



Belmont Village of Turtle Creek Village NEWS

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

July 2016

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A Note From Nancy!



Summer is officially here!!! And Happy 4th of July! Red, white and true blue...we welcome the month of July with

a fantastic barbecue and will top it off with apple pie and ice cream. Now that is a true American tradition. We will also have top notch entertainment by Bill and Peggy Lohr in the Great Room at 2 PM that day. Mark your calendar and let's all wear our red, white and blue!

On July 10th we will venture out for a great Dallas Summer Musical. Please be sure to reach out to Aubrey Ferguson or your Concierge early for your tickets to 42nd Street. This is a classic American musical- The 1980 Broadway production won the Tony Award for Best Musical. The show was produced in London in 1984 (winning the Olivier Award for Best Musical) and its 2001 Broadway revival won the Tony for Best Revival. What is more American than a great musical!

This month we will begin our live streaming of the Dallas 1st Baptist Church Sunday Services in our Screening Room. We will kick off this wonderful opportunity for worship on Sunday, July 17th. A

continental breakfast will be served in the reception area following each of the services.

On July 19th, we kick off our Book Review series with Randy Mayeux's review of *The Big Rich: The Rise and Fall of the Greatest Texas Oil Fortunes*. "In *The Big Rich*, bestselling author and Vanity Fair special correspondent Bryan Burrough chronicles the rise and fall of one of the great economic and political powerhouses of the twentieth century—Texas oil. By weaving together the epic sagas of the industry's four greatest fortunes, Burrough has produced an enthralling tale of money, family, and power in the American century." You don't want to miss this!

Check your calendars for other Summer outings and activities in the month of July and don't forget to RSVP!

"Summer afternoon-summer afternoon; to me those have always been the two most beautiful words in the English language."

- Henry James





**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, July 18th, 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!



**Happy
Birthday**

Residents with a birthday this month are invited to the luncheon at noon on Friday, July 29, along with one guest. *Everyone* is invited to attend the birthday party at 3 p.m.

Resident Birthdays!

- 7/1 Ken Moore
- 7/2 Doris Tuffly
- 7/4 Joyce Becker
- 7/6 Tony Anthony
- 7/14 Jean Anthony
- 7/18 Bernard Hirsh
- 7/20 Sue Cummings
- 7/20 Joe Stedman
- 7/21 Bruce Calder

- 7/21 Joan Danser
- 7/22 Emmy Clinton
- 7/23 Bill Warren
- 7/24 Ernestine Wingfield
- 7/26 Jim Nance
- 7/27 Ruth Walker
- 7/31 Jackie Martin

Employee Birthdays!

- 7/3 Donna Black
- 7/5 Alvaro Nunez
- 7/7 Francisco Oviedo
- 7/10 Alex Nosike
- 7/11 Edward Weathersby
- 7/15 Mary Boampong Jones
- 7/18 China Hernandez
- 7/21 Shaniquea Lynch
- 7/22 Josue Aviles
- 7/23 Nitsuh Telore
- 7/24 Aaron Williams
- 7/25 Teresa Starling
- 7/31 Valerie Ross





Employee of the Month



Eric Valez

Eric is a great asset to the Belmont team. He is always available to offer a helping hand to other team members.

Residents have marveled at how personable he is and takes interest in their wellbeing. He always has a smile and takes time to know their routine, likes and dislikes. To quote one of the residents, "He always lets you know when he will be around and if running late, will let us know." Another resident who went through the loss of her loved one described how having Erik around lessened her burden: "He was concerned, and took a personal interest in how I was doing. I feel secure knowing that he is around." Thank you, Eric. We are so lucky to have you on our team!

Remember to Hydrate
Staying hydrated through your summer workout is essential to fitness success. Losing too much water from your body through sweat stresses your cardiovascular system and impairs performance and mental acuity. In the two hours before a workout, drink at least 16 ounces of water. During your workout, refresh with 5 to 10 ounces of water every 15 to 20 minutes. Continue to take in fluids after you're done exercising.

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, July 25th.

Happy Anniversary

Employee Anniversaries!

- 7/1/2014 Debbie Dickerson
- 7/1/2014 Diana Black
- 7/13/2015 Donna Black
- 7/14/2015 Chrystal Jaimes
- 7/16/2014 Aaron Williams
- 7/22/2013 Aubrey Ferguson
- 7/29/2013 Dan Underwood
- 7/30/2014 Carolyn Hudspeth



Texas Rangers Baseball Game



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
This Month <ul style="list-style-type: none"> National Blueberry Month National Anti-Boredom Month National Cell Phone Courtesy Month National Hot Dog Month National Ice Cream Month 					1 9:00 OS Super Walmart★ 9:30 B Men's Coffee & Headlines 9:30 P Aqua Fit🌿 10:30 TH Big Beats with Carolyn Dobson 🌿 10:30 OS HPPC Friday Fellowship ★ 1:00 OS Shopping Outing★ 2:00 TH Pilates🌿	2 10:00 OS CVS/Walgreens 10:00 OS Local Farmer's Market★ 10:30 TH Zen Coloring🌿 1:00 GR Musical Party with Marty 1:15 OS Walk in the Park 2:00 TH Saturday Stretch🌿 3:00 TH Art Class with Emery 🌿 7:00 TH Belmont Bingo
3 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🌿	4 Independence Day 11:00 JK 4th of July Cookout ★ 2:00 GR Celebration with Bill and Peggy Lohr 7:00 TH Belmont Bingo	5 9:30 TH Muscle Matters🌿 10:30 TH Discussion with Rabbi Wolk 🌿 1:00 TH Tai Chi🌿 1:30 OS Grocery Outing- Trader Joe's★ 2:00 TH Boot Camp🌿 3:00 GA Book and Film Club🌿 7:00 TH Group Yahtzee	6 National Fried Chicken Day 9:30 TH Yoga🌿 1:30 F7 Mahjong 2:00 TH Pilates🌿 3:00 TH Current Events with Randy Mayeux 7:00 TH Group Games	7 Chocolate Day 9:30 TH Cardio🌿 10:30 TH Catholic Communion 11:00 GR Texas Winds- Vocal Pops 2:00 TH Boot Camp🌿 3:00 GR Wine & Cheese - Ronald Punch 4:00 TH Massage with Jen Oxford ★ 7:00 TH Belmont Bingo	8 9:00 OS Super Walmart★ 9:30 P Aqua Fit🌿 9:30 B Men's Coffee & Headlines 10:30 OS HPPC Friday Fellowship ★ 1:00 OS Shopping Outing★ 2:00 TH Pilates🌿 3:00 TH Garden Therapy with Susan 🌿	9 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
10 8:30 OS Church Transportation 10:30 B Sunday Crosswords🌿 1:15 OS Walk in the Park 1:30 OS Dallas Summer Musicals- 42nd Street ★ 3:00 TH Ping-Pong and Cornhole 4:00 GR Sunday Inspirations🌿	11 Cheer Up the Lonely Day 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	12 9:30 TH Muscle Matters🌿 10:30 TH Mind Benders🌿 1:00 TH Tai Chi🌿 1:30 OS Grocery Outing- Tom Thumb★ 2:00 TH Boot Camp🌿 3:00 GA Book and Film Club🌿 7:00 TH Group Yahtzee	13 Fool's Paradise Day 9:30 TH Yoga🌿 1:30 F7 Mahjong 2:00 TH Pilates🌿 3:00 TH Craft Corner🌿 7:00 TH Group Games	14 8:00 JK Veterans' Breakfast with Gordan Haggot ★ 9:30 TH Cardio🌿 10:30 TH Big Think!🌿 1:00 TH Friday Games 2:00 TH Boot Camp🌿 3:00 GR Wine & Cheese - Henry Lee 7:00 TH Belmont Bingo	15 9:00 OS Super Walmart★ 9:30 P Aqua Fit🌿 9:30 B Men's Coffee & Headlines 10:30 TH Big Beats with Carolyn Dobson 🌿 10:30 OS HPPC Friday Fellowship ★ 1:00 OS Shopping Outing★ 2:00 TH Pilates🌿 3:00 B Summer Ice Cream Social	16 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 Painting with Emery 7:00 TH Belmont Bingo
17 8:30 OS Church Transportation 9:00 SR First Baptist icampus Kickoff 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🌿	18 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	19 9:30 TH Muscle Matters🌿 10:30 TH Mind Benders🌿 1:00 TH Tai Chi🌿 1:30 OS Grocery Outing- Whole Foods★ 2:00 TH Boot Camp🌿 3:00 TH Book Review- "The Big Rich" with Randy Mayeux 🌿 7:00 TH Group Yahtzee	20 9:30 TH Yoga🌿 11:15 OS Out to Lunch! Al Biernet's ★ 1:30 F7 Mahjong 2:00 TH Pilates🌿 3:30 TH Hump Day Karaoke and Trivia 4:00 B Hearing Professionals Center 7:00 TH Group Games	21 National Junk Food Day 9:30 TH Cardio🌿 10:30 TH Catholic Communion 1:00 TH Friday Games 2:00 TH Boot Camp🌿 3:00 GR Wine & Cheese - Judy Moore 7:00 TH Belmont Bingo	22 9:00 OS Super Walmart★ 9:30 P Aqua Fit🌿 9:30 B Men's Coffee & Headlines 10:30 TH Poetry Round Table with Molly 🌿 10:30 OS Happy Warriors Lunch ★ 10:30 OS HPPC Friday Fellowship ★ 1:00 OS Shopping Outing★ 2:00 TH Pilates🌿	23 National Hot Dog Day 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
Parent's Day 8:30 OS Church Transportation 10:30 B Sunday Crosswords🌿 1:30 OS Sunday Drive 3:00 TH Ping-Pong and Cornhole 4:00 GR Sunday Inspirations🌿	24 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	25 9:30 TH Muscle Matters🌿 10:30 TH Mind Benders🌿 11:30 TH Lunch & Learn- Fraud Prevention ★ 1:00 B Novin Jewelry Repair 1:00 TH Tai Chi🌿 1:30 OS Grocery Outing- Sprouts★ 2:00 TH Boot Camp🌿 3:00 GA Book and Film Club🌿 7:00 TH Group Yahtzee	26 Take Your Pants for a Walk Day 9:30 TH Yoga🌿 1:30 F7 Mahjong 2:00 TH Pilates🌿 3:00 TH Chat with the Chef 7:00 TH Group Games	27 9:30 TH Cardio🌿 10:30 TH Big Think!🌿 1:00 TH Friday Games 2:00 TH Boot Camp🌿 3:00 GR Wine & Cheese - Kimberly Nicole 7:00 TH Belmont Bingo	28 9:00 OS Super Walmart★ 9:30 B Men's Coffee & Headlines 9:30 P Aqua Fit🌿 10:30 OS HPPC Friday Fellowship ★ 12:00 JK Birthday Lunch ★ 1:00 OS Shopping Outing★ 2:00 TH Pilates🌿 3:00 GR Birthday Party!	29 International Day of Friendship 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🌿 7:00 TH Belmont Bingo
30 8:30 OS Church Transportation 10:30 B Sunday Crosswords🌿 1:30 OS Sunday Drive 3:00 TH Ping-Pong and Cornhole 4:00 GR Sunday Inspirations🌿	31 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					



Circle of
Friends &
Neighborhood



George Mason University
WINNER
Healthcare Award
for Circle of Friends®

Happy July from your friends in Circle of Friends and Neighborhood. I know, like all of you, we have been enjoying this warmer weather and been taking walks in the parks around our building. We have also started something new in Circle of Friends! We have been taking more outings and exploring all that Dallas has to offer. COF visited the Dallas Museum of Arts and explored some interesting exhibits. Our second visit to DMA had us walking around an exhibit that was borrowed directly from the Smithsonian! COF had a blast looking at all the photographs by Irving Penn and then we had some fun with a Polaroid camera! Talk about a blast from the past. COF has also toured the Perot Museum of Science and Nature. They enjoyed walking around the floor on the Universe and Life Then & Now with all the fossils

and dinosaurs. COF also enjoyed the floor on life of animals and cavemen. We are excited to explore more that Dallas has to offer! Neighborhood had a wonderful time during their Family Cookout on their patio in this beautiful and hot weather. If you are to happen across the Neighborhood patio, you will notice that the residents and our lovely Susan with Horticulture have set up planter boxes. These are wheelchair accessible and have allowed the residents to get more involved with gardening, and it also looks delightful!! We are all excited to continue adding things to COF and NH life and move into the summer season.





A Woman of Adjustment: Betty Bernhardt's Family Leaves a Legacy for Us All

By Jim Goodson

14 years ago Betty Bernhardt and her family described their philosophy for living a full, purposeful and successful life. "It was a homework assignment for our daughter Anne, who attended The Hockaday School," Betty says. "But the entire family took part - my husband, our son and myself." The finished project offers valuable lessons for us all. They include: * The most essential character traits are integrity, honest and reliability. * Self-discipline is required to accomplish your goals but also gives you pleasure and satisfaction in whatever you tackle. * It's wise to take a personal inventory every year or so, to see how you are progressing. Measured by decades, the Bernhardts believe that by age 20 you must get an education and that by age 30 you must have acquired a special skill. By age 40 you must have demonstrated confidence and "be an expert in something," according to dad Ernest C. ("Ernie") Bernhardt. By age 50 you should hold a respected position - "be somebody," Betty's husband said. And by age 60 you should own something and acquire some wealth. Betty adds that you must be able to make adjustments in

order to deal with the turbulence life tosses your way. "An indispensable characteristic that helps you overcome many hurdles is a sense of humor," her husband wrote. "Don't be afraid to laugh at yourself occasionally." Betty grew up in a prosperous family in Springfield, Massachusetts. Her father Russell Deming Chase was in the lumber business, shipping wood products to New York City down the Connecticut River. Her family history can be traced back to the Puritans, who founded the first successful colony in America at nearby Plymouth Rock. Betty attended Hood College in Maryland and graduated from Brown University, the beautiful Ivy League school in Providence, Rhode Island. She then returned to Springfield and obtained a Masters degree from Springfield College and American College. Although her academic-oriented life took up a lot of time, Betty fondly recalls Junior League dances during the war years. Dancing relieved the stress of growing up during World War II -



The Bernhardts' Wedding Day

the Chase family were surreptitious plane spotters along the East Coast. Her mom volunteered for the Red Cross and organized activities for U.S. soldiers coming home for rest and relaxation during the war. Betty met her husband in Springfield during a Junior League concert. They were later married in Copenhagen. Her husband - a chemical and mechanical engineer whose family emigrated from Germany as Hitler rose to power - worked for DuPont. He would become a pioneer in the development of the plastics industry and owned 10 patents. Betty and Ernie lived in occupied Germany after the war. "Those were heady days," Betty recalls. "The children were young and skied with their dad. I followed along with the picnic basket." The Bernhardts eventually settled in Dallas, where they raised Anne and her brother Russell. Anne went on to Cornell, where she met her husband. Russell is a logistics engineer who has owned two companies. The family attended the intellectually-oriented Congregationalist and Unitarian congregations. This bright, warm, successful family still lives by the philosophies they established years ago. "It's a gift to be simple and a gift to be plain," Betty says, recalling the old Quaker song of the Puritans.

Turtle Creek Memories



Gardening in the Neighborhood



COF trip to DMA



Brain Games with Kay Paggi



Nurses Appreciation!



Uptown Violins Recital



Rangers Game

BELMONT *Village*

SENIOR LIVING
TURTLE CREEK

3535 N. Hall Street
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Geneva Road, Oak Park, Glenview

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Louisville, Atlanta—Buckhead and Johns Creek,
Dallas, Austin, Houston—West University and
Hunters Creek