



Belmont Village of Turtle Creek VillageNEWS

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

June 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

kharesty@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

Jack Dunaway

Building Engineer

jdunaway@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 month of June is sure to bring us those hot Texas days. Let's enjoy some "cool" activities this month! Keep your

Calendars handy and check those Daily Sheets for lots of interesting activities in June. It has been wonderful to see you and your families enjoying a meal or just a cool glass of tea in the Courtyard. We have even been able to hold Circle of Friends classes and exercise class outdoors. Let's take advantage of the beautiful areas around our Community before the heat kicks in.

I'd like to share a recent accomplishment by our organization. Belmont Village's Circle of Friends program was recognized on May 10th with the *2016 Best of the Best Memory Care Award* at the Argentum Senior Living Executive Conference in Denver. Argentum, formerly the Assisted Living Federation of America, is the largest national association of senior living providers. Please take a moment to congratulate our Memory Care Team for their contribution toward this national recognition.

Father's Day is Sunday, June 19th. We look forward to

celebrating with you and your loved ones. It took over 4 decades to have President Lyndon B. Johnson sign a presidential proclamation declaring the third Sunday in June to be set aside to honor Fathers in 1966. *"A Father is always a hero to his children. He is that driving force which makes you achieve your goals. He is supportive with his guidance and efforts, and stands by you at all times in your life."* Author Unknown. So let's honor our fathers and celebrate Fatherhood!

Belmont Village will host the exhibition of the *Ancient Hebrew Scroll Project* presented by the Christian Heritage Foundation on June 30th. The exhibition will display sixteen scrolls that make up an entire TANAKH. This traveling display makes up the only complete set of Hebrew Scriptures in the world. Scrolls in the display are unique and most of them are 250 years old or older. Each scroll has a look and story of its own. Mr. Charles Garrett, Executive Director of Ancient Hebrew Scroll Project, along with colleagues, will conduct presentations throughout the day. You will not want to miss this event! We have more information coming. Mark your calendars.



**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



**Happy
Birthday**

Residents with a birthday this month are invited to the luncheon at noon on Friday, June 24th, along with one guest. *Everyone* is invited to attend the birthday party at 3 p.m.

Resident Birthdays!

- 6/1 Val Whitacre
- 6/2 Joan Kahla
- 6/2 Richard Snyder
- 6/3 Robert Folz
- 6/5 Dino Barela
- 6/12 Janie Dixon
- 6/17 Peggy Titans
- 6/18 Dolores Snyder
- 6/25 Bill Bobo

- 6/27 Bruce Larsen
- 6/28 Naomi Cogan
- 6/28 Jane Kemp
- 6/30 Peter Abboud

Employee Birthdays!

- 6/1 DJ Harper
- 6/2 Emily Turner
- 6/5 Christina Thomas
- 6/6 Yemi Woldemariam
- 6/8 Florence Ngotho
- 6/10 Terry Spearman
- 6/11 Nathan Rotich
- 6/12 Ellias Wegayehou
- 6/12 Candice Stoner
- 6/13 Diana Black
- 6/17 Edgar Barrios
- 6/21 Zena Negash
- 6/23 Rita Baker
- 6/25 Kenneth Igbinoba
- 6/26 Ray Esquivel
- 6/29 John Mebrahtu
- 6/30 Tina Amenuku





Employee of the Month

Paula Hardin

Paula joined the Josephine's Kitchen Staff last October. She quickly became one of our best and most requested servers. Since joining us, Paula has also cross trained and offered her assistance in the Bistro, on the Cold Line, and in the Dish Room, as well. We appreciate Paula, not only for her hard work, but especially her efforts to make sure our Residents are well taken care of.



Walking is one of the best exercises for you: It's low-impact, so it's easy on your joints, and it can be done almost anywhere. Many people use a pedometer, a device that counts steps. Here are some ways a pedometer can help you:

Easy to use. The simplest, least expensive pedometers only count steps, which is all you need to know to begin tracking your activity. Just clip the pedometer on your waistband or belt and go about your day. More expensive models, which can measure heart rate, calories burned, and distance walked, are also available.

Increases awareness. Many people have no idea how often—or little—they move during the day. A pedometer lets you know how many steps you take on a typical day and how active you are. The daily average for older adults ranges from 2,000 to 9,000 steps.

Reminds you to move. Now that you know your numbers, set a goal. Start by walking just 500 or 1,000 extra steps per day. Look for small opportunities to walk more, such as taking a longer route through a store. By instantly showing you how much you are walking, a pedometer can motivate you to keep moving.

Welcome New Residents

We will hold a *New Resident and Family Orientation* on Monday, June 20th, 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!

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, June 27th.

Happy Anniversary

- 6/1 Tiffany Johnson
- 6/1 Monica Silva
- 6/3 Nathan Rotich
- 6/11 Lisa Mach
- 6/15 Arthur Mbatia
- 6/16 Sydney Lee
- 6/24 Joe Hernandez
- 6/25 Elias Wegayehou

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> • Aquarium Month • Candy Month • Dairy Month • National Accordion Awareness Month • National Adopt a Cat Month • National Fresh Fruit and Vegetables Month • Rose Month • Turkey Lovers Month 	<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>		<p>9:30 TH Yoga </p> <p>1:30 F7 Mahjong</p> <p>2:00 TH Pilates </p> <p>3:00 TH <i>Current Events with Randy Mayeux</i></p> <p>6:30 TH Wii Games</p>	<p>9:30 TH Cardio </p> <p>10:30 TH <i>Catholic Communion</i></p> <p>1:00 F7 Poker/ Card Games</p> <p>2:00 TH Boot Camp </p> <p>3:00 GR <i>Wine & Cheese - Nick Earl</i></p> <p>4:00 TH <i>Massage with Jen Oxford</i> </p> <p>7:00 TH Belmont Bingo</p>	<p>9:00 OS Super Walmart </p> <p>9:30 P Aqua Fit </p> <p>9:30 B Men's Coffee & Headlines</p> <p>10:30 OS <i>HPPC Friday Fellowship</i> </p> <p>10:30 TH <i>Big Beats with Carolyn Dobson</i> </p> <p>1:00 OS Shopping Outing </p> <p>2:00 TH Pilates </p> <p>7:00 TH Trivia</p>	<p>10:00 OS CVS/Walgreens</p> <p>10:30 TH Zen Coloring </p> <p>1:15 OS Walk in the Park</p> <p>2:00 TH Saturday Stretch </p> <p>3:00 TH <i>Art Class with Emery</i> </p> <p>7:00 TH Belmont Bingo</p>
<p>8:30 OS Church Transportation</p> <p>10:30 B Sunday Crosswords </p> <p>1:15 OS Walk in the Park</p> <p>1:30 OS <i>DSO: Saint Sans Organ Symphony</i> </p> <p>1:30 OS Sunday Drive</p> <p>4:00 GR Sunday Inspirations </p>	<p>9:15 TH Belmont Balance </p> <p>10:30 TH Brain Games with Kay </p> <p>1:00 TH Let's talk about it! </p> <p>2:00 TH Yoga </p> <p>3:00 F4 Computer/ Tablet Training</p> <p>7:00 TH Belmont Bingo</p>	<p>9:30 TH Muscle Matters </p> <p>11:30 TH <i>Lunch & Learn: NICHE</i> </p> <p>1:00 TH Tai Chi </p> <p>1:30 OS Grocery Outing </p> <p>2:00 TH Boot Camp </p> <p>3:00 GA Book and Film Club </p> <p>7:00 TH Group Yahtzee</p>	<p>9:30 TH Yoga </p> <p>1:30 F7 Mahjong</p> <p>2:00 TH Pilates </p> <p>3:00 TH Craft Corner</p> <p>6:30 TH Wii Games</p>	<p>9:30 TH Cardio </p> <p>10:30 B Math Minded </p> <p>1:00 F7 Poker/ Card Games</p> <p>2:00 TH Boot Camp </p> <p>3:00 GR <i>Wine & Cheese - Dave Washburn</i></p> <p>7:00 TH Belmont Bingo</p>	<p>9:00 OS Super Walmart </p> <p>9:30 B Men's Coffee & Headlines</p> <p>9:30 P Aqua Fit </p> <p>10:30 OS <i>HPPC Friday Fellowship</i> </p> <p>1:00 OS Shopping Outing </p> <p>2:00 TH Pilates </p> <p>7:00 TH Trivia</p>	<p>10:00 OS CVS/Walgreens</p> <p>10:30 TH Zen Coloring </p> <p>1:15 OS Walk in the Park</p> <p>2:00 TH Saturday Stretch </p> <p>3:00 GR <i>Performance by Norris Perry</i></p> <p>7:00 TH Belmont Bingo</p>
<p>8:30 OS Church Transportation</p> <p>10:30 B Sunday Crosswords </p> <p>1:15 OS Walk in the Park</p> <p>1:30 OS Sunday Drive</p> <p>4:00 GR Sunday Inspirations </p> <p>5:00 CY <i>YMSL Cookout</i></p>	<p>9:15 TH Belmont Balance </p> <p>10:30 TH Brain Games with Kay </p> <p>1:00 TH Let's talk about it! </p> <p>2:00 TH Yoga </p> <p>3:00 F4 Computer/ Tablet Training</p> <p>7:00 TH Belmont Bingo</p>	<p>Flag Day</p> <p>9:30 TH Muscle Matters </p> <p>10:30 TH Big Think! </p> <p>1:00 TH Tai Chi </p> <p>1:30 OS Grocery Outing </p> <p>2:00 TH Boot Camp </p> <p>3:00 GA Book and Film Club </p> <p>7:00 TH Group Yahtzee</p>	<p>9:30 TH Yoga </p> <p>11:15 OS <i>Out to Lunch! Salum</i> </p> <p>1:30 F7 Mahjong</p> <p>2:00 TH Pilates </p> <p>3:00 TH <i>Current Events with Randy Mayeux</i> </p> <p>4:00 TH <i>Hearing Professionals Center</i></p> <p>6:30 TH Wii Games</p>	<p>9:30 TH Cardio </p> <p>10:30 TH <i>Catholic Communion</i></p> <p>1:00 F7 Poker/ Card Games</p> <p>2:00 TH Boot Camp </p> <p>3:00 GR <i>Wine & Cheese - Melanie Skybell</i></p> <p>7:00 TH Belmont Bingo</p>	<p>9:00 OS Super Walmart </p> <p>9:30 B Men's Coffee & Headlines</p> <p>9:30 P Aqua Fit </p> <p>10:30 TH <i>Big Beats with Carolyn Dobson</i> </p> <p>10:30 OS <i>HPPC Friday Fellowship</i> </p> <p>1:00 OS Shopping Outing </p> <p>2:00 TH Pilates </p> <p>3:00 TH <i>Garden Therapy with Susan</i> </p> <p>7:00 TH Trivia</p>	<p>10:00 OS CVS/Walgreens</p> <p>10:30 TH Zen Coloring </p> <p>1:15 OS Walk in the Park</p> <p>2:00 TH Saturday Stretch </p> <p>3:00 TH <i>Painting with Emery</i></p> <p>7:00 TH Belmont Bingo</p>
<p>Father's Day</p> <p>8:30 OS Church Transportation</p> <p>10:30 B Sunday Crosswords </p> <p>11:00 JK <i>Father's Day Cookout</i> </p> <p>1:15 OS Walk in the Park</p> <p>1:30 OS Sunday Drive</p> <p>4:00 GR Sunday Inspirations </p>	<p>Summer Solstice</p> <p>9:15 TH Belmont Balance </p> <p>10:30 TH <i>Discussion with Rabbi Walk</i> </p> <p>1:00 TH Let's talk about it! </p> <p>2:00 TH Yoga </p> <p>3:00 F4 Computer/ Tablet Training</p> <p>4:00 TH <i>New Resident and Family Orientation</i> </p> <p>7:00 TH Belmont Bingo</p>	<p>9:30 TH Muscle Matters </p> <p>10:30 TH Big Think! </p> <p>1:00 TH Tai Chi </p> <p>1:30 OS Grocery Outing </p> <p>2:00 TH Boot Camp </p> <p>3:00 GA Book and Film Club </p> <p>7:00 TH Group Yahtzee</p>	<p>9:30 OS <i>Ham's Orchard</i> </p> <p>9:30 TH Yoga </p> <p>1:30 F7 Mahjong</p> <p>2:00 TH Pilates </p> <p>3:00 TH Craft Corner</p> <p>6:30 TH Wii Games</p>	<p>9:30 TH Cardio </p> <p>10:30 TH 30 Second Lessons... </p> <p>12:00 JK <i>Birthday Lunch</i> </p> <p>1:00 F7 Poker/ Card Games</p> <p>2:00 TH Boot Camp </p> <p>3:00 GR <i>Wine & Cheese and Birthday Party - Marty Ruiz</i></p> <p>7:00 TH Belmont Bingo</p>	<p>9:00 OS Super Walmart </p> <p>9:30 P Aqua Fit </p> <p>10:30 OS <i>Happy Warriors Lunch</i> </p> <p>10:30 TH <i>Poetry Round Table with Molly</i> </p> <p>1:00 OS Shopping Outing </p> <p>2:00 TH Pilates </p> <p>3:00 TH <i>Celebrating Life at Any Age - A Tea with Ann Ranson</i> </p>	<p>10:00 OS CVS/Walgreens</p> <p>10:30 TH Zen Coloring </p> <p>1:15 OS Walk in the Park</p> <p>2:00 TH Saturday Stretch </p> <p>3:00 TH "Bored Games"</p> <p>7:00 TH Belmont Bingo</p>
<p>8:30 OS Church Transportation</p> <p>10:30 B Sunday Crosswords </p> <p>1:15 OS Walk in the Park</p> <p>1:30 OS Sunday Drive</p> <p>4:00 GR Sunday Inspirations </p>	<p>9:15 TH Belmont Balance </p> <p>10:30 TH Brain Games with Kay </p> <p>1:00 TH Let's talk about it! </p> <p>2:00 TH Yoga </p> <p>3:00 TH <i>Resident Council</i></p> <p>3:00 F4 Computer/ Tablet Training</p> <p>7:00 TH Belmont Bingo</p>	<p>9:30 TH Muscle Matters </p> <p>10:30 TH Big Think! </p> <p>1:00 TH Tai Chi </p> <p>1:00 B <i>Novin Jewelry Repair</i></p> <p>1:30 OS Grocery Outing </p> <p>2:00 TH Boot Camp </p> <p>3:00 GA Book and Film Club </p> <p>7:00 TH Group Yahtzee</p>	<p>9:30 TH Yoga </p> <p>1:30 F7 Mahjong</p> <p>2:00 TH Pilates </p> <p>3:00 TH <i>Chat with the Chef</i></p> <p>6:30 TH Wii Games</p>	<p>10:00 TH <i>Ancient Hebrew Scroll Project</i> </p> <p>1:00 F7 Poker/ Card Games</p> <p>2:00 TH <i>Ancient Hebrew Scroll Project</i> </p> <p>3:00 GR <i>Wine & Cheese - Judy Moore</i></p> <p>7:00 TH Belmont Bingo</p>		



Circle of **Friends & Neighborhood**

I am very proud to announce two staff promotions in our Memory Care programs.

Fernando Melendez is our newest Enrichment Leader in the Neighborhood. He will do Fridays and Saturdays as Enrichment Leader and continue as a PAL the other 3 days. Fernando's warm, gentle approach is perfect for running activities, not to mention his endless amount of creativity.

Christal Knox was promoted from COF PAL to Enrichment Leader in Circle of Friends. She will be working the Tuesday through Saturday schedule. Christal knows the residents so well and is able to motivate every last one of them. Her creative approaches have already been such a success. We are excited to see her grow even more as an Enrichment Leader.

Congratulations to both Fernando and Christal, two of the most compassionate people I know!

To Live Long, Just Be Happy; Bea Hirsh Says It's as Simple as That...

By Jim Goodson

Bea Hirsh thinks the key to living a long life is simple: just be happy.

Her husband Bernard readily agrees.

"Bea and I have never had a disagreement," Bernard says. "I know you may think that's impossible for a couple that's been married 38 years, but with us, it's true."

Bea turned 102 this past April and Bernard will hit the century mark this July. "I like younger men." They both laugh and Bernard replies that he likes older women. This couple laughs a lot.

They met in 1987 shortly after the death of Bernard's first wife.

"My wife and I had signed up to take a 'couples tour' of the Orient, but when my wife died, I had no one to go with," Bernard says. "Part of the deal was that five couples had to go on the tour. With me being newly single, the tour was in jeopardy and my friends were faced with losing both the trip and their deposits.

"These people were from Los Angeles and they knew Bea, who had also lost her spouse. So they paired us up. It was a 14-hour flight and Bea and I quickly got to know each other. I carried her luggage and sat with her at meals."

It was not, however, love at first sight, Bea says. "We got along well enough," she says. "But that was it."

To the grieving Bernard, however, it was a relationship

worth pursuing. "I got back to Dallas (Bea lived in Rancho Bernardo, north of San Diego) and, after a couple of months, invited her here for the Christmas holidays. We had a wonderful time."



Bea and Bernard



Bea Hirsh Cont.

"She came back two months later and I asked her to marry me. We were at Red Bryan's Smokehouse. After she gulped her sandwich down, she said 'yes.' "

"What the heck," Bea laughs. "I liked Texas barbecue."

Looking back, Bea thinks their courtship was a success because neither of the two were anxious about being married. "We just enjoyed each other's company," she says. "And we still do."

A Baltimore native, Bea is the daughter of opera singer George Castelle, who sang with the New York Metropolitan Opera. Her mom, Virginia, was a concert pianist, and the Castelles trained many musicians from their Baltimore home.

Her dad was also voice professor at The Peabody Institute and Bea attended The Park School; the family often traveled to Austria to attend what her father considered the world's best opera house.

Bea's first husband was a dentist and the couple lived in Cumberland, Maryland. After she lost him, Bea moved to California to live with her aunt and uncle. In Los Angeles, she met and married an attorney who was executive director of ASCAP, a nonprofit agency that protected the intellectual property rights of writers and performers.

Bea and her new husband lived in Bel-Air on Rodeo Drive – "the

residential section," Bea says, referring to the famous street's high-end shopping district. She regularly attended the Academy Awards and their neighbors included Gregory Peck, Robert Taylor, Humphrey Bogart, Katherine Hepburn, and Spencer Tracy.

"Doris Day was a child riding around on her bicycle," Bea says.

Unfortunately, her second husband – a heavy smoker – died of lung cancer.

By then, Bea was living in Rancho Bernardo, which is where she was when friends mentioned a trip to the Orient with a man named Bernard.

It seems he was president of a family business in Dallas. Bernard Hirsh owned Milliner's Supply Co., which sold materials used in the fashion industry. The longtime firm was located at 911 Elm Street in the oldest building in Dallas.

Bernard Hirsh was also an attorney (The University of Texas at Austin) and, in 1939, was a member of the first group of attorneys licensed by the State Bar of Texas. He was also a significant real estate investor in Dallas.

"But I liked that he had a sense of humor," Bea says. They were married at Temple Emanuel, where Bernard was soon to be president of the congregation.

Both Bernard and Bea have children from their previous marriages.

Bea's oldest son is a retired attorney and a former Superior Court Judge in California. Her youngest is VP of a Los Angeles bank.

Bernard has three sons: one ran the family business, another is a custom jewelry designer, while the third is a retired social worker who specialized in working with the blind.

His daughter is a former school principal and current Highland Park ISD administrator.

The couple smile at each other again. "Just be happy," she says.



Bea in 1989



Bea on her 102nd Birthday

Turtle Creek Memories



Marty serenades Marie Ethridge for her 90th Birthday...



First Baptist Children's Choir



Dr. Walker is interviewed



Spring Fashion Show Models



DSM- *Wicked*



West Dallas Community School Choir

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