



Belmont Village of Turtle Creek VillageNEWS

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

March 2015

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May your troubles be less and your blessings be more and nothing but happiness come

through your door. -Irish Blessing

I often get asked about the origin of my last name...Arancibia. It is, of course, my married name. The name is of Basque origin, but my husband's father is actually Chilean. I always say that I used to be a "good Irish girl" with the maiden name of Flanagan. Tara Flanagan...you can't get much more Irish than that! So, as we enter March and prepare for our St. Patrick's Day celebration later in the month, I will proudly wear my green along with my shamrock socks and will look forward to celebrating with you.

For those of you who were with us last year for St. Patrick's Day, you might recall the World Champion Celtic dancers who entertained us with their fancy footwork and ornate costumes. I am thrilled to say they will be joining us again this year! They not only share their talent, but also the history of their dances as well as the background of their costumes. If you didn't have the pleasure of seeing them last year, you will want to make a point to be front and center for this performance.

March is also designated as "Save Your Vision" month. We have partnered with the Mobile Vision group who will be joining us monthly, beginning on March 7, provided we have enough interest. They perform vision exams on site as well as provide eyeglass repairs. If you are interested in signing up for their services, please tell the Concierge.

As a reminder, other services available by appointment through the Concierge are: mobile dental service, podiatry services, physician services, hearing aid cleanings, dry cleaning pick-up and delivery, massage therapy services, jewelry repair, postage and banking services. Please stop by the Concierge desk or call 214-559-5402 to speak directly to Gilbert or Linda about any of these services. If you are in need of a service not listed above, please don't hesitate to ask. It will be our pleasure to find someone to assist you.

Last but not least: basketball fans, get out your pencils and get ready to fill out those March Madness brackets. We will be hosting watch parties in the Screening Room and with any luck we can cheer on the hometown SMU Mustangs throughout the tournament. Regardless of who you are rooting for, we hope you will join us!



Resident Birthdays!

- 3/4 Bob Fox
- 3/6 Audrey Svendsen
- 3/8 Peter Griffith
- 3/11 Elizabeth Bernhardt
- 3/13 Tuck Huey
- 3/14 Dr. Jim Kidd
- 3/15 Lew Zale
- 3/16 Helen Donnell
- 3/18 Ouida Smith
- 3/21 Pat Griffith
- 3/21 Tommie Weatherford
- 3/25 Dr. Flo Wiedemann

We celebrate birthdays each month with a special birthday luncheon along with a birthday party later that day! Any resident celebrating a birthday this month is invited to attend the **birthday luncheon at noon on March 27**, along with a guest. *All* residents are invited to attend the **birthday party with cake and entertainment at 3 p.m.**

Employee Birthdays!

- 3/5 Jasmine West, PAL
- 3/12 Selina Arthur, PAL
- 3/12 Winnie Momanyi, LVN
- 3/20 Courtney Boles
- 3/22 Denitra Smith, LVN
- 3/22 Alejandra Vasquez, Server
- 3/24 Joe Idris, PAL
- 3/24 Lisa Mach

Employee Anniversaries

- 3 Chike Onyeagba, NH PAL
- 1 Juliet Obwogi, LVN
- 1 Dimitri Cox, Bistro Cook
- 1 Morgan Sink, Cook
- 1 Kellie Hardesty



Activities

BRAIN GAMES With Kay Paggi

Mondays at 10:30 in Town Hall

Current Events With Randy Mayeux

Wednesday, March 4, at 3 p.m.
in Town Hall

Dallas Symphony Performance

Thursday, March 5, at 4 p.m.
in The Great Room

Kimbell Art Museum

Tuesday, March 10,
We will leave at 10 a.m.

Out to Lunch

Wednesday, March 11, at
Del Frisco's.
We will leave at 11:15 a.m. RSVP

Saturday Karaoke Happy Hour

Saturday, March 14, from
3:30-5:30 p.m. in Town Hall

ST. PATRICK'S DAY PARTY

Tuesday, March 17,
at 3 p.m. in The Great Room

Discussion Group With Rabbi Wolk

Monday, March 23,
at 10:30 a.m. in Town Hall

Hearing Professional Center

Wednesday, March 18,
at 10 a.m. in Town Hall

Spring is here!

We're looking forward to seeing you out in the community.



Employee of the Month



Linda Spencer

Linda is one of our concierges here at Turtle Creek. She goes above and beyond when helping our residents or management staff. In addition to her duties as a concierge, Linda will jump in and help wherever she's needed, whether it's taking a group of residents to the mall, or escorting a resident to an appointment. She is even willing to help out in other departments on her days off. She has also been instrumental in helping us build a stronger team through her employee referrals. We are very fortunate to have Linda and her "can-do" attitude. Thank you, Linda!

Family Caregiver Support Group



Facilitator - Lisa Shardon
certified through the
Alzheimer's Association
First Tuesday
of Each Month
at 3 p.m.
in The Center for Learning
on the 4th Floor

Resources at a Glance

For your convenience, the following services are available and may be scheduled or coordinated by the Concierge:

- Audiology Services
- Banking Services
- Dry Cleaning Pickup & Delivery Service
- Jewelry Repair
- Massage Therapy
- Mobile Dental Service
- Physician
- Podiatry Services
- Salon Services

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 March 23.



Secretary: Betty Schelley
President: Peter Griffith
Vice President: Jean Huey

Welcome New Residents

We will hold *New Resident and Family Orientation* on Monday, March 16, at 4 p.m. in order to welcome you to Belmont Village Turtle Creek and answer any and all of the questions you or your family members may have! We look forward to seeing you there!



Sunday

Monday

Tuesday

Transportation Schedule

Sunday

Church Transportation

Sunday Drive- RSVP

Monday

Medical Appointments

Tuesday

Medical Appointments

Grocery Stores

Banks

Wednesday

Medical Appointments

Bank

Thursday

Hair Appointments

Friday

Shopping- RSVP

Saturday

Shopping- RSVP

Please schedule all transportation with the concierge.

Calendar Key

B Bistro -F1

CFL Center for Learning-F4

CFLE Center for Life Enhancement -F7

C Courtyard -F1

GR Great Room -F1

JK Josephine's Kitchen -F1

O Outing

P Pool -F7

PL Pool Lounge -F7

SR Screening Room -B1

TBA To Be Announced

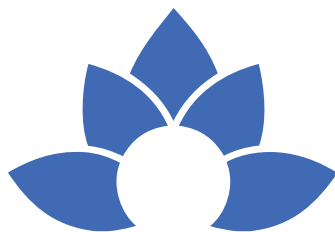
TH Town Hall- F1

WC Wellness Center- F3

| | | |
|---|--|---|
| <p>8:30 CHURCH TRANSPORTATION (O) 10:00 SUNDAY CROSSWORDS (B) 1:30 SUNDAY DRIVE (O) RSVP 4:00 SUNDAY INSPIRATIONS (GR) 7:00 BOARD GAMES (TH) 3:15/ 7:15 MOVIE (SR) -Adventure</p> | <p>9:30 BELMONT BALANCE (TH)² 10:00 ACTIVITIES SIGN UP (B) 10:30 BRAIN GAMES -with Kay Paggi (TH) 1:00 MUSIC HISTORY (TH) 2:00 YOGA (TH) 3:00 COMPUTER/TABLET/PHONE TRAINING. (CFL) 3:15/ 7:15 MOVIE (SR) -Comedy</p> | <p>9:30 MUSC. MATTERS (TH)³ 10:30 MATH MINDED (B) 1:00 BOOK CLUB (TH) 1:30 WHOLE FOODS (O) 2:00 BOOT CAMP (TH) 3:00 PING-PONG (F7) 3:00 MAHJONG/BRIDGE GAMES (B) 7:00 YAHTZEE (B) 3:15/ 7:15 MOVIE (SR) -Doc.</p> |
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| <p>8:30 CHURCH TRANSPORTATION (O) 10:00 SUNDAY CROSSWORDS (B) 1:30 SUNDAY DRIVE (O) RSVP 4:00 SUNDAY INSPIRATIONS (GR) 7:00 BOARD GAMES (TH) 3:15/ 7:15 MOVIE (SR) -Adventure</p> | <p>9:30 BELMONT BALANCE (TH)²³ 10:00 ACTIVITIES SIGN UP (B) 10:30 DISCUSSION -with Rabbi Wolk (TH) 1:00 MUSIC HISTORY (TH) 2:00 YOGA (TH) 3:00 COMPUTER/TABLET/PHONE TRAINING. (CFL) 3:15/ 7:15 MOVIE (SR) -Comedy</p> | <p>9:30 MUSC. MATTERS (TH)²⁴ 11:30 LUNCH & LEARN - Dr. Diana Kerwin (TH) RSVP 1:30 KROGER (O) 2:00 BOOT CAMP (TH) 3:00 PING-PONG (F7) 3:00 MAHJONG/BRIDGE GAMES (B) 7:00 YAHTZEE (B) 3:15/ 7:15 MOVIE (SR) -Doc.</p> |
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March 2015

| Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|
| 9:30 YOGA (TH) 4 10:30 GROUP CROSSWORDS (B) 10:30 ADV. FAST FIT (TH) 1:00 DRAMA CLUB (TH) 2:00 AQUA FIT (P) 2:00 PILATES FITNESS (TH) 3:00 <i>CURRENT EVENTS (TH)</i> <i>-with Randy Mayeux</i> 3:15/ 7:15 MOVIE (SR) <i>-Rom./ Musical</i> | 9:30 CARDIO (TH) 5 10:30 CATHOLIC COMMUNION (TH) 1:00 DISCUSSION GROUP (TH) 2:00 BOOT CAMP (TH) 4:00 <i>WINE & CHEESE (GR)</i> <i>-Dallas Symphony</i> 7:00 BELMONT BINGO (B) 3:15/ 7:15 MOVIE (SR) <i>-Suspense</i> | 9:30 AQUA FIT (P) 6 10:30 BIG BEATS W/ Carolyn Dobson (TH) 10:30 BIBLE STUDY (GR) <i>1:00 SHOPPING (O) RSVP</i> <i>-Tues. Morning/Stein Mart</i> 2:00 PILATES FITNESS (TH) 3:00 CRAFT CORNER 7:00 CARD GAMES (B) 3:15/ 7:15 MOVIE (SR) <i>-Drama</i> | 10:00 CVS/ WALGREENS (O) 7 10:00 BRAINTEASERS PACKET (B) 2:00 SATURDAY STRETCH (TH) 7:00 SATURDAY BINGO (TH) 3:15/ 7:15 MOVIE (SR) <i>-Classics</i> |
| 9:30 YOGA (TH) 11 10:30 GROUP CROSSWORDS (B) 10:30 ADV. FAST FIT (TH) <i>11:15 OUT TO LUNCH (O)</i> <i>-Del Frisco's Grille</i> 2:00 AQUA FIT (P) 2:00 PILATES FITNESS (TH) 7:00 TRIVIA (B) 3:15/ 7:15 MOVIE (SR) <i>-Rom./ Musical</i> | 9:30 CARDIO (TH) 12 10:30 ART CLASS (TH) 1:00 THINK TANK (TH) 2:00 BOOT CAMP (TH) 4:00 <i>WINE & CHEESE (GR)</i> <i>-Bill Cobb</i> 7:00 BELMONT BINGO (B) 3:15/ 7:15 MOVIE (SR) <i>-Suspense</i> | 9:30 AQUA FIT (P) 13 10:30 ADV. FAST FIT (TH) 10:30 BIBLE STUDY (GR) <i>1:00 SHOPPING (O)</i> <i>-Northpark Mall</i> 2:00 PILATES FITNESS (TH) 3:00 CRAFT CORNER (TH) 7:00 CARD GAMES (B) 3:15/ 7:15 MOVIE (SR) <i>-Drama</i> | 10:00 CVS/ WALGREENS (O) 14 10:00 BRAINTEASERS PACKET (B) 2:00 SATURDAY STRETCH (TH) <i>3:30 KARAOKE HAPPY HOUR (TH)</i> 7:00 SATURDAY BINGO (TH) 3:15/ 7:15 MOVIE (SR) <i>-Classics</i> |
| 9:30 YOGA (TH) 18 10:30 GROUP CROSSWORDS (B) <i>10:00 Hearing Professionals Center (B)</i> 10:30 ADV. FAST FIT (TH) 2:00 AQUA FIT (P) 2:00 PILATES FITNESS (TH) <i>6:00 THE MET LIVE at AMC: Rossini's La Donna Del Lago (O) RSVP</i> | 9:30 CARDIO (TH) 19 10:30 CATHOLIC COMMUNION (TH) 1:00 DISCUSSION GROUP (TH) 2:00 BOOT CAMP (TH) 4:00 <i>WINE & CHEESE (GR)</i> <i>-Toney Walsh</i> 7:00 BELMONT BINGO (B) 3:15/ 7:15 MOVIE (SR) <i>-Suspense</i> | 9:30 AQUA FIT (P) 20 10:30 BIG BEATS W/ Carolyn Dobson (TH) 10:30 BIBLE STUDY (GR) <i>1:00 SHOPPING (O)</i> <i>- Snider Plaza</i> 2:00 PILATES FITNESS (TH) 3:00 CRAFT CORNER (TH) 7:00 CARD GAMES (B) 3:15/ 7:15 MOVIE (SR) <i>-Drama</i> | 10:00 CVS/ WALGREENS (O) 21 10:00 BRAINTEASERS PACKET (B) 2:00 SATURDAY STRETCH (TH) 7:00 SATURDAY BINGO (TH) 3:15/ 7:15 MOVIE (SR) <i>-Classics</i> |
| 9:30 YOGA (TH) 25 10:30 GROUP CROSSWORDS (B) 10:30 ADV. FAST FIT (TH) <i>OUT TO THE MOVIES -TBA</i> 2:00 AQUA FIT (P) 2:00 PILATES FITNESS (TH) <i>3:00 CHAT W/ THE CHEF (TH)</i> 7:00 TRIVIA (B) 3:15/ 7:15 MOVIE (SR) <i>-Rom./ Musical</i> | 9:30 CARDIO (TH) 26 10:30 ART CLASS (TH) 1:00 THINK TANK (TH) 2:00 BOOT CAMP (TH) 4:00 <i>WINE & CHEESE (GR)</i> <i>-Myrna Hunt</i> 7:00 BELMONT BINGO (B) 3:15/ 7:15 MOVIE (SR) <i>-Suspense</i> | 9:30 AQUA FIT (P) 27 10:30 ADV. FAST FIT (TH) 10:30 BIBLE STUDY (GR) <i>12:00 BIRTHDAY LUNCHEON (JK) RSVP</i> 2:00 PILATES FITNESS (TH) <i>3:00 BIRTHDAY PARTY (GR)</i> 7:00 CARD GAMES (B) 3:15/ 7:15 MOVIE (SR) <i>-Drama</i> | 10:00 CVS/ WALGREENS (O) 28 10:00 BRAINTEASERS PACKET (B) 2:00 SATURDAY STRETCH (TH) 7:00 SATURDAY BINGO (TH) 3:15/ 7:15 MOVIE (SR) <i>-Classics</i> |



All Designated MBA Activities Are Underlined in the Calendar

- Music in Our Schools Month
- National Craft Month
- National Irish American Heritage Month
- National Nutrition Month
- National Peanut Month
- National Women's History Month
- Red Cross Month
- Social Workers Month



Party in the Neighborhood!



Carolyn Dobson in COF.



Mardis Gras with Bob Fox.



Enjoying the entertainment.



The latest addition to The Neighborhood are the Sensory themed areas throughout the Neighborhood.

The residents are *really* enjoying the great smells and tastes of all the fresh baked goods we now make daily in The Neighborhood.

We have also added a spa area where residents can relax on a chaise lounge while listening to relaxing music and the sounds of rippling water from the wall mounted fountains. The area is also filled with smells of soothing essential oils. Our PALS even give therapeutic hand massages and use warm cloths infused with essential oils as a way to relax at the end of meals. This has become a very popular spot.

Another favorite enjoyed among the residents is flavored teas. We are anxiously awaiting the arrival of our new tea station, which will be filled with all kinds

of goodies! This will be located in the main lounge area of the Neighborhood.

Of course, we can't forget how good it feels to be pampered and beautified. That is why we have added a vanity in the activity room. This is an area residents can get their makeup done, hair styled, and even get their nails painted.

In our Circle of Friends, the residents continue to enjoy and grow in the process of writing poetry with Molly Meyer. Molly's techniques have been so successful with memory care, that it even got the attention of the Dallas Morning News. A reporter and camera crew followed Molly and the Circle of Friends for several weeks to document the process. We all want to thank Molly for how her talent has enhanced our Circle of Friends.



See the Value of Protecting Your Eyes

March is Save Your Vision Month, a time to remember the importance of regular eye exams. The American Academy of Ophthalmology recommends that seniors age 65 and older have a medical eye exam every one to two years. Regular checkups are a valuable screening tool for cataracts, glaucoma, age-related macular degeneration and other conditions. Here are some other ways to protect your precious eyesight:

Wear sunglasses. Shades don't just prevent squinting and wrinkles. Wearing sunglasses outdoors year-round helps protect eyes from cataracts and macular degeneration. Make sure your lenses provide 100 percent UV protection. Don a wide-brimmed hat for even more coverage.

Guard with goggles. Wear protective glasses when engaging in any activity where debris could fly into your eyes.

Care for contacts. If you wear contact lenses, keep them clean and don't wear them for longer than the recommended intervals.

Feast for your eyes. Leafy greens such as spinach, kale and collards contain lutein, which can reduce your risk of macular degeneration. Carrots, berries, oranges, plums and cherries also contain eye-protecting antioxidants. Help maintain your eyes' protective tear film by eating salmon, tuna and halibut. The fatty acids in these fish can help minimize the discomfort of dry eye.

Being Welllderly

March is here, and in addition to March Madness and St. Patrick's Day, it's time to celebrate Welllderly Week!

Beginning on the third Monday in March, this weeklong event is a celebration and recognition of senior citizens who do not act their age. If you take a look around you, it's easy to see just what that means: Today's seniors are something special. Medical advances and active lifestyles are helping seniors live longer than ever, and not just live, but thrive.

Senior adults are becoming pros at Wii, going on frequent excursions, volunteering, exercising daily and updating their Facebook pages!

These are the people who are showing the rest of society that "80 is the new 70," and so on. Remember as you celebrate Welllderly Week the words of poet Robert Browning: "Grow old along with me! The best is yet to be."



February Fun at Turtle Creek!



Teena Seale



Mah Jongg in the Bistro



Virginia Myers and Jean Gulley



Nancy Perkins and Zoila Steger



Marty Ruiz Performs



Dave Washburn Trio



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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



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