



Belmont Village of West Lake Hills Village NEWS



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

July 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

Jena Hinch

jhinch@belmontvillage.com

Building Engineer

Joseph Hubble

jhubble@belmontvillage.com



From the Director



Executive Director, Donna Hermann

Welcome Summer!

Despite the heat, we're happy to have the longest days of the year here. We kick off the month with our 4th of July BBQ, featuring musical entertainment by the Austin Banjo Club. We'll be grilling outside so let's hope it doesn't rain!

Mind Body Awareness. This month's Nurses' Corner article focuses on the importance of exercises for the brain to facilitate the development of new nerve calls and maintain or improve neural function. Lucinda highlights many activities on our monthly calendar that are designed to do just this – Love Your Body, Love Your Mind, Love Your Spirit. Recent studies have indicated that a combination of activities that engage mind, body and spirit contribute to a healthy brain and overall well-being. At Belmont Village, we offer a cross-section of activities that take

into account the whole person for a holistic approach to wellness. We encourage you to try just at least one thing new this month and make it a new habit. James Clear, author of Transform Your Habits, writes that the 3 R's of habit formation are;

- Set a reminder for your new habit. A good reminder does not rely on motivation and it doesn't require you to remember to do your new habit. A good reminder makes it easy to start by encoding your new behavior in something that you already do.
- Choose a Habit That's Incredibly Easy to Start. *Make it so easy you can't say no.* In the beginning, performance doesn't matter. You can always build up to the level of performance that you want once the behavior becomes consistent.
- What Is Your Reward? It's important to celebrate. True in life as it is with habits. Give yourself some credit and enjoy each success.

For those of you getting away over the summer, we wish you and your family safe travels and a Happy 4th of July.

Cheers!

Donna



Mark Your Calendar



First Wednesday

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

Second Tuesday

2:00 Resident Council

Third Wednesday

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

Fourth Wednesday

5:30 New Family Orientation
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

No era of artistic achievement is as renowned as the Renaissance. 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.

July 4th BBQ And Live Music



Monday, July 4th

11:00 am - 1:30 pm

Please join friends, neighbors, and families as we celebrate Independence Day with a delicious Bar-B-Que lunch and live music provided by The Austin Banjo Club.



The Austin Banjo Club

Ladies' Lunch and Speaker

Wednesday, July 6th

11:30 am - 1:00 pm

Please join us for Ladies' Lunch. Rosemary, from RehabCare, will be our speaker this month.



Men's Lunch and Speaker

Wednesday, July 20th

11:30 a.m. - 1:00 p.m.

Please join us for Men's Lunch. The speaker for this month to be announced.

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





NURSES' CORNER



Mind Exercise Games for Seniors

The brain is a complex organ that, like other muscles in the body, elderly parents need to keep stimulated by exercising the brain with games and crafts in order to enhance the growth and development of new nerve cells and neural function. Exercising the brain helps:

- Reduce loss of gray matter (the nuts and bolts of memory)
- Promotes neurogenesis (development of new brain cells)
- Improves attention spans and the ability to concentrate
- Strengthens brain synapses (communication pathways)
- Increases blood flow (more oxygen means healthier cells)

Okay, so who doesn't want to increase brain function, regardless of age? Exercising the brain or mind can be achieved in a number of ways, including but not limited to:

- Learn a new skill – This can be a language, a hobby or a concept. The more challenging, the better. Take up painting. Learn the piano. Take a community class on crime scene investigation. Do something to stimulate, activate and exercise your brain to think in new ways.
- Create a scrapbook – this type of elder activity helps rebuild memories and memory skills that may have gotten rusty over the years
- Socialize – Socializing or group activity for the elderly is a mental activity. Engage in social interactions at least weekly, more frequently if possible
- Laugh – Laughter really is one of the best medicines around. A good belly laugh every day helps to release dopamine, that 'feel good' hormone in the brain. Laughter also helps stimulate the brain and enhances learning
- Engage in 'Thinking Games' – Such as crossword puzzles, Sudoku or chess



Laughter Is the Best Medicine

Humor is infectious. The sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. When laughter is shared, it binds people together and increases happiness and intimacy. Laughter also triggers healthy physical changes in the body. Humor and laughter strengthen your immune system, boost your energy, diminish pain, and protect you from the damaging effects of stress. Best of all, this priceless medicine is fun, free, and easy to use.

Laughter is a strong medicine for mind and body.

Laughter is a powerful antidote to stress, pain, and conflict. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert.

Create Opportunities to Laugh

- Watch a funny movie.
- Read the funny pages.
- Share a good joke or a funny story.
- Read a funny book.
- Play with a pet.
- Goof around with children.
- Do something silly.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					10:00 TH Chair Pilates ♥ 10:30 TH Brain Games ★ 11:15 TH Power for Parkinson's Exercise ♥ 2:00 GR Chorus Rehearsal ● 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 ★
3	Independence Day 4	5	6	7	8	9
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 Brain Games ★ 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 ● 1:00 WC Blood Pressure Clinic ♥ 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 ♥ 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 PR Poker ★ 2:00 BT Bridge ★ 2:00 GR Chorus Rehearsal ● 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 ★
10	11	12	13	14	15	16
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 Brain Games ★ 1:30 OT Grocery Shopping 2:00 BT Bridge ★ 2:00 PR Poker ★ 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 ★ 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 GR Chorus Rehearsal ● 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 ★
17	18	19	20	21	22	23
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 Brain Games ★ 1:30 OT Grocery Shopping 2:00 BT Bridge ★ 2:00 PR Poker ★ 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: Shooting Stars - Meteor Curiosities ★ 7:00 TH Movie ★	10:00 TH Strength Training ♥ 10:30 TH Trivia with Lucinda ★ 11:00 TH Hangman ★ 11:30 TH Men's Lunch ● 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 ♥ 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 ★ 2:00 GR Chorus Rehearsal ● 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 ★
24	25	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 ● 2:30 OT Target & Walmart Shopping (Must RSVP) ✓ 3:30 GR Live Music in the Great Room ★ 7:00 TH Movie ●	10:00 TH Strength Training ♥ 10:30 TH Brain Games ★ 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 ★ 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 ★ 4:00 GR New Resident Welcome Party & 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 ♥ 12:00 JK Birthday Party Luncheon ● 1:30 BT Chat with Chef Mike 2:00 BT Bridge ★ 2:00 GR Chorus Rehearsal ● 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 ★
31						



Virginia MacLean
Employee of the Month



We Appreciate Virginia Because:

- she approaches each resident concern with professionalism and reassurance.
- she understands what needs to be done and provides excellent care while also communicating clearly and lovingly.
- she's a team player and always ready to help.

Extra Mile

Lynda Molina
Extra Mile Winner



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



Fresh blueberries are one of the most popular summer treats of all time. They are sweet, succulent, full of nutrients, and can be eaten freshly picked as well as incorporated into a variety of recipes.

Blueberries contain a type of flavonoid known as anthocyanins, which are responsible for giving foods like blueberries, cranberries, red cabbage and eggplants their iconic deep red, purple and blue hues. Anthocyanins are responsible for more than just the blueberry's pretty blue color - they also contribute to the popular fruit's numerous health benefits.

Consuming fruits and vegetables of all kinds has long been associated with a reduced risk of many lifestyle-related health conditions.

Blueberries have been associated with the following health benefits:

- 1) Maintaining healthy bones
- 2) Lowering blood pressure
- 3) Managing diabetes
- 4) Warding off heart disease
- 5) Preventing cancer
- 6) Improving cognition
- 7) Promoting healthy digestion
- 8) Weight loss and satiety
- 9) Fighting wrinkles

In addition to anthocyanins, blueberries contain a diverse range of phenolic compounds such as quercetin, kaempferol, myricetin and chlorogenic acid. Due to these large amounts of bioactive compounds, blueberries rank very highly on the Aggregate Nutrient Density Index, which rates foods based on their vitamin and mineral content, phytochemical composition and antioxidant capacity. Foods that have the most nutrients per calorie have the highest rankings, and blueberries score among the top 20 fruits and vegetables.



NEIGHBORHOOD SPOTLIGHT



Josey, Dr. Hill, and Edna

Please join us as we welcome two new Activity Assistant to the Neighborhood. Yoselis Ramos Hernandez, "Josey" for short, earned degrees in Gerontology and Education. She moved from Florida to Texas in June and began her new career here at Belmont the same month. She is fluent in both Spanish and English and has a diverse background in teaching and serving.

Our second 'new' Activity Assistant is a familiar face to many. Melinda Martinez has been promoted from PAL to Activity Assistant, and she will begin transitioning to her new role soon. Please welcome Josey and Melinda to the Activity Leadership team!



CIRCLE OF FRIENDS SPOTLIGHT



From Memorial Day through Flag Day, Circle of Friends, has been honoring our military and our country. On the anniversary of Col. Lloyd Manjeot's passing, Rosemary lovingly demonstrates how to fold the flag with the help of Julie and Ryan. Each of the folds has a special meaning. We reviewed flag etiquette and also learned a new language! What a workout Semaphores (communicating through the waving of flags) turned out to be!

Circle has also enjoyed studying different forms of poetry. We were very successful with Japanese Haiku. We even had the pleasure of painting Japanese cherry blossoms and putting them together in a panel design as a way of incorporating our Haiku.

Come join us in Circle to learn something new, everyday!



Birthday Party Luncheon

Friday, July 29th

12:00 Noon

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

Please RSVP by July 27th



Resident Birthdays!

- 7/14 Eleanor Parker
- 7/27 Peggy Crow

Happy Birthday to Our Staff Members

Employee Birthdays!

- 7/1 Sofiya Salehe
- 7/2 Claudia Scott
- 7/12 Joan Pusey
- 7/14 Nan Stubblefield
- 7/15 Donna Herman
- 7/19 Michael Valdez



Happy Father's Day, Sid!



36 beauties join us for Ladies' Lunch



Happy Father's Day, Joel!



Anna and Charles showing us how it's done in the Circle of Friends. Jitterbug, anyone?



Mariah and Betty ready for Water Aerobics.



1st Place Bubble Blowing Competition for the second year in a row. Congratulations, Rosemary!

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