



# Belmont Village at West University VillageNEWS



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

**July 2016**

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## A Note From Rachelle



West U management team.

Has there ever been, before or since, a patriot as committed as Thomas Jefferson? We all know Thomas Jefferson as the author of the Declaration of Independence and the founder of the University of Virginia. We learned during his formative years how he served his country in various capacities including Minister to France, Secretary of State, Vice President, and President of the United States. He was one of the top scholars and statesmen of his time.

Thomas Jefferson was not without his faults, but even today, reading the words he wrote give me pause. Jefferson did not come up with the concept of Democracy, but he put the idea into words that everyone could understand and agree upon. As a Political Science Major, I had the opportunity to read many of Jefferson's writings. He brought common sense and unity to politics.

Last year I finally had the

opportunity to visit Thomas Jefferson's home, Monticello. I thought I knew a lot about Jefferson before I visited Monticello, but that visit made me appreciate him more. Although many believe that Jefferson was a highly religious man, no one fought harder for the concept of keeping religion and government separate.

Thomas Jefferson was so much more than what can be said in one article, but what can be said is that Thomas Jefferson was a patriot. He was even a patriot in death. He died on the fiftieth anniversary of the Declaration of Independence, July 4th, 1826.



## Happy Fourth of July!

This month, we celebrate our nation's birthday. With the signing of the Declaration of Independence, our forefathers began a series of events that resulted in the freedom and prosperity we treasure today. So that our staff may enjoy the holiday with friends and family, our office will be closed on July 4. As a reminder to all our residents, fireworks are not permitted on the property. Have a happy Independence Day!



## Resident Birthdays

07/01	Joe Rosenbaum
07/09	Reba Frazee
07/14	Edwin Dolin
07/22	Marie Hoyer
07/23	Sam Frank
07/25	Jeanette Cash
07/25	Marlene Cohen
07/26	Laura Bogenski
07/31	Margaret Rahner

## Employee Birthdays

07/01	Thomas Meyers Jr.
07/07	Dianne Cooper
07/08	Margo Gomez
07/09	Osa Eweka
07/10	Bobbie Warfield
07/10	Von Tigra Gibbs
07/14	Reona Powell
07/16	Mist Ray
07/18	Florence Umachi
07/19	Antonio Williams
07/22	Velentine Okonkwo
07/23	Kenita Collins



**Friday, July 29**

*Hey, July Birthdays. Join us at 11:45 a.m. in Josephine's Kitchen for a special Monthly Birthday Lunch! If you would like to join us and have a guest come, please RSVP at the Concierge desk. You can invite up to two guests to join us. We look forward to celebrating your special day with you!*

## Happy 4th of July

Happy 4th of July!  
Come celebrate with Belmont Village on  
**Monday, July 4th.**

We will be celebrating the independence of our country with a festive barbecue lunch prepared by our staff. Lunch will be served

from

**11 a.m. to 1 p.m.**

Guest meals are \$12.

At 3 p.m., join us for a live performance of our favorite patriotic songs with the Boomtown Trio.

Dress in your red, white and blue colors! The best dressed resident will win a prize!



## National Ice Cream Month

In 1984, President Ronald Reagan designated July as National Ice Cream Month. He recognized ice cream as a fun and nutritious food that is enjoyed by over 90 percent of the nation's population.

Join us for a tasty treat on  
**Thursday, July 14**  
**2:30 p.m. Great Room**



## Here's the Scoop

### **Bon Appétit!**

Belmont has a sweet tooth! Join us for a very cool Bon Appétit! The Chef will be making a delicious dessert for us that is sure to make your taste buds happy!  
**Monday, July 25, @ 3 p.m.**

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## BELMONT MOVIE NIGHT

This July we will see a summer favorite,  
Dirty Dancing.

*Expecting the usual tedium of summer in the mountains with her family, 17-year-old Frances is surprised to find herself stepping into the shoes of a professional dancer -- and falling in love with the resort's free-spirited dance instructor.*

Cast: Patrick Swayze, Jennifer Grey

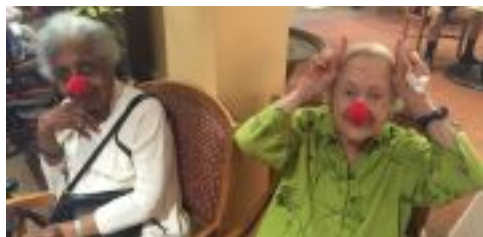
**Tuesday, July 12**  
**6:00 p.m. Great Room**





# RED NOSE DAY

Our inaugural Red Nose Day was a success. How can you not smile? Thank you for helping us raise awareness for children living in poverty.



Johnnie and Helen



Harlan, Doyce and Jim



Marie and Norma



Marcus and JP



## Mind Exercise Games for Seniors

The brain is a complex organ that, like other muscles in the body, elderly people 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 (nuts & bolts of memory)
- Promotes neurogenesis (development of new brain cells)
- Improves attention spans
- Strengthens brain synapses (communication pathways)
- Increases blood flow

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.
- Create a scrapbook – this type of activity helps rebuild memories and memory skills
- Socialize! – Socializing or group activity is a mental activity!
- Laugh! – Laughter really is one of the best medicines around.
- Engage in ‘Thinking Games’



## Out & About

### Lunch Bunch at Papas Burgers

Friday, July 1

Departure: 10:30 a.m.

Cost of Lunch

### Houston Museum of Natural Science Planetarium- Dark

#### Universe

Friday, July 8

Departure: 10:45 a.m.

Cost: \$4.00

### Rosenberg Railroad Museum and Lunch at Ol Railroad Cafe

Friday, July 15

Departure: 9:15 a.m.

Tour: \$4.00 and Cost of Lunch

### Water Wall and Ice Cream @

#### Marble Slab

Friday, July 22

Departure: 12:45 p.m.

Cost of Ice Cream

### Studio Movie Grill

Friday, July 29

Departure: TBA

Ticket: \$6.00 and Cost of Lunch (Lunch will be during the movie)



Breakfast at Dot.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Marketplace Hours</b> <b>Marketplace is Open</b> <b>Tuesdays</b> <b>10:00 a.m.- 11:00 a.m.</b></p>	<p><i>Transportation</i> <b>Monday, Tuesday, Wednesday</b> Doctor Appointments and Errands <b>Thursday</b> Circle of Friends Outing <b>Friday</b> Assisted Living Outing <b>Saturday</b> Neighborhood Outing and Shopping <b>Sunday</b> Church Transportation and Scenic Drives <i>Please make your appointments with the driver 72 hours in advance.</i></p>	<p><b>Your Birthstone and Flower for July</b> The ruby represents wisdom and passion. Rubies are extremely rare and are second only to diamonds in hardness. Most are found in Southeast Asia. The flowers for July are larkspur and water lily.</p>	<p><b>Wonderful Watermelon</b> A Texas A&amp;M study found that arginine, an amino acid in watermelon, not only burns fat but also prevents fat storage. Other benefits of arginine were better-controlled blood sugar and higher muscle mass.</p>	<p><b>MONDAY NIGHT IS JIGSAW NIGHT</b> Every Monday night, we will put out a Jigsaw puzzle for you to work on. If you like working on puzzles, come to the Center for Learning (3rd Floor) and help us out.</p>	<p>1 9:30 TH Movement To Music with Alice★ 10:00 B Phase Ten with Marie 10:30 O Lunch at Papas Burgers 2:00 CF Friday Matinee 4:30 TH Shabbat Service 7:00 TH History Chanel Watch and Learn</p>	<p>2 9:30 TH Sit &amp; Be Fit 10:00 B Morning Bridge Group 1:15 TH Bingo 2:00 Shopping @ Target 2:00 GR Word Search Challenge Packet 3:30 CT Poker 7:00 TH Hallmark Channel Movie Night</p>
<p>3 9:30 TH Chair Yoga 10:00 B Coffee Club 1:00 CF Church Service 1:30 CT Poker 1:30 Scenic Drive 2:00 GR Trivia w/ Concierge 3:15 GR Sing Along with Henry 7:00 TH PBS Masterpiece Mystery</p>	<p>4 9:30 TH Dancercise 11:00 JK Independence Day BBQ 2:00 GR Independence Day Trivia 3:00 GR Music with the Boomtown Trio 4:00 This Week in History (Concierge) 6:00 GR Bible Stories</p>	<p>5 9:00 P Water Aerobics 9:30 TH Tai Chi 10:00 B Rummikub with Marie 10:00 CL BV Book Worms Book Club: All the Light We Cannot See 10:00 B Marketplace Open 1:30 TH Body Fitness 2:30 GR Houston Audubon Society Visit★ 6:30 TH Main Feature Movie Night</p>	<p>6 9:30 TH Sit &amp; Be Fit 10:00 B Board Games with Marie 1:30 TH Mad Potter Pottery 3:00 GR Music with Julia Waller★ 7:00 TH Bible Study</p>	<p>7 9:30 TH Sit &amp; Be Fit 10:00 CL Audio Book Club 10:00 TH Tai Chi with Simone★ 1:30 TH Body Fitness 2:00 TH Think Tank 3:00 GR Wine and Cheese Social 7:00 TH AMC Channel Movie Night</p>	<p>8 9:30 TH Tai Chi 9:30 TH Movement To Music with Alice★ 10:00 B Phase Ten with Marie 10:45 O HMNS: Planetarium Dark Universe 2:00 GR Music w/ Bob 4:30 TH Shabbat Service 7:00 TH History Chanel Watch and Learn</p>	<p>9 9:30 TH Sit &amp; Be Fit 10:00 B Morning Bridge Group 1:15 TH Bingo 2:00 GR Word Search Challenge Packet 2:00 Shopping @ Dollar Store 3:30 CT Poker 7:00 TH Hallmark Channel Movie Night</p>
<p>10 9:30 TH Chair Yoga 10:00 B Coffee Club 1:00 CF Church Service 1:30 CT Poker 1:30 Scenic Drive 2:00 GR Trivia w/ Concierge 3:15 GR Sing Along with Henry 7:00 TH PBS Masterpiece Mystery</p>	<p>11 9:30 TH Dancercise 10:00 CL BV Book Worms Book Club: All the Light We Cannot See 11:30 JK New Resident Lunch 1:30 TH Got Balance? 2:00 TH Golden Years Theater: Senior Skits 3:00 TH Front Porch Travels: Italy 4:00 This Week in History (Concierge) 6:00 GR Bible Stories 6:00 CL Jigsaw Puzzle Night: Come Work On A Jigsaw Puzzle</p>	<p>12 9:00 P Water Aerobics 9:30 TH Tai Chi 10:00 B Marketplace Open 10:00 B Rummikub with Marie 1:30 CF Body Fitness 2:00 GR Moment in Time with Robert Landau★ 3:00 GR Timeless Trivia: Stars, Stripes &amp; Apple Pie 6:00 GR Belmont Movie Night</p>	<p>13 9:30 TH Sit &amp; Be Fit 10:00 B Board Games with Marie 10:30 CL New Resident Orientation 1:00 CL Welcoming Committee Meeting 2:00 B Art for All with Lisa 3:15 B Belmont Culinarians:Healthy Tuna Salad Avocado Cups 7:00 TH Bible Study</p>	<p>14 <b>Celebrating National Ice Cream Month</b> 9:30 TH Sit &amp; Be Fit 10:00 CL Audio Book Club 11:00 CL Computer Class 1:30 TH Body Fitness 2:00 GR Music with Julia Waller★ 3:00 GR Ice Cream Social 7:00 TH AMC Channel Movie Night</p>	<p>15 9:15 O Rosenberg Railroad Museum and Lunch at OI Railroad Cafe 9:30 TH Tai Chi 10:00 B Phase Ten with Marie 2:00 CF Friday Matinee 4:30 TH Shabbat Service 7:00 TH History Chanel Watch and Learn</p>	<p>16 9:30 TH Sit &amp; Be Fit 10:00 B Morning Bridge Group 10:30 TH Food Facts w/ Dr. Betty 1:15 TH Bingo 2:00 GR Word Search Challenge Packet 2:00 Shopping @ Walmart 3:30 CT Poker 7:00 TH Hallmark Channel Movie Night</p>
<p>17 9:30 TH Chair Yoga 10:00 B Coffee Club 1:00 CF Church Service 1:30 CT Poker 1:30 Scenic Drive 2:00 GR Trivia w/ Concierge 3:15 GR Sing Along with Henry 7:00 TH PBS Masterpiece Mystery</p>	<p>18 9:30 TH Dancercise 10:00 CL BV Book Worms Book Club: All the Light We Cannot See 1:30 TH Got Balance? 2:00 TH Judaic Program 3:00 TH Dryer Sheet Flower Sachets Craft 4:00 This Week in History (Concierge) 6:00 GR Bible Stories 6:00 CL Jigsaw Puzzle Night: Come Work On A Jigsaw Puzzle</p>	<p>19 9:00 P Water Aerobics 9:30 TH Tai Chi 10:00 B Marketplace Open 10:00 B Rummikub with Marie 1:30 TH Body Fitness 2:00 TH All About The Opera: L'Elisir D'Amore 2:30 TH A Night at the Opera: L'Elisir D'Amore ACT I 3:30 GR Music with Julia Waller★ 6:30 TH Main Feature Movie Night</p>	<p>20 9:30 TH Sit &amp; Be Fit 10:00 B Board Games with Marie 1:30 GR Puppy Therapy 2:00 CL Health Education 2:30 TH A Night at the Opera: L'Elisir D'Amore ACT II 7:00 TH Bible Study</p>	<p>21 9:30 TH Sit &amp; Be Fit 9:45 GR Paw-sitive Pets Visit 10:00 CL Audio Book Club 1:30 TH Body Fitness 2:00 TH Think Tank 3:00 GR Wine and Cheese Social 7:00 TH AMC Channel Movie Night</p>	<p>22 9:30 TH Tai Chi 9:30 TH Movement To Music with Alice★ 10:00 B Phase Ten with Marie 1:00 O Water Wall and Ice Cream 2:00 CF Friday Matinee 4:30 TH Shabbat Service 7:00 TH History Chanel Watch and Learn</p>	<p>23 9:30 TH Sit &amp; Be Fit 9:45 GR Paw-sitive Pets Visit 10:00 B Morning Bridge Group 1:15 TH Bingo 2:00 Shopping @ Whole Foods 2:00 GR Word Search Challenge Packet 3:30 CT Poker 7:00 TH Hallmark Channel Movie Night</p>
<p>24 9:30 TH Chair Yoga 1:00 CF Church Service 1:30 CT Poker 1:30 Scenic Drive 3:15 GR Sing Along with Henry</p>	<p>25 9:30 TH Dancercise 10:00 CL BV Book Worms Book Club: All the Light We Cannot See 1:30 TH Got Balance? 2:00 TH Golden Years Theater 3:00 B Bon Appetit! 3:30 B Chat w/ the Chef 4:00 This Week in History (Concierge) 6:00 CL Jigsaw Puzzle Night: Come Work On A Jigsaw Puzzle 6:00 GR Bible Stories</p>	<p>26 9:00 P Water Aerobics 9:30 TH Tai Chi 10:00 B Rummikub with Marie 10:00 B Marketplace Open 1:30 TH Body Fitness 2:00 B St. Luke's Summer Camp Visit and Treats 3:30 TH Resident Council 6:30 TH Main Feature Movie Night</p>	<p>27 9:30 TH Sit &amp; Be Fit 10:00 B Board Games with Marie 1:30 TH Brush To Canvas with Katie 3:00 TH Healthy Learning 7:00 TH Bible Study</p>	<p>28 9:30 TH Sit &amp; Be Fit 10:00 CL Audio Book Club 10:00 TH Tai Chi with Simone★ 11:00 CL Computer Class 1:30 TH Body Fitness 2:00 TH Think Tank 3:00 GR Wine and Cheese Social 7:00 TH AMC Channel Movie Night</p>	<p>29 9:30 TH Tai Chi 10:00 B Phase Ten with Marie 11:45 JK Monthly Birthday Lunch 12:00 O Studio Movie Grill and Lunch TBA 2:00 CF Friday Matinee 4:30 TH Shabbat Service 7:00 TH History Chanel Watch and Learn</p>	<p>30 9:30 TH Sit &amp; Be Fit 10:00 B Morning Bridge Group 1:15 TH Bingo 2:00 GR Word Search Challenge Packet 2:00 Shopping @ Marshalls/Ross 3:30 CT Poker 7:00 TH Hallmark Channel Movie Night</p>
<p>31 9:30 TH Chair Yoga 1:00 CF Church Service 1:30 Scenic Drive 2:00 GR Trivia w/ Concierge 3:15 GR Sing Along with Henry</p>						



## Spiritual Corner

### Church Service

Sundays, 1 p.m.

Circle of Friends Room

### Bible Study

Wednesdays, 7 p.m.

Town Hall

### Shabbat Service

Fridays, 4:30 p.m.

### Church Transportation

Sign up with the Concierge.

Communion available upon  
request.

## Resident Council

Helen Copeland - President

The Resident Council meetings are held on the last Tuesday of the month at 3:30 p.m. Next meeting will be held on

**Tuesday, July 26**

## Welcome New Residents

Welcome to Belmont Village, where the days go rolling by! Down through the halls you'll wander, where friends will call your name.

Welcome, we're glad you came!

**New Resident Lunch**

**Monday, July 11**



Jennifer Baker, PAL

### EMPLOYEE OF THE MONTH

Jennifer gives our residents exceptional care every day. Her ability to juggle multiple tasks simultaneously, while still providing every resident with tender and loving care is amazing.

Her love for our residents hasn't gone unnoticed. She has received many accolades from residents and families. Jennifer is always willing to help her teammates and always has a smile on her face.

We appreciate you, Jennifer!

## Circle of Friends & Neighborhood



Our Circle of Friends group visits the Houston Museum of Fine Arts

June's theme in the Circle of Friends was "Travel to Greece." We learned about the fascinating history of this nation, including the birth of democracy, the Olympics, and Greek mythology. For one of our outings, we drove down to Galveston, had lunch, and rode the ferry. What a fun month!



Our newest centurion, Mr. Ellsworth Glattly, celebrates his 100th birthday with two of his three sons, Jeff and Jim

June was a busy month in our Neighborhood. With several move ins, we reached capacity on the unit and were happy to welcome new friends. Some of our daily themes included "Juneteenth Day," "Honoring Fathers," and "State Birds & Flowers." We're harvesting the tomatoes and herbs that we planted recently and also started a new walking club for residents who desire more exercise.



# Featured Recipe



*Everyone enjoyed this recipe so much that the Belmont Culinarians wanted to share it. Enjoy!*

## Creamy Strawberry Cookies

Cooking spray

- 1 (15.25 oz) box strawberry cake mix
- 1 (3.4 oz) box vanilla instant pudding
- 2 eggs
- 1/2 cup vegetable oil
- 1/2 cup cream cheese, room temperature
- 2 tablespoons butter, room temperature
- 1/2 teaspoon vanilla extract
- 1 cup powdered sugar, sifted

### Directions

1. Combine cake mix, pudding mix, eggs, and vegetable oil in a large bowl until a dough ball forms. Cover and chill.
2. Line a plate with parchment paper.
3. Combine cream cheese, butter, vanilla, and powdered sugar with a hand mixer until smooth. Spoon mixture by teaspoonful and place on the prepared parchment. Freeze for one hour.
4. Preheat oven to 350°F. Spray baking sheet.

5. Roll cake mix dough into 1-inch balls and flatten. Place cream cheese ball in the center and fold the dough so that it is covered.

6. Bake 8–12 minutes and then ENJOY!

# Arts and Crafts



Working on our Milky Way Nightscape project.



Everyone's piece was different and beautiful.

# Resident Spotlight



## Josephine Lukens

Josephine was born in North Dakota but has lived in several different states. She was married for 43 years and because of her husband's job, she was able to travel the world. Jo has been to Africa, Europe, Australia and many more countries. She and her family have also been to EVERY state!

Jo has three kids. Her one son lives here in Houston, and the other son and daughter live in Ohio.

Jo is a socialite and everyone loves her! She is on the board of the West University Senior Center and is involved in numerous projects. She loves to crochet, knit and enjoys crafts. Welcome to Belmont, Jo! We are glad you are here.

# The Belmont Scene



Missy and Mr. Shatto, making friends.



Enjoying the musical stylings of Sam on a beautiful day.



The Goddesses of Mount Belmont.



Thank you, officers, for joining us in our festivities.



Learning all about Ramadan and having a delicious treat, rice pudding.



Golden Years senior theater group is in full swing getting ready for their first show.

**BELMONT** *Village*

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WEST UNIVERSITY

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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