

THE VILLAGE NEWS



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

AUGUST 2020

Director's Corner

Dear Belmont Village Families and Residents,

Thank you very much for being part of our community. Over the past few weeks, you may have noticed a few changes in the community.

First, I would like to wish Chef Francis Walters a fond farewell. Over the past year, it has been a pleasure to work with Francis. His culinary talent and showmanship were showcases at our many events and daily dining experiences. Your partnership will be missed.

Please join me in welcoming our new Chef Manager Abdulah Al Jebouri! We are very excited to have him on our team. Chef Abdulah has spent the past several years growing in his culinary career working with seniors. He is passionate about caring for our residents and working to make senior living a wonderful experience.

I also would like to announce that our Director of Resident Services, Theresa Jackson, will be transitioning to our Lakeway community. Theresa has been with Belmont Village for the

past seven years and I wish her well as her career continues to grow.

Please join me in celebrating the promotion of Jennifer Gloyd from the Wellness Coordinator, to our new Director of Resident Care Services. Jennifer has grown with our community over the past two years, proving herself to be a leader in providing exceptional care to our residents.

Thank you all for your continued partnership as we continue to adapt our community.

Bradley Howell
Executive Director
Belmont Village West
Lake Hills



OUR TEAM

Executive Director

Bradley Howell
bhowell@belmontvillage.com

Dir. of Resident Care Services

Theresa Jackson
mjackson@belmontvillage.com

Director of Memory Care Programming

Megan Ris
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Activity Program Coordinator

Bridget Bechtel
bbechtel@belmontvillage.com

Human Resource Generalist

Heather Geib
Hgeib@belmontvillage.com

Community Relations

Peggy Bulger
pbulger@belmontvillage.com

Jamie Smithson
jsmithson@belmontvillage.com

Building Engineer

Scott Schlicke
sschlicke@belmontvillage.com





FIRST MONDAY

2:00 Resident Council

FIRST THURSDAY

11:30 New Family Orientation
Lunch

THIRD WEDNESDAY

1:30 Food for Thought
with Chef Francis

FOURTH MONDAY

2:00 Tiny Tails Pet Therapy

LAST FRIDAY

11:00 Birthday Party Luncheon

COMMUNITY MOVIE DAYS & TIMES

7:00pm Thursdays

- 2:30pm Fridays - Repeat showing of Thursday movie

7:00pm Saturdays

- 1:30pm Sundays - Repeat Showing of Saturday movie



GROWTH IN QUARANTINE

Our sales team is thrilled to continue the series of Zoom calls designed to give families and loved ones the tools to continue to navigate these uncertain times. For the month of August they will be facilitating two talks on August 4th and August 18th.



EMPLOYEE MILESTONES

Congratulations to all employees celebrating work milestones this month! You are an essential part of the team!

4 Years

Beverly Spruell

2 Years

Charisse Williams

Sandra Kootsikis

1 Year

Iris Phillips

Alexandra Edwards

Christine Rivera

Araceli Martinez Torres

Tyra Monroe

Jake Zapata



WELCOME TO BELMONT!

A warm welcome to the new residents in our community. Please extend a hello to Bob and Clo Bains, Patricia Newton, John Jameson, Mickey Finch, and Clare Hudspeth. We look forward to getting to know them and making them feel at home at Belmont.



NEIGHBORHOOD SPOTLIGHT

This may have been no ordinary July, but spirits are always high in the Neighborhood. We had a blast celebrating Independence Day with an all-American hallway parade and BBQ lunch. And fireworks on the big screen are almost as good as the outdoors- with no mosquitos! Every week we've had a creative traveling happy hour- from Hawaiian Day to a Circus to an Ice Cream Truck, there's always something different. Our favorite celebration this week may have been Shark Day, as we appreciated these mysterious creatures and took hilarious pictures in the jaws of a shark! We continue to enjoy entertainment provided by Belmont Staff and virtual performances by Bob Appel. We certainly miss having our doors open, but we are making lemonade from lemons this summer until we meet again!



MONTHLY BIRTHDAY LUNCH

Our birthday luncheon will be postponed until we can all safely gather again. We will celebrate all birthdays individually until that time.

RESIDENT BIRTHDAYS

- 8/12 Mary Lou Matthews
- 8/23 Len Williams
- 8/27 Martha Worchel
- 8/29 Gayle DeGeorge
- 8/29 Charles Gilpin
- 8/29 Alex Mackay





EMPLOYEE BIRTHDAYS

- 8/04 Alexandra Edwards
- 8/06 Amy Lopez
- 8/07 Beverly Spruell
- 8/09 Stephanie Streets
- 8/11 Araceli Martinez Torres



Happy Birthday



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Events Are Subject to Change</p>						<p>1 9:30 ■ TH <i>Monthly Veterans' Coffee with Jimmy Screen</i> ★ 10:00 ■ TH Group Crossword with Eddy ★ 10:45 ■ TH Music Therapy with Casey ● 3:00 ■ TH Bingo ★ 7:00 ■ TH Community Movie Night ●</p>
2	3	4	5	6	7	8
<p>8:30 ■ OT Church Transportation Begins ● 9:30 ■ TH Live Broadcast from River Bend Church ● 1:30 ■ TH Community Movie Matinee ● 2:00 ■ OT Neighborhood Outing ● 3:30 ■ GR Live Music and Sunday Sundaes Happy Hour ★</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ TH <i>Healthy Learning Lecture with Chelsea</i> ★ 11:15 ■ TH Nature Documentary ★ 2:00 ■ TH Cooking with Casey ★ 2:30 ■ PR Party Bridge ★ 7:00 ■ TH Madam Secretary ★</p>	<p>10:00 ■ TH Brain Games ★ 10:30 ■ TH Stay Strong with Damien ♥ 1:30 ■ TH Catholic Service ● 3:30 ■ TH Understanding Great Music ★ 7:00 ■ TH TV Series: Frankie and Grace ★</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ TH Stay Smart with Damien ★ 11:00 ■ OT AL Out to Lunch - Pint House Pizza 1:30 ■ CF Yoga ♥ 2:00 ■ GR Belmont Stakes Horse Race Game ★ 6:30 ■ TH Bingo with Roger ●</p>	<p>9:45 ■ TH Stay Strong with Damien ♥ 10:30 ■ TH Brain Games ★ 11:15 ■ TH Nature Documentary ★ 11:30 ■ BT New Family Orientation Lunch ★ 1:45 ■ TH <i>Stretch and Balance Fitness with Damien</i> ♥ 4:00 ■ GR Live Music Happy Hour ● 7:00 ■ GR Community Movie Night ●</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ TH Hangman Trivia Challenge ★ 1:00 ■ TH <i>Community Movie Matinee</i> ★ 2:30 ■ PR Bridge ★ 7:00 ■ TH Movie Series: Heartland ●</p>	<p>10:00 ■ TH Group Crossword with Eddy ★ 10:45 ■ TH Music Therapy with Casey ● 3:00 ■ TH Bingo ★ 7:00 ■ TH Community Movie Night ●</p>
9	10	11	12	13	14	15
<p>8:30 ■ OT Church Transportation Begins ● 9:30 ■ TH Live Broadcast from River Bend Church ● 11:00 ■ TH Church with Westlake United Methodist Ministries ● 1:30 ■ TH Community Movie Matinee ● 2:00 ■ OT Neighborhood Outing ● 3:30 ■ GR Live Music and Sunday Sundaes Happy Hour ●</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ TH Brain Games ★ 11:15 ■ TH Nature Documentary ★ 2:00 ■ TH Cooking with Casey ★ 2:30 ■ PR Party Bridge ★ 7:00 ■ TH Madam Secretary ★</p>	<p>10:00 ■ TH Brain Games ★ 10:30 ■ TH Stay Strong with Damien ♥ 1:30 ■ TH Catholic Service ● 2:30 ■ TH Bible Study w/Lynn Barton ● 3:30 ■ TH Understanding Great Music ★ 7:00 ■ TH TV Series: Frankie and Grace ★</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ TH Stay Smart with Damien ★ 11:00 ■ OT AL Out to Lunch - Cypress Grill ♥ 12:30 ■ GR Pet Therapy with Austin & Natalina ● 1:30 ■ CF Yoga ♥ 2:00 ■ GR Belmont Stakes Horse Race Game ★ 6:30 ■ TH Bingo with Roger ●</p>	<p>9:45 ■ TH Stay Strong with Damien ♥ 10:30 ■ TH Brain Games ★ 11:15 ■ TH Nature Documentary ★ 1:45 ■ TH <i>Stretch and Balance Fitness with Damien</i> ♥ 4:00 ■ GR Live Music Happy Hour ● 7:00 ■ GR Community Movie Night ●</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ TH Hangman Trivia Challenge ★ 1:00 ■ TH <i>Community Movie Matinee</i> ★ 2:30 ■ PR Bridge ★ 7:00 ■ TH Movie Series: Heartland ●</p>	<p>10:00 ■ TH Group Crossword with Eddy ★ 10:45 ■ TH Music Therapy with Casey ● 3:00 ■ TH Bingo ★ 7:00 ■ TH Community Movie Night ●</p>
16	17	18	19	20	21	22
<p>8:30 ■ OT Church Transportation Begins ● 9:30 ■ TH Live Broadcast from River Bend Church ● 11:00 ■ TH Church in Town Hall ● 1:30 ■ TH Community Movie Matinee ● 2:00 ■ OT Neighborhood Outing ● 3:30 ■ GR Sunday Sundaes Happy Hour ★</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ TH Brain Games ★ 11:15 ■ TH Nature Documentary ★ 2:00 ■ GR Community Arts and Crafts Exploration with A Spacious Place ● 2:00 ■ TH Cooking with Casey ★ 2:30 ■ PR Party Bridge ★ 7:00 ■ TH Madam Secretary ★</p>	<p>10:00 ■ TH Brain Games ★ 10:30 ■ TH Stay Strong with Damien ♥ 1:30 ■ TH Catholic Service ● 3:30 ■ TH Understanding Great Music ★ 7:00 ■ TH TV Series: Frankie and Grace ★</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ TH Stay Smart with Damien ★ 11:00 ■ OT AL Out to Lunch - Cafe Blue ♥ 1:30 ■ BT <i>Food for Thought with Chef Francis</i> ♥ 1:30 ■ CF Yoga ♥ 2:00 ■ GR Belmont Stakes Horse Race Game ★ 6:30 ■ TH Bingo with Roger ●</p>	<p>9:45 ■ TH Stay Strong with Damien ♥ 10:30 ■ TH Brain Games ♥ 11:15 ■ TH Nature Documentary ★ 1:45 ■ TH <i>Stretch and Balance Fitness with Damien</i> ♥ 4:00 ■ GR Live Music Happy Hour ● 7:00 ■ GR Community Movie Night ●</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ TH Hangman Trivia Challenge ★ 1:00 ■ TH <i>Community Movie Matinee</i> ★ 2:30 ■ PR Bridge ★ 7:00 ■ TH Movie Series: Heartland ●</p>	<p>10:00 ■ TH Group Crossword with Eddy ★ 10:45 ■ TH Music Therapy with Casey ● 3:00 ■ TH Bingo ★ 7:00 ■ TH Community Movie Night ●</p>
23	24	25	26	27	28	29
<p>8:30 ■ OT Church Transportation Begins ● 9:30 ■ TH Live Broadcast from River Bend Church ● 2:00 ■ OT Neighborhood Outing ● 3:30 ■ GR Sunday Sundaes Happy Hour and Name That Tune Game ★</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ TH Brain Games ★ 11:15 ■ TH Nature Documentary ★ 2:00 ■ TH Cooking with Casey ★ 2:30 ■ PR Party Bridge ★</p>	<p>10:00 ■ TH Brain Games ★ 10:30 ■ TH Stay Strong with Damien ♥ 1:30 ■ TH Catholic Service ● 2:30 ■ TH Bible Study w/Lynn Barton ● 3:30 ■ TH Understanding Great Music ★ 7:00 ■ TH TV Series: Frankie and Grace ★</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ OT NH Outing ★ 10:30 ■ TH Stay Smart with Damien ★ 12:30 ■ GR Pet Therapy with Austin & Natalina ● 1:30 ■ CF Yoga ♥ 2:00 ■ GR Belmont Stakes Horse Race Game ★ 6:30 ■ TH Bingo with Roger ●</p>	<p>9:45 ■ TH Stay Strong with Damien ♥ 10:30 ■ TH Brain Games ● 11:15 ■ TH Nature Documentary ★ 1:45 ■ TH <i>Stretch and Balance Fitness with Damien</i> ♥ 4:00 ■ GR Happy Hour and Musical Games with Damien 4:00 ■ GR Live Music Happy Hour ★ 7:00 ■ GR Community Movie Night ●</p>	<p>10:00 ■ TH Strength Training ♥ 10:30 ■ TH Hangman Trivia Challenge ★ 11:00 ■ BT <i>Birthday Party Luncheon</i> ● 1:00 ■ TH <i>Community Movie Matinee</i> ★ 2:30 ■ PR Bridge ★ 7:00 ■ TH Movie Series: Heartland ●</p>	<p>10:00 ■ TH Group Crossword with Eddy ★ 10:45 ■ TH Music Therapy with Casey ● 3:00 ■ TH Bingo ★</p>
30	31					
<p>8:30 ■ OT Church Transportation Begins ● 2:00 ■ OT Neighborhood Outing ●</p>	<p>10:00 ■ TH Strength Training ♥ 11:15 ■ TH Nature Documentary ★ 2:00 ■ TH Cooking with Casey ★ 2:30 ■ PR Party Bridge ★</p>					

TRANSPORTATION SCHEDULE

Medical Appointments:

Mondays * Thursdays * Fridays

8:00am - 3:00pm

Tuesdays * Wednesdays

1:30pm - 3:00pm

Grocery Shopping

Mondays & Fridays

2:30pm

Target & Walmart Shopping

Saturdays

1:30pm

Church Transportation

Sundays

8:30am - 1:00pm

Circle of Friends Outings

Tuesdays

9:30am - 1:00pm

Assisted Living Outings

Wednesdays

10:00am - 1:00pm

Neighborhood Outings

Sundays

2:00pm

Please make all appointments with the drivers through the front desk. Please RSVP for all shopping trips.



"This Month In History" AUGUST

1902: Pioneering cookbook author Fannie Farmer opens a cooking school in Boston, Miss Farmer's School of Cookery.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1948: As part of the Berlin airlift operation, American and British planes fly in a record 5,000 tons of supplies in one day to parts of the city cut off by a Soviet blockade.

1962: Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day.



SCHOOL SUPPLIES FOR STAFF

As we prepare to start a new school year the management team here at Belmont is organizing a drive for school supplies for the children of our employees. We are looking for all things to ensure the students have a successful school year! Supplies will be for elementary and high school aged students. Please contact Heather Geib hgeib@belmontvillage.com or Bridget Bechtel bbechtel@belmontvillage.com to participate.



HAPPY ANNIVERSARY!

Wishing a happy anniversary to Bob and Clo Bains! They married on August 19th, 1951 in Louisiana. We congratulate them on 69 wonderful years.



MESSAGE FROM REHABCARE

Unresolved pain contributes to functional decline, depression, social isolation and an overall sense of diminished dignity and self-esteem. RehabCare PLUS outpatient rehabilitation programs include therapies designed specifically to help people experiencing pain achieve the best possible outcomes. Comprehensive treatment plans are designed to each person's goals and needs as well as address the physical and mental aspects of pain that can diminish quality of life. Our pain management program is designed to identify the source of pain, effectively manage symptoms and complications, and restore functional independence. Specialized services for pain management include, but not limited to: integrated Eastern and Western medical approaches to maximize outcomes, Kinesio Taping to provide stability and support to joints and muscles, and education to provide understanding on how pain management works and the active role the patient plays in their success. Please contact Marcus Gamboa, RehabCare Program Director at 512-347-1700 ext.118 for more information, or to sign up for your personal pain management program.

SPECIAL DELIVERY!

Residents have enjoyed the traveling fun Happy Hour carts that have been coming door to door. The Activities department has had an ice cream social, strawberry daiquiris, and circus fare! We have enjoyed the opportunity to bring some silliness and joy during the week.



WELCOME CHEF!

Belmont Village Westlake Hills is excited to announce the newest member of our team, Abdulah Aljebouri. Abdulah takes over the role of Chef Manager, he comes to Belmont after a long career in senior living and we look forward to what new things he can bring to Josephine's Kitchen. Abdulah was born and raised in Baghdad, Iraq and came to America when he was 18 years old. His favorite things about Austin are the great weather, delicious food, the friendly people, and Barton Springs. When he isn't working, Abdulah enjoys spending time with his friends and family, weightlifting, and traveling. Some of his favorite places he has been are Vietnam, Thailand, Turkey, and Dubai.

Abulah's favorite dish is kofta which is a Mediterranean dish with ground beef and lamb cooked in an eggplant potato stew. It reminds him of home and of his mother's and grandmother's cooking.

We look forward to seeing what he brings to the kitchen!



THE BELMONT SCENE



BELMONT *Village*

SENIOR LIVING

WEST LAKE HILLS

4310 Bee Cave Road
West Lake Hills, TX 78746

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



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