



Belmont Village of West Lake Hills VillageNEWS



4310 Bee Cave Road • West Lake Hills, TX 78746 • Tel 512-347-1700 • Fax 512-347-1701

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

June 2016

Our Team

Executive Director

Donna Hermann

dhermann@belmontvillage.com

Dir. of Resident Care Services

Tina Mahan

tmahan@belmontvillage.com

Director of Memory Care

Programming

Margaret DeVinney

mdevinney@belmontvillage.com

Activity Program Coordinator

Lucinda Farrah

lfarrah@belmontvillage.com

Human Resource Generalist

Jessica Bradshaw

jbradshaw@belmontvillage.com

Chef Manager

Mike Cross

mcross@belmontvillage.com

Community Relations

Zachary Baker

zbaker@belmontvillage.com

Community Relations

Jean Hinch

jhinch@belmontvillage.com

Building Engineer

Joseph Hubble

jhubble@belmontvillage.com



From the Director

We are pleased to announce our new Resident Council Board members Winona Scott, Bob Goodman and Pat Routh. All were officially introduced at May's meeting. The goal is to have 3-4 board members in total so please let Lucinda or Donna know if you are interested. Winona, Bob and Pat will serve as resident liaisons to Belmont's administrative team, assist with the facilitation of the monthly meeting and help us establish other committees for voluntary participation such as the Welcoming Committee or any other groups they feel would be appropriate.

Bob Goodman grew up in Galveston and attended graduate school at the University of Texas after serving in WWII. He and his wife, Natalie, have been married for 62 years and came to Austin a few years ago from Houston. Bob enjoys golf, fishing, and poker. He is our new board member overseeing Maintenance and Safety.

Winona Scott grew up in Rayne, Louisiana and attended the University of Lafayette. She and her husband Curtis have been married for 62 years and came to Belmont Village from Austin. Winona enjoys crossword puzzles, knitting, and jigsaw puzzles. She is

our new board member overseeing Hospitality and Transportation.

Pat Routh grew up in Oklahoma City where she met her husband, Rob. Together they raised four children who all live in the Austin area. They have been married for 57 years. Pat enjoys her grandkids, traveling, and the activities at Belmont Village. She is our new board member overseeing Resident Care.

Thank you Winona, Bob and Pat! We would also like to thank our outgoing board members Wayne Jordan, Jim Bramble and Susan Parker. We appreciate your time, dedication and service over the last year.

Let's celebrate our Fathers! Please join us Sunday, June 19th from 10:30am - 1:30pm for a special chef prepared Father's Day plated brunch and live music. As always, family and friends are welcome, and we look forward to seeing everyone.

Thank you,
Donna





Mark Your Calendar



Second Tuesday

2:00 Resident Council

Second Wednesday

11:30 Ladies' Lunch - Family members are invited to be our guests at this fun monthly event.

Fourth Wednesday

5:30 New Resident and Family Welcome Orientation & Social
6:30 *Families Together* Memory Care Support Group

Last Friday

12:00 Birthday Party Luncheon
1:30 Chat with the Chef

Mondays at 3:00

Great Artists of the Italian Renaissance with Professor William Kloss

No era of artistic achievement is as renowned as the Renaissance, and no country holds a higher place in that period than Italy. The supreme works created in Florence, Rome, Venice, and other Italian cities by such masters as Leonardo da Vinci, Botticelli, Michelangelo, Raphael, and Titian have never been equaled and have established a canon of beauty that pervades Western culture to this day.

Father's Day Brunch and Live Music

**Sunday,
June 19th**

10:30 am - 1:30 pm



Please join friends and neighbors for a very special Chef prepared Father's Day Plated Brunch.

Come early or stay late and listen to soothing Jazz Piano with longtime Belmont Favorite Tim Nolan.

Ladies' Lunch and Speaker

**Wednesday,
June 8th**

11:30 am - 1:00 pm



Please join us for Ladies' Lunch this month. Camille Ray Craft from the Lady Bird Johnson Wildflower center will be our speaker.

Chef will prepare a special meal and as always one guest is invited to attend free of charge. Please RSVP with the Concierge.



It's Dad's Day!

We appreciate all the terrific dads in our community.
Happy Father's Day!



NURSES' CORNER

Simple Tips to Prevent Falls

Falls put you at risk of serious injury. Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions and sometimes the medications used to treat those make falls more likely. Falls are a leading cause of injury among older adults.

- Talk to your doctor. Make a list of your prescriptions and over the counter medications so your doctor can review for side effects and interactions that may increase your risk of falling. Certain eye and ear disorders may increase your risk of fall. How comfortable you are when you walk, do you feel dizzy, joint pain, numbness or shortness of breath when you walk.
- Keep moving. Physical activity can go a long way toward fall prevention. With your doctor's OK, consider activities such as walking or tai chi—a gentle exercise that involves slow and graceful dance-like movements.

- Wear sensible shoes. Consider changing your footwear as part of your fall-prevention plan. High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead wear properly fitting, sturdy shoes with non skid soles.
- Remove home hazards. Look around your room. Remove boxes, newspapers and phone cords from walkways. Remove loose rugs from your room. Use non slip mats in your shower.
- Light up your living space. Place night lights in your bedroom, bathroom and hallways.
- Use assistive devices. Make sure your cane or walker as your doctor recommended is accessible. A raised toilet seat or one with armrests. A grab bar for showers or tub. A sturdy seat or shower bench plus a handheld shower nozzle for bathing while sitting down.

If necessary a referral to an occupational therapist and physical therapist from your doctor would help. He or she can help you brainstorm other fall-prevention strategies.

Thank you and safety is our priority.

Today Is the Most Important Day

Finding the Motivation to Exercise

We all understand that exercise is important for health and well-being. Recent research has shown that regular exercise can strengthen us both mentally and physically, leading to better mobility, reduced falls and improved cognitive function. Most of us are committed to making fitness a regular part of our lives. But, sometimes, even good understanding and strong commitment aren't enough.

The following tips are designed to help us overcome excuses and get started on the path to a more physically active lifestyle:

Tip No. 1: Exercise increases energy—it will not make you tired all the time. Feeling too tired to exercise is a common excuse, but the lack of exercise may actually be to blame.

Tip No. 2: If you don't use it, you lose it. Poor health is another major barrier to exercise participation, but not one that you can't overcome.

Tip No. 3: Make exercise fun. Take advantage of the fitness activities, support and equipment at Belmont Village. Invite a friend to exercise with you.

Tip No. 4: Exercise one step at a time.

Move a little more each day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			10:00 TH Strength Training ♥ 10:30 TH Trivia with Lucinda ★ 11:00 TH Hangman ★ 1:00 WC Blood Pressure Clinic ♥ 2:00 GR Chorus Rehearsal ● 3:00 TH Route 66: Armchair Travel Down America's Original Highway ★ 7:00 TH Movie ★	10:00 TH Flexibility & Balance ♥ 10:30 TH Eye See Well ♥ 2:00 TH Assisted Living Activity Forum ● 3:00 Lecture - Maya to Aztec: Ancient Mesoamerica Revealed ★ 4:00 GR Live Music Happy Hour ● 7:00 TH Movie ●	10:00 TH Chair Pilates ♥ 10:30 TH Brain Games ★ 11:15 TH Power for Parkinson's Exercise ♥ 2:00 BT Bridge ★ 2:00 PR Poker ★ 7:00 TH Movie ●	10:00 TH Trivia with Roger ★ 10:30 TH Group Crossword ★ 2:30 OT Target & Walmart Shopping (Must RSVP) ✓ 3:00 TH Bingo ★ 7:00 TH Movie ★
5	6	7	8	9	10	11
8:30 OT Church Transportation Begins ● 9:30 TH Riverbend Church Live Broadcast ● 11:00 TH Church with Chaplain Gloria ● 2:30 OT Target & Walmart Shopping (Must RSVP) ✓ 3:30 GR Live Music and Sunday Sundaes Happy Hour ★ 7:00 TH Movie ●	10:00 TH Strength Training ♥ 10:30 TH Mini-Golf ♥ 1:30 OT Grocery Shopping 2:00 PR Poker ★ 2:00 BT Bridge ★ 3:00 TH Lecture: Great Artists of the Italian Renaissance ★ 7:00 TH Movie ●	10:00 TH Flexibility & Balance ♥ 10:30 TH Scattergories ★ 1:00 TH Catholic Prayer Service ● 2:00 TH Lecture: Explore the Grandeur and History of Our National Parks ★ 3:00 PL Water Aerobics ♥ 7:00 TH Movie ★	10:00 TH Strength Training ♥ 10:30 TH Trivia with Lucinda ★ 11:00 TH Hangman ★ 11:30 TH Ladies' Lunch ● 2:00 GR Chorus Rehearsal ● 3:00 TH Route 66: Armchair Travel Down America's Original Highway ★ 7:00 TH Movie ★	10:00 TH Flexibility & Balance ♥ 10:30 TH Sports & Health Trivia ★ 12:00 OT Assisted Living Outing ● 3:00 Lecture - Maya to Aztec: Ancient Mesoamerica Revealed ★ 4:00 GR Live Music Happy Hour ● 7:00 TH Movie ●	10:00 TH Chair Pilates ♥ 10:30 TH Brain Games ★ 11:15 TH Power for Parkinson's Exercise ♥ 2:00 PR Poker ★ 2:00 BT Bridge ★ 7:00 TH Movie ●	10:00 TH Trivia with Roger ★ 10:30 TH Group Crossword ★ 2:30 OT Target & Walmart Shopping (Must RSVP) ✓ 3:00 TH Bingo ★ 7:00 TH Movie ★
12	13	14	15	16	17	18
8:30 OT Church Transportation Begins ● 9:30 TH Riverbend Church Live Broadcast ● 11:00 TH Church with Chaplain Gloria ● 2:30 OT Target & Walmart Shopping (Must RSVP) ✓ 3:30 GR Live Music and Sunday Sundaes Happy Hour ★ 7:00 TH Movie ●	10:00 TH Strength Training ♥ 10:30 TH Mini-Golf ♥ 1:30 OT Grocery Shopping 2:00 PR Poker ★ 2:00 BT Bridge ★ 3:00 TH Lecture: Great Artists of the Italian Renaissance ★ 7:00 TH Movie ●	10:00 TH Flexibility & Balance ♥ 10:30 TH Scattergories ★ 1:00 TH Catholic Prayer Service ● 2:00 TH Resident Council 2:00 TH Lecture: Explore the Grandeur and History of Our National Parks ★ 3:00 PL Water Aerobics ♥ 7:00 TH Movie ★	10:00 TH Strength Training ♥ 10:30 TH Trivia with Lucinda ★ 11:00 TH Hangman ★ 2:00 GR Chorus Rehearsal ● 3:00 TH Route 66: Armchair Travel Down America's Original Highway ★ 7:00 TH Movie ★	10:00 TH Flexibility & Balance ♥ 10:30 TH Eye See Well ♥ 3:00 Lecture - Maya to Aztec: Ancient Mesoamerica Revealed ★ 4:00 GR Live Music Happy Hour ● 7:00 TH Movie ●	10:00 TH Chair Pilates ♥ 10:30 TH Brain Games ★ 11:15 TH Power for Parkinson's Exercise ♥ 2:00 BT Bridge ★ 2:00 PR Poker ★ 7:00 TH Movie ●	10:00 TH Trivia with Roger ★ 10:30 TH Group Crossword ★ 2:30 OT Target & Walmart Shopping (Must RSVP) ✓ 3:00 TH Bingo ★ 7:00 TH Movie ★
19	20	21	22	23	24	25
8:30 OT Church Transportation Begins ● 9:30 TH Riverbend Church Live Broadcast ● 11:00 TH Church with Chaplain Gloria ● 2:30 OT Target & Walmart Shopping (Must RSVP) ✓ 3:30 GR Live Music and Sunday Sundaes Happy Hour ★ 7:00 TH Movie ●	10:00 TH Strength Training ♥ 10:30 TH Mini-Golf ♥ 1:30 OT Grocery Shopping 2:00 PR Poker ★ 2:00 BT Bridge ★ 3:00 TH Lecture: Great Artists of the Italian Renaissance ★ 7:00 TH Movie ●	10:00 TH Flexibility & Balance ♥ 10:30 TH Scattergories ★ 1:00 TH Catholic Prayer Service ● 2:00 TH Lecture: Explore the Grandeur and History of Our National Parks ★ 3:00 PL Water Aerobics ♥ 6:00 TH Armchair Astronomy Lecture: Pluto Uncovered - New Horizon's Results ★ 7:00 TH Movie ★	10:00 TH Strength Training ♥ 10:30 TH Trivia with Lucinda ★ 11:00 TH Hangman ★ 2:00 GR Chorus Rehearsal ● 3:00 TH Route 66: Armchair Travel Down America's Original Highway ★ 5:30 TH New Resident and Family Orientation 6:30 TH Families Together: Family Member Support Group ● 7:00 TH Movie ★	10:00 TH Flexibility & Balance ♥ 10:30 TH Sports & Health Trivia ★ 11:00 OT Assisted Living Outing ● 3:00 Lecture - Maya to Aztec: Ancient Mesoamerica Revealed ★ 7:00 TH Movie ●	10:00 TH Chair Pilates ♥ 10:30 TH Brain Games ★ 11:15 TH Power for Parkinson's Exercise ♥ 12:00 JK Birthday Party Luncheon ● 1:30 BT Chat with Chef Mike 2:00 PR Poker ★ 2:00 BT Bridge ★ 7:00 TH Movie ●	10:00 TH Trivia with Roger ★ 10:30 TH Group Crossword ★ 2:30 OT Target & Walmart Shopping (Must RSVP) ✓ 3:00 TH Bingo ★ 7:00 TH Movie ★
26	27	28	29	30		
8:30 OT Church Transportation Begins ● 9:30 TH Riverbend Church Live Broadcast ● 11:00 TH Church with Chaplain Gloria ● 2:00 TH Restless Leg Syndrome Support Group ● 2:30 OT Target & Walmart Shopping (Must RSVP) ✓ 3:30 GR Live Music and Sunday Sundaes Happy Hour ★ 7:00 TH Movie ●	10:00 TH Strength Training ♥ 10:30 TH Mini-Golf ♥ 1:30 OT Grocery Shopping 2:00 PR Poker ★ 2:00 BT Bridge ★ 3:00 TH Lecture: Great Artists of the Italian Renaissance ★ 7:00 TH Movie ●	10:00 TH Flexibility & Balance ♥ 10:30 TH Scattergories ★ 1:00 TH Catholic Prayer Service ● 2:00 TH Lecture: Explore the Grandeur and History of Our National Parks ★ 3:00 PL Water Aerobics ♥ 3:30 GR Tiny Tails Pet Therapy ● 7:00 TH Movie ★	10:00 TH Strength Training ♥ 10:30 TH Trivia with Lucinda ★ 11:00 TH Hangman ★ 2:00 GR Chorus Rehearsal ● 3:00 TH Route 66: Armchair Travel Down America's Original Highway ★ 7:00 TH Movie ★	10:00 TH Flexibility & Balance ♥ 3:00 Lecture - Maya to Aztec: Ancient Mesoamerica Revealed ★ 4:00 GR New Resident Welcome Party & Live Music Happy Hour ★ 7:00 TH Movie ●		



Nan Stubblefield
Employee of the Month



**We Appreciate
Nan Because:**

- she has a genuine caring manner.
- of her positive attitude, dedication to The Circle of Friends members and curriculum, and wonderful smile.
- dedication, care and concern she demonstrates daily toward our residents.
- of her joyous spirit.

Extra Mile

Virginia MacLean
Extra Mile Winner



Thank you, MacLean, for going the Extra Mile!
We really appreciate you.

**"This Month
In History"**
JUNE

1752: Ben Franklin reportedly flies a kite in a thunderstorm to prove lightning is electricity.

1885: The Statue of Liberty arrives in New York Harbor as a gift of friendship from France.

1886: President Grover Cleveland marries in the White House, making him the only president to wed in the executive mansion.

1928: Amelia Earhart is the first woman to fly (as a passenger) across the Atlantic Ocean.

1933: Richard Hollingshead invents the first drive-in theater, which opens in Camden, N.J.

1934: Donald Duck debuts as a supporting character in the film "The Wise Little Hen."

1949: George Orwell publishes his anti-utopian novel "1984."

1953: The first Corvette rolls off production lines in Flint, Mich.

1974: Henry Heimlich publishes an article outlining his new

technique for dislodging an object from a choking victim. His method is soon dubbed the "Heimlich Maneuver."

1979: Muhammad Ali announces he is retiring from boxing (though he still fights two more bouts).

1997: The first Harry Potter book, "Harry Potter and the Philosopher's Stone" (retitled "Harry Potter and the Sorcerer's Stone" in the United States), is published in Britain.

2000: J. Craig Venter and Francis S. Collins announce they have mapped the human genome.

Blaise Pascal

A Man of Many Talents

Blaise Pascal was born June 19, 1623, in France. The child prodigy wore many hats, including mathematician, physicist, inventor, theologian, philosopher and writer. At the age of 18, he constructed a mechanical calculator capable of addition and subtraction, called the Pascaline. He laid the foundation for the modern theory of probabilities and made many other contributions to mathematics and physics. Pascal is also regarded as an important author. In honor of his scientific contributions, the name Pascal has been given to a unit of pressure, to a programming language, and to Pascal's law, which is an important principle of hydrostatics.

Amazing Herbs: Dill

Pickled vegetables, potato salad and fish are just a few of the foods that benefit from the flavor of dill. The herb's feathery leaves, yellow flowers and ridged, light brown seeds can all be used in cooking. For thousands of years, dill has been prized for its healing properties and as a digestive aid. According to one folk remedy, a cup of tea made from dill seed can even treat the hiccups! High amounts of calcium, potassium, folate and vitamins A and C make this herb a nutritious and dill-icious addition to gardens and dinner plates.





NEIGHBORHOOD SPOTLIGHT

Neighborhood is now staffed with two Activity Assistants overseeing two distinct groups. We are excited to be utilizing our expanded space and continue to receive positive feedback from our families.

Recently one daughter shared, "We are thrilled that the implementation of smaller groups for enrichment activities has had such an immediate and positive effect on many of the residents in the neighborhood. Mom is engaging more and seems to be thriving on the increased attention."

We conducted three intensive training sessions with our Activity Assistants in April and May. The team found these sessions to be helpful and productive, and we think the proof is in the results.



We have created "Resident of the Month" and "PAL" bulletin boards. Please come get to know our residents and PALS through our creative bulletin board introductions.

CIRCLE OF FRIENDS SPOTLIGHT



Mona Lisa Completions

Circle of Friends is busy traveling around the world through discussions, studies, pictures and videos. The best part of these travels are the resident's memories of enjoying far away places and sharing first hand experiences with the group.

Circle of Friends Activity Assistant Nan Stubblefield has led lively debates about best places traveled. Thanks to our smart TV and interactive curriculum, we even get to revisit some cities via guided video tours. Come join us as we travel through Paris, float The Nile and climb the Empire State building. We have lots of places to go in Circle of Friends!

Birthday Party Luncheon

Friday, June 24th

12:00 Noon

All Residents With Birthdays in June Are Invited to a Special Birthday Luncheon. You May Bring One Guest Free of Charge.

Please RSVP by June 22

Resident Birthdays!

- | | |
|-------|-----------------|
| 06/12 | Curtis Scott |
| 06/15 | Irene Arkwright |
| 06/21 | Helen Proshok |
| 06/22 | Prudy Brown |
| 06/26 | Kate Sutphin |
| 06/28 | Victor Appel |
| 06/29 | Julia Tipton |



Happy Birthday to Our Staff Members

Employee Birthdays!

- | | |
|-------|------------------|
| 06/17 | Melinda Martinez |
| 06/20 | Osita Mgbendi |
| 06/20 | Florence Wade |
| 06/26 | Velma Luna |

Village Scene



Silver Strings Orchestra



April Birthday Party



Nita and Grandson



Julie and Bernie



Staff CPR Training



Bernie and Hattie Love Bob Appel

BELMONT *Village*

SENIOR LIVING
WEST LAKE HILLS

4310 Bee Cave Road
West Lake Hills, TX 78746

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