



Belmont Village at West University Village NEWS

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

January 2013

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A Word From Rachelle ...

New Year's Resolutions

It is very common for people to establish New Year's resolutions in January. Frankly, I have not been good about following up on them, so I quit making them years ago. Although resolutions are very personal, many people tend to make the same ones. Here is a list of the top 10 resolutions for 2012.

1. Save money and pay off loans.
2. Lose weight.
3. Work out.
4. Stay happy.
5. Plan everything.
6. Find love.
7. Help others often.
8. Spend more time with loved ones.
9. Stop smoking.
10. Keep learning.

So which one of these did you resolve to do? Or are you like me and decide to not make any resolutions at all? Some of the resolutions listed above can be quite difficult to achieve, but others are very obtainable. It is not hard to help others, or to keep learning. Helping others will make you feel good as well as the person you are helping. And don't think of learning in the traditional sense. Maybe you can resolve to

learn how to play a new card game, learn a new recipe, or simply to knit. The key to resolutions is to find something that you have time for and will commit yourself to. Most importantly, you must enjoy what you are doing or you won't keep doing it.

Good luck with your resolutions!

Sincerely,

Rachelle Park

Senior Executive Director





RESIDENT

BIRTHDAY PARTY

If you have a birthday in January, please join us on Friday, Jan. 25, at 11:45 a.m. in Josephine's Kitchen for a special meal.

Resident Birthdays

1st	Marion Gallagher
1st	Marion Norman
9th	Frank Abbott
10th	Jo Ann Hazlett
18th	Evelyn Feld
20th	Helen Ward
22nd	Elsie Kawahata
23rd	Warren Graybill
24th	William (Bill) Boles
29th	Helen Copeland
29th	Lucy Helen Craig
31st	Cecil Albin
31st	Margaret (Peggy) Stone



Employee Birthdays

4th	Vivian Walker
4th	Fallon Lopez
7th	Beth Walsh
8th	Lance Patterson
18th	Carolyn Wilford
19th	Hattie Turnipseed
20th	Barbara Clark
22nd	Gail Jackson



New Resident Tea

Join us on Tuesday, Jan. 8, at 3 p.m. in the Great Room for the New Resident Tea. This will be your opportunity to meet and greet the new residents!



Welcome, New Residents

- Frank Abbott #343
- Margaret (Peggy) Stone #363
- Merline Taylor #224
- William (Bill) Boles #311
- Marilyn Squires #346



Famous Faces Born in January

- Jan. 7, 1964: Nicolas Cage
- Jan. 8, 1947: David Bowie
- Jan. 11, 1971: Mary J. Blige
- Jan. 14, 1944: Nina Totenberg
- Jan. 17, 1924: Betty White
- Jan. 19, 1992: Shawn Johnson
- Jan. 25, 1971: Ana Ortiz
- Jan. 26, 1958: Ellen DeGeneres
- Jan. 27, 1948: Mikhail Baryshnikov
- Jan. 27, 1965: Alan Cumming

Monthly Celebrations

As we start a new year, use these month-long celebrations to motivate you to keep your resolutions.

- Gain some knowledge during Book Blitz Month.
- Clean up your messes for Get Organized Month.
- Create something new to celebrate International Creativity Month.

Employee of the Month

Jackie Goodin is a 3rd-shift PAL, who has 14 years of experience working at Belmont Village-West University. She has over 40 years of experience working with seniors. She was born and raised in Houston, where she is the mother of three children. Jackie's faith is important to her, and she enjoys singing and spending time with her grandchildren. We wish Jackie continued success at Belmont Village, and are proud to have her as a member of our community!





JANUARY EVENTS ON THE CALENDAR

- Jan. 2 - Music with Ruben
- Jan. 4 - Lunch- Saltgrass
- Jan. 6 - Music- Ivory Touch
- Jan. 7 - Sing-Along with Bill
- Jan. 8 - New Resident Tea,
Music with Cindy St. Cyr &
Music with the Piano Man
- Jan. 9 - Piano with Bob
- Jan. 11 - Lunch Outing -
Olive Garden
- Jan. 13 - Music with Hobson
Smith
- Jan. 14 - Sing-Along with Bill
- Jan. 15 - Judaic Activity with JSS
- Jan. 16 - Drum Circle w/ Cindy
St. Cyr
- Jan. 18 - Lunch Outing -
Escalante's
- Jan. 20 - Scenic Drive & Music -
Ivory Touch
- Jan. 21 - Sing-Along with Bill
- Jan. 22 - Music with Piano Man
- Jan. 23 - Music with Ruben
- Jan. 25 - Resident Birthday
Lunch
- Jan. 28 - Sing-Along with Bill



Ditch Dry Skin

Dry skin is common in the winter when humidity is low, but there are ways to keep your skin soft and smooth all season long.

- Don't take long, hot showers or baths. Hot water depletes natural skin oils. Use lukewarm water.
- Many soaps are harsh and can strip moisture from skin. Instead, use a cleanser made for dry skin.
- After bathing or showering, gently pat your skin dry with a towel, then immediately apply a moisturizer to seal water into the surface layer of your skin.
- If you want to use bath oil as a moisturizer, apply it directly to your skin after bathing. Adding oils to bath water can make the tub slippery and lead to injury.
- Run a humidifier in your bedroom at night to add moisture to the air while you sleep.
- Eat more foods with essential fatty acids, such as salmon, olive oil, walnuts and flaxseed. Also, eat a variety of fresh fruits and vegetables.
- Increase the amount of water you drink to keep your body and skin hydrated.
- Wear sunscreen every day. Exposure to the sun's rays ages skin, which can lead to dryness.

Holiday ABCs

- S is for Sneaking up behind Someone
- N is for calling a truce when Night falls
- O is for being cautious of your Opponents
- W is for Watching your back
- B is for Building a fort to keep you safe
- A is for Alliances you create
- L is for Layers and Layers of clothing
- L is for Leading your friends in a great snowball fight



Prime Time for Indoor Fun

Long winter days of staying indoors can make anyone a little antsy, but the extra downtime can be a golden opportunity for self-enrichment. Are there any books you've been meaning to read? Movies you've always wanted to watch? Games you love but haven't played in years? Old or new hobbies you'd like to take up? Use your time inside to improve your mind while reaching out to others—and make some wonderful winter memories.



Transportation Schedule

Mondays, Tuesdays and Wednesdays:

Doctors' Appointments

Thursdays:

Morning: COF Outing

Afternoon: Errands

Fridays:

Outings

Saturdays:

Neighborhood Outing and Errands

Sundays:

Church Transportation and Errands

Location Key

B- Bistro (1st Floor)

CFL- Center for Learning (3rd Floor)

G- Gym (2nd Floor)

GR- Great Room (1st Floor)

JK- Josephine's Kitchen (1st Floor)

L- Lounge (2nd Floor)



P- Patio (by dining room)

PG- Putting Green

TH- Town Hall (2nd Floor)

SP- Swimming Pool (Outside of JK)



Sunday	Monday	Tuesday
		New Year's Day
6	7	8
Church Transportation 9:45 Balloon Volleyball (TH) 10:00 Coffee Club (B) 1:00 Church Service (TH) 1:30 Scenic Drive 3:00 Music: Ivory Touch (GR) 7:00 Movie	9:30 Balloon Volleyball (TH) 10:00 Memory Games (B) 1:00 Pool Sharks (L) 1:00 "Let's Talk" (TH) 2:00 Number Puzzles (TH)* 3:00 Sing-Along W/Bill (GR) 4:00 This Week in History (TH) 7:30 Bingo Games (TH)	9:15 Beach Ball Soccer (TH) 9:30 Computer Games (CFL) 10:00 Rummikub (B) 1:30 Boot Camp (TH)* 2:00 Crosswords (TH)* 7:00 Chess & Checkers (B)
13	14	15
Church Transportation 9:45 Balloon Volleyball (TH) 10:00 Coffee Club (B) 1:00 Church Service (TH) 1:30 Scenic Drive 3:00 Music: Hobson Smith (GR) 7:00 Movie	9:30 Balloon Volleyball (TH) 10:00 Memory Games (B) 1:00 Pool Sharks (L) 1:00 "Let's Talk" (TH) 2:00 Number Puzzles (TH)* 3:00 Sing-Along W/Bill (GR) 4:00 This Week in History (TH) 7:30 Bingo Games (TH)	9:15 Beach Ball Soccer (TH) 9:30 Computer Games (CFL) 10:00 Rummikub (B) 1:30 Boot Camp (TH)* 2:00 Crosswords (TH)* 3:00 Music 3:30 Judaic Activity (TH) 4:00 Walking Group (back Sidewalk) (P) 7:00 Chess & Checkers (B)
20	Martin Luther King Jr. Day	21
Church Transportation 9:45 Balloon Volleyball (TH) 10:00 Coffee Club (B) 1:00 Church Service (TH) 1:30 Scenic Drive 3:00 Music: Ivory Touch (GR) 7:00 Movie	9:30 Balloon Volleyball (TH) 10:00 Memory Games (B) 1:00 Pool Sharks (L) 1:00 "Let's Talk" (TH) 2:00 Number Puzzles (TH)* 3:00 Sing-Along W/Bill (GR) 4:00 This Week in History (TH) 7:30 Bingo Games (TH)	9:15 Beach Ball Soccer (TH) 9:30 Computer Games (CFL) 10:00 Rummikub (B) 1:30 Boot Camp (TH)* 2:00 Crosswords (TH)* 4:00 Walking Group 7:00 Music- Piano Man
27	28	29
Church Transportation 9:45 Balloon Volleyball (TH) 10:00 Coffee Club (B) 1:00 Church Service (TH) 1:30 Scenic Drive 3:00 Music: Maurice (GR) 7:00 Movie	9:30 Balloon Volleyball (TH) 10:00 Memory Games (B) 1:00 Pool Sharks (L) 1:00 "Let's Talk" (TH) 2:00 Number Puzzles (TH)* 3:00 Sing-Along W/Bill (GR) 4:00 This Week in History (TH) 7:30 Bingo Games (TH)	9:15 Beach Ball Soccer (TH) 9:30 Computer Games (CFL) 10:00 Rummikub (B) 1:30 Boot Camp (TH)* 2:00 Crosswords (TH)* 3:30 Resident Council Mtg. 7:00 Chess & Checkers (B)

January 2013

Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>9:30 Balloon Volleyball (TH) 10:00 Board Games (B) 1:00 Watercolor Class (TH) 2:00 Brain Charades (B)* 2:30 Music W/ Ruben (GR) 3:30 Movie Matinee (TH) 6:30 Bible Study (TH) 7:00 Poker Tournament (2nd L)</p>	<p>3</p> <p>9:15 Beach Ball Soccer (TH) 10:00 Mexican Train (B) 1:30 Boot Camp (TH)* 2:00 Think Tank (TH)* 3:00 Wine and Cheese (TH) 4:00 Shuffleboard (TH) 7:00 Movie</p>	<p>4</p> <p>9:30 Balloon Volleyball (TH) 10:00 Bocce Ball/Putting (PG) 11:00 Lunch Outing- Saltgrass 1:00 Bridge Games (2nd L)* 2:00 Puzzles (B) 3:00 Scrabble (CFL)* 4:30 Shabbat Services (TH) 7:00 Card Games (TH)</p>	<p>5</p> <p>9-2 Men's Day at the Salon 9:30 Beachball Soccer (TH) 10:00 Yahtzee (B) 1:00 Bingo (B) 2:00 Shopping: Walmart 4:00 Walking Group (P) 7:00 Poker (TH)</p>
<p>9</p> <p>9:30 Balloon Volleyball (TH) 10:00 Board Games (B) 1:00 Watercolor Class (TH) 2:00 Brain Charades (B)* 2:30 Piano With Bob (GR) 3:30 Movie Matinee (TH) 6:30 Bible Study (TH) 7:00 Poker Tournament (2nd L)</p>	<p>10</p> <p>9:15 Beach Ball Soccer (TH) 10:00 Mexican Train (B) 10:30 New Resident Orientation 1:30 Boot Camp (TH)* 2:00 Think Tank (TH)* 3:00 Wine and Cheese (TH) 4:00 Shuffleboard (TH) 7:00 Movie</p>	<p>11</p> <p>9:30 Balloon Volleyball (TH) 10:00 Bocce Ball/Putting (PG) 11:00 Lunch Outing- Olive Garden 1:00 Bridge Games (2nd L)* 2:00 Puzzles (B) 3:00 Scrabble (CFL)* 4:30 Shabbat Services (TH) 7:00 Card Games (TH)</p>	<p>12</p> <p>9:30 Beachball Soccer (TH) 10:00 Yahtzee (B) 1:00 Bingo (B) 2:00 Shopping: Target 4:00 Walking Group (P) 7:00 Poker (TH)</p>
<p>16</p> <p>9:30 Balloon Volleyball (TH) 10:00 Drum Circle (TH) 10:00 Board Games (B) 1:00 Watercolor Class (TH) 1:00 Puppy Therapy (GR) 2:00 Health Education (CFL) 3:30 Movie Matinee (TH) 6:30 Bible Study (TH) 7:00 Poker Tournament (2nd L)</p>	<p>17</p> <p>9:15 Beach Ball Soccer (TH) 10:00 Mexican Train (B) 1:30 Boot Camp (TH)* 2:00 Think Tank (TH)* 3:00 Wine and Cheese (TH) 4:00 Shuffleboard (TH) 7:00 Movie</p>	<p>18</p> <p>9:30 Balloon Volleyball (TH) 10:00 Bocce Ball/Putting (PG) 11:00 Lunch Outing- Escalante's 1:00 Bridge Games (2nd L)* 2:00 Puzzles (B) 3:00 Scrabble (CFL)* 4:30 Shabbat Services (TH) 7:00 Card Games (TH)</p>	<p>19</p> <p>9:30 Beachball Soccer (TH) 10:00 Yahtzee (B) 1:00 Bingo (B) 2:00 Shopping: Walmart 4:00 Walking Group (P) 7:00 Poker (TH)</p>
<p>23</p> <p>9:30 Balloon Volleyball (TH) 10:00 Board Games (B) 1:00 Watercolor Class (TH) 2:00 Brain Charades (B)* 2:30 Music W/ Ruben (GR) 3:30 Movie Matinee (TH) 6:30 Bible Study (TH) 7:00 Poker Tournament (2nd L)</p>	<p>24</p> <p>9:15 Beach Ball Soccer (TH) 10:00 Mexican Train (B) 1:30 Boot Camp (TH)* 2:00 Think Tank (TH)* 3:00 Wine and Cheese (TH) 4:00 Shuffleboard (TH) 7:00 Movie</p>	<p>25</p> <p>9:30 Balloon Volleyball (TH) 10:00 Bocce Ball/Putting (PG) 11:45 Resident Birthday Lunch 1:00 Bridge Games (2nd L)* 2:00 Puzzles (B) 3:00 Scrabble (CFL)* 4:30 Shabbat Services (TH) 7:00 Card Games (TH)</p>	<p>26</p> <p>9:30 Beachball Soccer (TH) 10:00 Yahtzee (B) 1:00 Bingo (B) 2:00 Shopping: Target 4:00 Walking Group (P) 7:00 Poker (TH)</p>
<p>30</p> <p>9:30 Balloon Volleyball (TH) 10:00 Board Games (B) 1:00 Watercolor Class (TH) 3:00 Toe Tappers & Jazz (TH) 3:30 Movie Matinee (TH) 4:00 Word Searches (CFL) 6:30 Bible Study (TH) 7:00 Poker Tournament (2nd L)</p>	<p>31</p> <p>9:15 Beach Ball Soccer (TH) 10:00 Mexican Train (B) 1:30 Boot Camp (TH)* 2:00 Think Tank (TH)* 3:00 Wine and Cheese (TH) 4:00 Shuffleboard (TH) 7:00 Movie</p>		

JANUARY



HEALTH EDUCATION

Getting Through Flu Season

The timing and severity with which the flu strikes can vary. In the U.S., flu season usually peaks in January or February. Below are some tips to help you stay healthy.

Get vaccinated. For those six months and older, getting a yearly flu shot is the first step to avoiding the flu. The vaccine protects against the main flu strains that cause people to get ill. Try to get vaccinated early, when the medicine becomes available, so you are protected throughout the season.

Wash your hands. Frequent hand-washing keeps germs away and prevents infections. Make sure to scrub for at least 15 seconds. If you don't have soap and water nearby, use an alcohol-based hand sanitizer.

Cover coughs and sneezes. To prevent contaminating the air, always cover your mouth when you cough or sneeze. For best results, cough or sneeze into a tissue or the crook of your elbow to protect your hands from germs.

Stay home. Flu easily spreads in large groups, and you can reduce your risk of contracting it if you avoid crowds during the peak flu season.



New APC - Beth Walsh

Welcome New Activities Program Coordinator

Beth Walsh is a licensed therapist with 20 years of mental health experience. She joined the Belmont Village-West University team on Nov. 12. She grew up in Houston and graduated from the University of Texas at Austin, and later completed a master's degree from the College of William & Mary. Beth enjoys volunteering, entertaining, travelling and shopping. Please welcome Beth to Belmont Village-West University!

Circle of Friends

We are excited about the start of another amazing year with our COF program. 2013 looks to be just as exciting as 2012. Our group is happy to have added many new residents to experience all the fun and excitement the COF has to offer. This month we are planning a trip to the HMNS Planetarium to the Passport to the Universe IMAX show. COF will also be taking a trip to Galveston for lunch on the Seawall and a walk on the beach.



Neighborhood

The Christmas Party and Neighborhood Gift Exchange was a huge success; all the residents and families who attended had a really good time. We look forward to 2013 with great enthusiasm as we prepare to make this year one of the best. This month, we will begin planning for our annual Valentine Party and king and queen crowning. If you are ever in the building, please stop by and say hello; we love to have visitors!





14th Annual Anniversary Party!

Hear Ye! Hear Ye!

Residents, staff members, family and friends of Belmont Village- West University celebrated its 14th annual anniversary with a renaissance themed party on Nov. 15. Fukumi Smith was crowned Queen and Marvin Burch was crowned King at this special event. A fun time was had by all.



Protect Yourself in Chilly Weather

As we age, our bodies become less resistant to the elements and cold temperatures. Hypothermia and frostbite are serious concerns for seniors. If you go outside, layer your clothing and cover as much skin as possible. Add a hat to keep body heat from escaping, and limit your time outside.

Word of the Month: Motivate

It's assumed that with the start of a new year, people make resolutions. This year, to make sure you accomplish your goals and achieve your dreams, create ways to motivate yourself. If you want to slim down, reward yourself when you've lost 15 pounds by buying a new outfit. If you want to redecorate, finish a room and then buy that special piece that will pull the whole look together. Motivational checkpoints will help keep up your momentum as you journey toward accomplishing your goals.



Healthy Bones

Jan. 11 is Milk Day, and seniors need to ensure they get enough calcium daily. So drink an extra glass of milk on this day and try to make it a habit to ensure you get what you need to stay healthy.

From the Desk of Carolyn Meigs

Grudges are a difficult topic to tackle! I have been fighting writing about them because they are so negative and damaging to the person holding them. The one whom the grudges are against isn't aware of them! And, the ill feelings continue to grow.

I hope that, in this year of making resolutions, one holding a grudge will make a mighty effort to rid oneself of this feeling. Getting rid of the grudge is not always enough. There is always the need to make it up with and for the one in the grudge, to get together to reach a mutual solution.

When someone says or does something that is bothersome, instead of holding a grudge, smile sweetly, excuse yourself, and leave.

Written by Carolyn Meigs,
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The Belmont Scene



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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, Houston, Atlanta (Buckhead
and Johns Creek), Dallas (2013)

