1:00 OS Shopping Outing★ 2:00 TH Pilates 3:00 B Popsicles in the Bistro | 10:00 OS Local Farmer's Market★ 10:00 OS CVS/Walgreens 10:30 TH Zen Coloring 1:15 OS Walk in the Park 2:00 TH Saturday Stretch 3:00 TH Painting with Emery 7:00 TH Belmont Bingo |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 8:30 OS Church Transportation 10:30 B Sunday Crosswords 1:15 OS Walk in the Park 1:30 OS Sunday Drive 3:00 TH Ping-Pong and Cornhole 4:00 GR Sunday Inspirations | 9:15 TH Belmont Balance 10:30 TH Brain Games with Kay 1:00 TH Let's talk about it! 2:00 TH Yoga 3:00 F4 Computer/ Tablet Training 7:00 TH Belmont Bingo | 9:30 TH Muscle Matters 1:00 TH Tai Chi 1:00 B Novin Jewelry Repair 1:30 OS Grocery Outing★ 2:00 TH Boot Camp 3:00 TH Rosemary Rumbley -Book Review "Our Great Big Backyard" by Laura Bush | 9:30 TH Yoga 10:30 TH Zen Coloring 11:15 OS Out to Lunch! Toulouse★ 1:30 F7 Mahjong 2:00 TH Pilates 7:00 TH Group Games | 9:30 TH Cardio 10:30 TH Big Think! 1:00 TH Afternoon Games 2:00 TH Boot Camp 3:00 GR Wine & Cheese - Melani Skybell 7:00 TH Belmont Bingo | 9:00 OS Super Walmart★ 9:30 B Men's Coffee & Headlines 9:30 P Aqua Fit 10:30 TH Poetry Round Table with Molly 12:00 JK Birthday Lunch★ 1:00 OS Shopping Outing★ 2:00 TH Pilates 3:00 GR Birthday Party! | 10:00 OS CVS/Walgreens 10:00 OS Local Farmer's Market★ 10:30 TH Zen Coloring 1:15 OS Walk in the Park 2:00 TH Saturday Stretch 3:00 TH "Bored Games" 7:00 TH Belmont Bingo |
| 28 | 29 | 30 | 31 | | | |
| 8:30 OS Church Transportation 10:30 B Sunday Crosswords 11:00 JK Family Hawaiian Brunch★ 1:00 GR Entertainment- Grace Hula Dancers 4:00 GR Sunday Inspirations | 9:15 TH Belmont Balance 10:30 TH Brain Games with Kay 1:00 TH Let's talk about it! 2:00 TH Yoga 3:00 F4 Computer/ Tablet Training 3:00 TH Resident Council 7:00 TH Belmont Bingo | 9:30 TH Muscle Matters 10:30 TH Mind Benders 11:00 GR Texas Winds: String Quartet 1:00 TH Tai Chi 1:30 OS Grocery Outing★ 2:00 TH Boot Camp 3:00 F4 Book Club Discussion 7:00 TH Group Yahtzee | 9:30 TH Yoga 10:30 TH Zen Coloring 1:30 F7 Mahjong 2:00 TH Pilates 3:00 TH Chat with the Chef 7:00 TH Group Games | <p>Movies are shown daily at 3:15 PM and 7:15 PM in the Screening Room. Check the Bistro for the Weekly Movie Schedule!</p> | | |



Hebrew Scrolls Project



{AUGUST} HAPPINESS HAPPENS MONTH

Make it happen!



Ramona Hite: Courage and Culture From the Plains

By Jim Goodson

Ramona Hite is a small-town girl with a big-time list of accomplishments, grateful former students, friends and admirers.

Ramona and her husband, Bill, are leaders in the Panhandle town of Pampa, Texas, 60 miles northwest of Amarillo and 44 miles east of Lake Meredith—the only substantial body of water in this dry arid desert-like part of Texas.

The Hite family reflects the ethics of its surroundings: authentic, hardworking and family-oriented. Success has naturally followed.

Ramona was born during an Amarillo snowstorm in December 1946. Her dad, Henry Aurouze, was superintendent of the Pioneer

Gas Company's Canadian River Field. Henry and his wife, Dorothy, raised their family in an oil-and-gas camp, along with the firm's employees near tiny Fritch, Texas.





Ramona rode the “yellow dog” school busses to Sanford-Fritch High School, a relatively wealthy school due to tax revenue from the region’s many oil and gas fields.

“We had many talented teachers,” she says. “One teacher in particular was inspiring. Her name was Anell Clay and she was born without hands. She held the chalk between her wrists and wrote beautifully on the blackboard.”

“She told us, ‘If I can do this without hands, think of what you can accomplish with hands.’”

Lake Meredith fun was part of a happy, rural childhood.

“They built the Sanford-Lake Meredith dam when I was a teenager,” Ramona recalls. “We had a lot of good times swimming and sailing on the lake.” Ramona was the first Miss Sanford Dam in a beauty contest to promote the lake’s opening.



Ramona started college at Texas Tech then transferred to West Texas State University, a Canyon college with a strong education department. Attending WTSU made it easier for her to keep dating Bill Hite, who was working

toward a pharmacy degree at Southwestern Oklahoma State University in Weatherford.

The couple was married in 1968 at First United Methodist Church in Borger. “My parents were OK with the marriage but they insisted I get my degree,” Ramona says. So the WTSU junior commuted 180 miles from Pampa to Canyon every day for a year.

In addition to Ramona, Bill had his eye on Pampa’s venerable Heard and Jones Pharmacy. Anyone who has ever lived in a small town knows the importance of the local pharmacy. Not only do people go there for drugs, medical and school supplies, the small town pharmacy—with its old-fashioned soda fountain—is the center of day-to-day social life.

Such was the Hites’ Heard and Jones Health Mart, renamed after a brief affiliation with Rexall. In 1986, it was named America’s best Health Mart pharmacy.

After graduation, Ramona began teaching business courses at Pampa High School. Discipline was never a problem for two reasons, she says.

“On the first day of school, I met each student at the door, introduced myself, then introduced them to their assigned seat. My students took these classes because they wanted to. They knew they could lead to a good job.”

She was deeply involved with the Pampa Area Chamber of Commerce. She ran the Miss Top O’ Texas Beauty Pageant for three years and in 2010 was named Pampa’s Citizen of the Year. The Texas Business Education Association named her the state’s Teacher of the Year in 1986—just one of many teaching awards.

The Hites have two children. Chris has a degree in international business from Texas A&M and is senior partner of J. Hilburn Custom Men’s Clothing. Meredith earned a degree in public relations from Texas Tech and is director of media relations for IBB Design Fine Furnishings.

When Ramona was 40, what she thought was a pinched nerve in her neck turned into a diagnosis of multiple sclerosis. She went through a battery of tests, including one “to determine how positive I am.”

The doctors could have saved their money on that test. As everybody at Belmont Village knows, no one has a more positive attitude than Ramona.

“I know it sounds strange, but if it’s possible for a disease to be a blessing in disguise, this has been,” Ramona says. “I’ve been able to complete the Disciple Bible Study Group, which I never would have had time to do otherwise.”

Turtle Creek Memories



Garden Therapy



Garden Therapy



Celebrating Life at Any Age Tea



Music by Texas Winds Outreach



Surprise party for Peter Abboud!



Dr. Abboud and Grandson

BELMONT *Village*

SENIOR LIVING
TURTLE CREEK

3535 N. Hall Street
Dallas, TX 75219

ALF 105870
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