BELMONT VILLAGE OF TURTLE CREEK

THE VILLAGE NEWS

A PUBLICATION OF BELMONT VILLAGE FOR RESIDENTS, STAFF, FAMILY AND FRIENDS

DECEMBER 2020

Nancy Sanders

Well here we are- Knocking on the door of 2021. Can you believe it? This year has been anything but boring, but if you are like me, you could use a bit of the bland.

Admittedly, the Holidays don't feel quite the same without the parties, the hustle and bustle, and big family dinners. As we continue to wait for a vaccine, we are left with a much quieter version of the season. Unpacked shopping malls, dark theatres, and empty dance floors force us to look inward for that Holiday Spirit. I would ask you to look around at the people in your lives and *really* give thanks for the gift of family, whether they are related or chosen. Let's spend this time holding on tightly to them and counting the many blessings we have been given in this life.

2020 has been a test. A challenge, that is for sure. Some of us lost jobs. Some of us lost loved ones. Some of us lost that spark. But the thing is, we made it. This may be the hardest thing you ever face, but there may be another challenge just down the road- you just don't know. That is the magic and the tragedy of life. You must take it as it comes and learn to live, with joy, in the now.

I happen to think that this year we might appreciate this magical season more than we ever have. Maybe you put your tree up a bit earlier this year, or find yourself humming a carol or two. However you decide to enjoy the season, please take time to stop, look around and breath. Find your joy. Watch a child's face as they look at the lights on the tree. If you can't hold your loved ones close in person, hold them in your hearts.

As we look forward to 2021, I cannot begin to express enough thanks to our Residents, Families, and Staff for all the support and the strength you have given us and each other during the year. Let us enter this New Year with optimism and gratitude. Look forward and up. May this be your year.

"I will honour Christmas in my heart, and try to keep it all the year. I will live in the Past, the Present, and the Future. The Spirits of all Three shall strive within me. I will not shut out the lessons that they teach."

-Charles Dickens

TURTLE CREEK MANAGEMENT TEAM

Nancy Sanders
Executive Director
nsanders@belmontvillage.com

Candice Stoner
Senior Administrative Specialist
cstoner@belmontvillage.com

Arthur Mbatia
Director of Resident Care Services
ambatia@belmontvillage.com

Lisa Mach
Director of Sales
lmach@belmontvillage.com

Alvaro Nunez
Chef Manager
alnunez@belmontvillage.com

Oliver Clayton
Building Engineer
oclayton@belmontvillage.com

Cassondra Armstrong
Dining Room Manager
carmstrong@belmontvillage.com

Kate Marshall
Memory Care Programs
kmarshall@belmontvillage.com

Aubrey Ferguson
Activity Programs
aferguson@belmontvillage.com

Elice Henry
Human Resources
ehenry@belmontvillage.com

Vivian Black
Community Relations
vblack@belmontvillage.com

Karisti Shankle Julia
Outside Community Relations
kshankle@belmontvillage.com

Team Salute

EMPLOYEE ANNIVERSARIES

7 YEARS

Larry Manny	12/19/2013

5 YEARS

Alex Nosike	12/2/2015

3 YEARS

Cynthia Kerubo	12/6/2017
Juana Segura	12/20/2017

2 YEARS

Sherry Deming	12/14/2018

1 YEAR

Ky'Ounte Miller	12/4/2019
Prisca Harrison	12/11/2019
King Okeowo	12/11/2019

RESIDENT BIRTHDAYS!

DEC 4	Robert Mitchell
DEC 5	Don Resler
DEC 5	Gary Shafer
DEC 10	Billy Williams
DEC 12	Phyllis McDonald
DEC 14	Charlotte Clifford
DEC 14	Marty Coppedge
DEC 14	Jim Greeson
DEC 16	Sam Ablon
DEC 16	Bill Hite
DEC 18	Colleen Rudy
DEC 20	Susan McCallum
DEC 20	Judy Rust
DEC 23	Ramona Hite

EMPLOYEE BIRTHDAYS

DEC 6	Ashley Mason
DEC 6	Koby Peat
DEC 6	Fredrick Nyachio
DEC 7	Juana Segura
DEC 8	Carmalisha Davenport
DEC 9	Tamara Mosley
DEC 15	Dillion Hutchens
DEC 16	Terry Sims
DEC 16	Aiswarya Cyril
DEC 22	Bene White
DEC 24	Cynthia Clay
DEC 24	Tarva Neal
DEC 28	Janet Spencer

INDULGING IN EGGNOG

Rich, creamy, sweet and spicy, eggnog is a favorite holiday treat.

Before evolving into the drink we know today, eggnog began as a medieval English punch called posset, which was served hot. Since its ingredients of milk, eggs, some type of alcohol, and spices were expensive, posset was reserved for special occasions and used when toasting to prosperity and good fortune.

In the 1700s, settlers brought their posset recipes with them to Colonial America. Historians believe the name "eggnog" emerged around this time and may derive from the word "noggin," the term for a wooden cup used to serve drinks like posset, or "grog," an alcoholic beverage.

Before the days of refrigeration, eggnog was more likely to be whipped up during the winter months. This led to it becoming a staple beverage served at holiday parties.

Along with homemade versions, more than 15 million gallons of commercially made eggnog are sold in the U.S. each year. The drink's popularity has inspired a range of eggnog-flavored products, such as coffee, ice cream and baked goods. Dairy-free varieties of eggnog are also available.

POPULAR PAGES: 'THE SNOWMAN'

Instead of words, children's author and illustrator Raymond Briggs uses soft, dreamy drawings to tell the story of "The Snowman," published in 1978. After a fun day of playing in the snow, a young boy awakens in the night to discover his snowman has come to life! He excitedly shows his new friend around his home before the two fly off on an exhilarating journey over a wintry wonderland. Briggs' story was adapted into an animated TV special in 1982, which boosted the book's popularity and made both it and the film an enduring holiday classic.

Resident Council

Vice President: Jane Kemp
President: Bobby Jester
Secretary: Betty Schelley

COME JOIN US ...

... on the last **Monday** of every month at **4 p.m.** We will have several locations available to watch by video due to social distancing. Come share your feedback, ideas, and concerns.

HAPPY HOLLY-DAYS

Haul out the holly! For thousands of years, people from different cultures have used branches of holly, full of glossy green leaves, to decorate their homes in wintertime. Birds like to feast on the foliage's bright red berries. Of the 400-plus varieties, English holly and American holly are most commonly associated with the holiday season.

BELMONT Village
SENIOR LIVING
TURTLE CREEK

December 2020

OS Off Site/ Outing
TH Town Hall
GR Great Room
SR Screening Room
F7 Pool Lounge
MBA Activity
★ RSVP

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 TH Muscle Matters 10:30 TH Giant Crosswords 2:00 TH Muscle Matters 3:00 TH Lifestyles of the Rich & Famous 3:00 F7 Men's Bridge Games	2 9:30 TH Stretch 10:30 TH Music with Michael 2:00 OS Sightseeing Drive★ 2:00 TH Stretch ***3:00 TH Current Events with Randy Mayeaux***	3 9:30 TH Cardio 10:30 TH Case Solved! 1:00 TH Tell me Something Good 2:00 TH Cardio ***3:00 TH Happy Hour (Wine, Cheese & Entertainment)***	**Santa's List Day** 4 9:30 TH Core & Stability ***11:00 TH Big Beats with Carolyn Dobson*** 6:00 SR Temple Emanu-El Online Shabbat Service	5 10:25 SR Temple Emanu-El Online Service 2:00 TH Spiro Exercise Class 3:30 TH Entertainment! Online Performances...
6 9:30 SR HPUMC- Online Service 11:00 SR First Baptist Dallas iCampus Services 1:00 OS Sunday Drive *3:00 TH Bingo*	**Pearl Harbor Day** 7 9:30 TH Belmont Balance 10:30 TH Brain Games with Kay Paggi 2:00 TH Belmont Balance ***3:00 TH Discussion- Pearl Harbor*** 3:00 F7 Ladies' Bridge Games	8 9:30 TH Muscle Matters 10:30 TH Giant Crosswords 2:00 TH Muscle Matters 3:00 TH Lifestyles of the Rich & Famous 3:00 F7 Men's Bridge Games	**Christmas Card Day** 9 9:30 TH Stretch 10:30 TH Music with Michael 1:00 TH Exploring Literature 2:00 OS Sightseeing Drive★ 2:00 TH Stretch ***3:00 TH Craft Corner- Holiday Cards***	**Hanukkah** 10 9:30 TH Cardio 10:30 TH Case Solved! 1:00 TH Tell me Something Good 2:00 TH Cardio ***3:00 TH Happy Hour (Wine, Cheese & Entertainment)***	11 9:30 TH Core & Stability ***10:30 TH Cookie decorating*** 6:00 SR Temple Emanu-El Online Shabbat Service	**Poinsettia Day** 12 10:25 SR Temple Emanu-El Online Service 2:00 TH Spiro Exercise Class 3:30 TH Entertainment! Online Performances...
13 9:30 SR HPUMC- Online Service 11:00 SR First Baptist Dallas iCampus Services 1:00 OS Sunday Drive *3:00 TH Bingo*	14 9:30 TH Belmont Balance 10:30 TH Brain Games with Kay Paggi 2:00 TH Belmont Balance 3:00 F7 Ladies' Bridge Games 3:00 TH This Day in History	**Bill of Rights Day** 15 9:30 TH Muscle Matters 10:30 TH Giant Crosswords 2:00 TH Muscle Matters 3:00 TH Lifestyles of the Rich & Famous 3:00 F7 Men's Bridge Games	16 9:30 TH Stretch 10:30 TH Music with Michael 2:00 OS Sightseeing Drive★ 2:00 TH Stretch ***3:00 TH Current Events with Randy Mayeaux***	17 9:30 TH Cardio 10:30 TH Case Solved! 1:00 TH Tell me Something Good 2:00 TH Cardio ***3:00 TH Happy Hour (Wine, Cheese & Entertainment)***	**Bake Cookies Day** 18 9:30 TH Core & Stability ***11:00 TH Big Beats with Carolyn Dobson*** 6:00 SR Temple Emanu-El Online Shabbat Service	19 10:25 SR Temple Emanu-El Online Service 2:00 TH Spiro Exercise Class 3:30 TH Entertainment! Online Performances...
Go Caroling Day 20 9:30 SR HPUMC- Online Service 11:00 SR First Baptist Dallas iCampus Services 1:00 OS Sunday Drive *3:00 TH Bingo*	**Winter Solstice** 21 9:30 TH Belmont Balance 10:30 TH Brain Games with Kay Paggi 2:00 TH Belmont Balance 3:00 F7 Ladies' Bridge Games 3:00 TH This Day in History	22 9:30 TH Muscle Matters 10:30 TH Giant Crosswords 2:00 TH Muscle Matters 3:00 TH Lifestyles of the Rich & Famous 3:00 F7 Men's Bridge Games	23 9:30 TH Stretch 10:30 TH Music with Michael 2:00 OS Sightseeing Drive★ 2:00 TH Stretch ***3:00 GR Hot Cocoa and Memories***	**Christmas Eve** 24 9:30 TH Cardio 10:30 TH Case Solved! 1:00 TH Tell me Something Good 2:00 TH Cardio ***3:00 TH Happy Hour (Wine, Cheese & Entertainment)***	**Christmas** 25 	**Boxing Day** 26 10:25 SR Temple Emanu-El Online Service 2:00 TH Spiro Exercise Class 3:30 TH Entertainment! Online Performances...
27 9:30 SR HPUMC- Online Service 11:00 SR First Baptist Dallas iCampus Services 1:00 OS Sunday Drive *3:00 TH Bingo*	28 9:30 TH Belmont Balance 10:30 TH Brain Games with Kay Paggi 2:00 TH Belmont Balance 3:00 F7 Ladies' Bridge Games 3:00 TH This Day in History	29 9:30 TH Muscle Matters 10:30 TH Giant Crosswords 2:00 TH Muscle Matters 3:00 TH Lifestyles of the Rich & Famous 3:00 F7 Men's Bridge Games	30 9:30 TH Stretch 10:30 TH Music with Michael ***12:00 TH Discussion- Looking forward to 2021*** 2:00 OS Sightseeing Drive★ 2:00 TH Stretch	**New Year's Eve** 31 9:30 TH Cardio 10:30 TH Case Solved! 1:00 TH Tell me Something Good 2:00 TH Cardio ***3:00 TH Happy Hour (Wine, Cheese & Entertainment)***	**Movies are shown daily in the screening room at 3:15 PM and 7:15 PM ... depending on what the current COVID-19 status is.**	

Copyright © 2020 by Uhlig LLC. All rights reserved.

Team Member of the Month

TERESA SPEARMAN

Teresa Spearman has been with Belmont Village for 6 years. She began as our part-time evening receptionist and evolved into our full-time receptionist Monday through Friday. She is the glue that keeps our front area running. Like many of us, Terry has had to adapt to the ever-changing guidelines due to the pandemic. She has become a super multi-tasker, from answering the phones, checking in visitors, checking employee temperatures to directing traffic, just to name a few. Terry, on average, takes 380 temperatures each day! Terry's commitment to the safety of the residents and staff is truly commendable. I like to refer to Terry as "Fort Knox" with her down at the front desk. I know no one will get by her without her knowing. Thank you, Terry, for being part of our Belmont Family. We could not have survived the year without you!

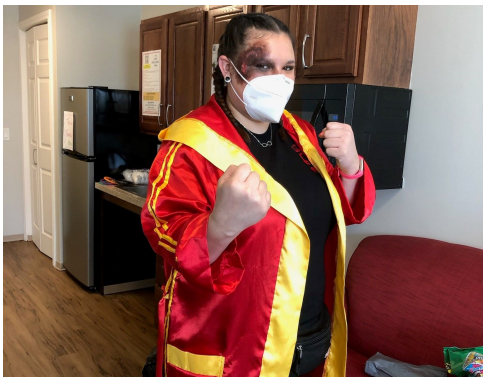
George Mason University WINNER Healthcare Award for Circle of Friends®

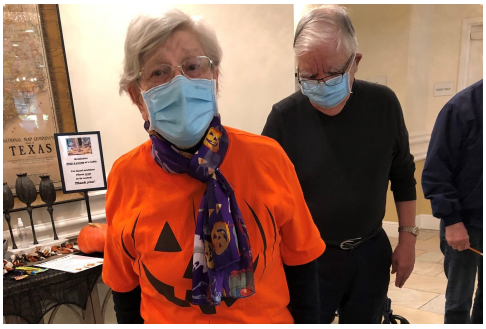
Circle of Friends & Neighborhood

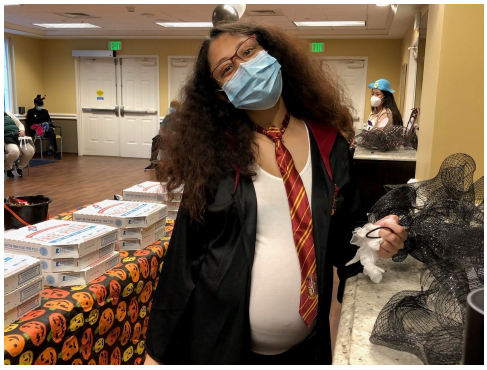
What a year! As I am writing this, I am currently working in our Cohort Unit. We aren't letting COVID-19 keep us from activities this Holiday season. We have a number of things to keep us busy and laughing, including old '80s sitcoms, therapeutic coloring, holiday crafts, and more!

I want to take a moment to reiterate how thankful we are for our staff for working tirelessly this year and caring for our residents like family. We also want to say Thank You to our families for trusting your loved ones with us and showing your support and patience during such an unprecedented time.

I truly wish you a wonderful Holiday season and hope that you can find some peace and joy through the challenges.







NEW NEWSLETTER

This Newsletter, December 2020, will be the last Newsletter of its kind- We are going digital! Both residents and families will enjoy a new, modern newsletter and calendar through an app called "Spectrio Share", available on your devices. This new platform will allow family members to see activity participation, communicate with their loved ones at BV, see live schedule updates, and more. And don't worry; Residents will still have access to calendars and schedules inside the building. We are excited to take this next step together and be able to better connect our residents and families.

RehabCare

INTRODUCING... ERIC CARSON

My name is Eric Carson, CPT, SNS. I'm 24 years old and I'm the Wellness Coordinator at Belmont Village Turtle Creek. I graduated from Stephen F. Austin University August 2019 with my BS in science. I love traveling, watching and playing sports, working out and spending time with family.

TURTLE CREEK MEMORIES

Craft time!

Dino poses for Veterans Day

Thankful

Enjoying lunch

Open Enrollment

Dementia training

BELMONT Village
SENIOR LIVING

TURTLE CREEK

3535 N Hall Street
Dallas, TX 75219

ALF 105870

BELMONT VILLAGE COMMUNITIES

CALIFORNIA: Albany, Aliso Viejo, Burbank, Calabasas, 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, Lincoln Park

SOUTHERN US: Memphis, Nashville, Louisville, Dallas, Fort Lauderdale
Atlanta – Buckhead and Johns Creek
Austin – Lakeway and West Lake Hills
Houston – West University and Hunters Creek

belmontvillage.com

©2020 BELMONT VILLAGE, L.P.