

THE VILLAGE NEWS



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

AUGUST 2020

WAYS TO PRACTICE MINDFULNESS

Try some of these mindfulness techniques:

- Practice deep breathing. Inhale slowly through your nose for three seconds, hold for one second, then exhale slowly for four seconds.
- Listen to music that makes you feel calm.
- Put on a favorite scented lotion or cologne. Close your eyes and take a few moments to simply experience the fragrance.
- Enjoy nature—even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Get creative. Many artistic hobbies, including coloring, needlework and carving, are meditative in nature, especially when you focus on the repetitive movement of your fingers and hands.

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

WE SALUTE YOU, CAREGIVERS

Think of the word "caregiver" and you're unlikely to question how the term got its name. To care is "to be concerned" and to give is to "offer to another." Someone who offers their concerns for another is compassionate, kindhearted and undoubtedly needed. For all the things caregivers do, from assisting with everyday tasks to providing companionship and a listening ear, they deserve much praise. We offer a heartfelt thanks and a special salute to all the caregivers in our community!

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Happy Birthday

RESIDENT B-DAYS

8/3	Sara S.
8/6	Bonna B.
8/19	Barbara S.
8/19	Jo H.
8/22	Norma R.
8/27	Henry K.
8/28	Shirley B.

EMPLOYEE B-DAYS

8/2	LaToya F.
8/4	DeAndra L.
8/7	Henry O.
8/7	Kaleigh U.
8/11	Erica G.
8/15	Dishikqua G.
8/17	Maria G.
8/18	Julia T.
8/20	Lydia F.
8/21	Barima A.
8/23	Wanda D.
8/25	Samantha L.
8/26	Octavia C.
8/27	Mary O.
8/30	Denise N.



THE 411 ON FACE MASKS

When following the recommendation to wear face masks in public settings, remember these guidelines:

- Masks should fit snugly against the face and cover both your nose and mouth.
- Wash your hands or use hand sanitizer before putting the mask on and after taking it off. Take care to only touch the mask on the ear straps, and do not touch your eyes, nose or mouth.
- Cloth face coverings need to be washed at least once daily. Do not reuse a disposable mask.

For more information and instruction on how to make your own cloth face mask, visit [CDC.gov](https://www.cdc.gov).

KEEPING YOU INFORMED

As you know, we are continuing to closely monitor the evolving situation caused by COVID-19. Our top priority is the safety and well-being of our residents and staff. To help protect their health and safety, and following the recommendations of the Centers for Disease Control and Prevention, we are limiting nonessential visits, large community gatherings, and resident outings. Know that we have screening protocols in place to ensure residents are in good health, and team members and essential outside care providers and vendors are being screened as well. If you have any questions, we will be happy to speak with you.

"This Month In History"

AUGUST

1909: The U.S. military enters the aviation age when the Army purchases its first airplane, the Wright Military Flyer, built by the Wright brothers.

1910: Chicago engineer Alva J. Fisher receives a patent for his electric motor-powered washing machine. The washer was sold under the brand name Thor.

1939: Business tycoon and pilot Howard Hughes receives the

Congressional Gold Medal for "advancing the science of aviation."

1942: The Battle of Guadalcanal begins. It was the first major Allied offensive in the Pacific during World War II.

1957: With teens dancing to the day's hit music, "American Bandstand," hosted by Dick Clark, starts broadcasting nationwide.

1962: Spider-Man makes his debut in the comic book "Amazing Fantasy" issue No. 15, published by Marvel Comics.

1970: Introduced by Neil Diamond at a club in Hollywood, singer Elton John performs his first show in the U.S.

1981: The IBM Personal Computer goes on sale with a price tag of \$1,565.

1993: Parisian officials welcome the 150 millionth visitor to the Eiffel Tower since it opened in 1889.

2001: Astronomers announce the discovery of the first solar system outside our own when they identify two planets orbiting a star in the Big Dipper constellation.

2008: China's capital city of Beijing hosts the Summer Olympic Games.

2017: In a rare coast-to-coast total solar eclipse, the moon's shadow sweeps across 14 U.S. states.

GOOD HYGIENE TIPS

One of the best ways to prevent illness is by practicing good personal hygiene. Take these steps to protect yourself:

Wash your hands well and often. Use soap and water and wash hands for at least 20 seconds, making sure to scrub the backs of your hands, between the fingers, your thumbs and your fingernails. This is especially important after coughing, sneezing, blowing your nose or being in a public space.

Use hand sanitizer if soap and water are not available. Be sure your hand sanitizer contains at least 60% alcohol. Cover all surfaces of your hands and rub them together for at least 20 seconds until they feel dry.

Avoid touching your face. Although it can be difficult and requires conscious effort, keep your hands away from your eyes, nose and mouth.

Follow proper etiquette when you sneeze or cough. Cover your nose and mouth with a tissue when you sneeze or cough. Throw away the tissue, then wash your hands well or use hand sanitizer. If you don't have a tissue, sneeze or cough into your elbow, not into your hands.



POPULAR PAGES: 'THE CALL OF CTHULHU'

Now one of the most famous monsters in literature, horror writer H.P. Lovecraft's creation Cthulhu was introduced in this short story, published in *Weird Tales* magazine in 1928. In the tale, the narrator finds a sculpture of Cthulhu in his late relative's possessions and begins a quest to uncover the truth about the mysterious beast. Described as a giant, dragon-like creature with the head of an octopus, Cthulhu sleeps at the bottom of the sea, waiting to be released so he can unleash his destructive powers. The monster is often referenced in both the entertainment and scientific communities, and is part of a larger fictional universe called the Cthulhu Mythos, which was expanded upon in later works by Lovecraft and other fantasy writers.



TALK ABOUT IT: COME SAIL AWAY!

Use this discussion topic to reminisce about your favorite getaway or plan your dream vacation. Talk with your friends about your perfect vacation spot and what you would do.

- Would you go to a warm, sunny, tropical climate, or would you race down snowy mountains all bundled up? Are you the type to rough it while camping, or would you rather be cozy in a bed and breakfast?
- Travel has changed over the years. For example, people used to dress to the nines when flying. What did you wear on your first airplane ride?
- Everyone has a vacation that didn't turn out quite like they planned. What is your worst or funniest vacation memory?

Doctors' Appointments Days



Monday, Tuesday, Wednesday

If you require transportation to your appointment, please schedule it with the driver 48 hours in advance.

We cover an 8-10 mile radius for all appointments.

Appointments made on outing days (Thursdays and Fridays) are not guaranteed transportation.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>9:30 TH Morning Workout</p> <p>10:15 GR This Day in History 🌿</p> <p>1:15 TH Bingo</p> <p>2:00 GR Mind Maneuvers w/Chris</p> <p>3:00 GR Zen Coloring and Conversation</p> <p>6:00 GR Fun Facts and Trivia with Sam</p> <p>7:00 CL Game Night: Monopoly</p>
<p>2</p> <p>9:15 GR Morning Fellowship w/ Jackie and Friends</p> <p>9:30 TH Morning Aerobics</p> <p>10:30 GR Brain Teasers 🌿</p> <p>1:00 CF Church Service</p> <p>2:00 GR Crosswords w/ Chris</p> <p>3:00 GR Afternoon Trivia</p> <p>5:30 TH Sunday Evening Movie</p>	<p>3</p> <p>9:30 TH Walking Club</p> <p>10:15 GR Morning Mental Warm-ups 🌿</p> <p>1:00 TH Core and Strength Training 🌿</p> <p>2:00 TH Afternoon Documentary 🌿</p> <p>3:00 GR Brain Games 🌿</p> <p>6:00 B Jigsaw Puzzle Night</p> <p>6:00 GR Zooming and Such w/Friends</p>	<p>4</p> <p>9:30 TH Walking Club</p> <p>10:00 3F Bridge Club</p> <p>10:15 GR Morning Brain Boosters 🌿</p> <p>1:00 TH Fall Prevention Fitness Class</p> <p>2:00 TH Afternoon Documentary</p> <p>3:00 CL Sustain the Brain 🌿</p> <p>6:30 TH Night at the Movies</p>	<p>5</p> <p>9:30 TH Walking Club</p> <p>10:15 GR Rebus Puzzles</p> <p>1:00 TH Core and Strength Training</p> <p>2:00 GR Categories: A Word Game 🌿</p> <p>3:00 TH Jeopardy! 🌿</p> <p>7:00 TH Bible Study</p>	<p>6</p> <p>9:30 TH Walking Club</p> <p>10:15 GR Mental Warm-ups 🌿</p> <p>1:00 TH Fall Prevention Fitness Class</p> <p>2:00 GR Think Tank 🌿</p> <p>3:00 GR Wine and Cheese Social</p> <p>7:00 3F Game Night: Scrabble</p>	<p>7</p> <p>9:30 TH Walking Club</p> <p>10:15 CL Knitting Club 🌿</p> <p>10:15 GR Morning Mental Warm-ups</p> <p>1:00 TH Core and Strength Training</p> <p>2:15 TH Popcorn and a Movie</p> <p>4:30 TH Shabbat Service</p> <p>6:30 TH Friday Night Feature Movie</p>	<p>8</p> <p>9:30 TH Morning Workout</p> <p>10:15 GR This Day in History 🌿</p> <p>1:15 TH Bingo</p> <p>2:00 GR Mind Maneuvers w/Chris</p> <p>3:00 GR Zen Coloring and Conversation</p> <p>6:00 GR Fun Facts and Trivia with Sam</p> <p>7:00 CL Game Night: Monopoly</p>
<p>9</p> <p>9:15 GR Morning Fellowship w/ Jackie and Friends</p> <p>9:30 TH Morning Aerobics</p> <p>10:30 GR Brain Teasers 🌿</p> <p>1:00 CF Church Service</p> <p>2:00 GR Crosswords w/ Chris</p> <p>3:00 GR Afternoon Trivia</p> <p>5:30 TH Sunday Evening Movie</p>	<p>10</p> <p>9:30 TH Walking Club</p> <p>10:15 GR Morning Mental Warm-ups 🌿</p> <p>1:00 TH Core and Strength Training 🌿</p> <p>2:00 TH Afternoon Documentary 🌿</p> <p>3:00 GR Brain Games 🌿</p> <p>6:00 B Jigsaw Puzzle Night</p> <p>6:00 GR Zooming and Such w/Friends</p>	<p>11</p> <p>9:30 TH Qi Gong ★</p> <p>9:30 TH Walking Club</p> <p>10:00 3F Bridge Club</p> <p>10:15 GR Morning Brain Boosters 🌿</p> <p>1:00 TH Fall Prevention Fitness Class</p> <p>1:30 CL Belmont Helping Hands Meeting</p> <p>2:30 TH Zoom w/Mr. McKinney's Historic Houston ★</p> <p>6:30 TH Night at the Movies</p>	<p>12</p> <p>9:30 TH Walking Club</p> <p>10:15 GR Rebus Puzzles</p> <p>1:00 TH Core and Strength Training</p> <p>2:00 GR Categories: A Word Game 🌿</p> <p>3:00 TH Belmont Art Studio with Lisa 🌿</p> <p>6:00 CF Dementia Discussion Group 🌿</p> <p>7:00 TH Bible Study</p>	<p>13</p> <p>9:30 TH Walking Club</p> <p>10:15 GR Mental Warm-ups 🌿</p> <p>11:00 CL Electronic Help: Q&A W/Patrick 🌿</p> <p>1:00 TH Fall Prevention Fitness Class</p> <p>2:00 GR Think Tank 🌿</p> <p>3:00 GR Wine and Cheese Social</p> <p>7:00 3F Game Night: Scrabble</p>	<p>14</p> <p>9:30 TH Walking Club</p> <p>10:15 CL Knitting Club 🌿</p> <p>10:15 GR Morning Mental Warm-ups</p> <p>1:00 TH Core and Strength Training</p> <p>2:15 TH Popcorn and a Movie</p> <p>4:30 TH Shabbat Service</p> <p>6:30 TH Friday Night Feature Movie</p>	<p>15</p> <p>9:30 TH Morning Workout</p> <p>10:15 GR This Day in History 🌿</p> <p>1:15 TH Bingo</p> <p>2:00 GR Mind Maneuvers w/Chris</p> <p>3:00 GR Zen Coloring and Conversation</p> <p>6:00 GR Fun Facts and Trivia with Sam</p> <p>7:00 CL Game Night: Monopoly</p>
<p>16</p> <p>9:15 GR Morning Fellowship w/ Jackie and Friends</p> <p>9:30 TH Morning Aerobics</p> <p>10:30 GR Brain Teasers 🌿</p> <p>1:00 CF Church Service</p> <p>2:00 GR Crosswords w/ Chris</p> <p>3:00 GR Afternoon Trivia</p> <p>5:30 GR Music of Harmony ★</p> <p>5:30 TH Sunday Evening Movie</p>	<p>17</p> <p>9:30 TH Walking Club</p> <p>10:15 GR Morning Mental Warm-ups 🌿</p> <p>1:00 TH Core and Strength Training 🌿</p> <p>2:00 TH Afternoon Documentary 🌿</p> <p>2:30 GR Judaic Program ★</p> <p>3:00 GR Brain Games 🌿</p> <p>6:00 B Jigsaw Puzzle Night</p> <p>6:00 GR Zooming and Such w/Friends</p>	<p>18</p> <p>9:30 TH Walking Club</p> <p>10:00 3F Bridge Club</p> <p>10:15 GR Morning Brain Boosters 🌿</p> <p>1:00 TH Fall Prevention Fitness Class</p> <p>2:00 TH Afternoon Documentary</p> <p>3:00 CL Brain Drain 🌿</p> <p>6:30 TH Night at the Movies</p>	<p>19</p> <p>9:30 TH Walking Club</p> <p>10:15 GR Rebus Puzzles</p> <p>1:00 TH Core and Strength Training</p> <p>2:00 GR Categories: A Word Game 🌿</p> <p>3:00 GR Riddle Me Wednesday</p> <p>5:30 CF Family In-Touch Meeting</p> <p>7:00 TH Bible Study</p>	<p>20</p> <p>9:30 TH Walking Club</p> <p>10:15 GR Mental Warm-ups 🌿</p> <p>1:00 TH Fall Prevention Fitness Class</p> <p>2:00 GR Think Tank 🌿</p> <p>3:00 GR Wine and Cheese Social</p> <p>7:00 3F Game Night: Scrabble</p>	<p>21</p> <p>9:30 TH Walking Club</p> <p>10:15 CL Knitting Club 🌿</p> <p>10:15 GR Morning Mental Warm-ups</p> <p>1:00 TH Core and Strength Training</p> <p>2:15 TH Popcorn and a Movie</p> <p>4:30 TH Shabbat Service</p> <p>6:30 TH Friday Night Feature Movie</p>	<p>22</p> <p>9:30 TH Morning Workout</p> <p>9:45 GR Paw-sitive Pets Visit</p> <p>10:15 GR This Day in History 🌿</p> <p>1:15 TH Bingo</p> <p>2:00 GR Mind Maneuvers w/Chris</p> <p>3:00 GR Zen Coloring and Conversation</p> <p>6:00 GR Fun Facts and Trivia with Sam</p> <p>7:00 CL Game Night: Monopoly</p>
<p>23</p> <p>9:15 GR Morning Fellowship w/ Jackie and Friends</p> <p>9:30 TH Morning Aerobics</p> <p>10:30 GR Brain Teasers 🌿</p> <p>3:00 GR Afternoon Trivia</p> <p>5:30 TH Sunday Evening Movie</p>	<p>24</p> <p>9:30 TH Walking Club</p> <p>1:00 TH Core and Strength Training 🌿</p> <p>2:00 TH Afternoon Documentary 🌿</p> <p>3:00 GR Brain Games 🌿</p> <p>6:00 GR Zooming and Such w/Friends</p>	<p>25</p> <p>9:30 TH Walking Club</p> <p>10:00 3F Bridge Club</p> <p>10:15 GR Morning Brain Boosters 🌿</p> <p>1:00 TH Fall Prevention Fitness Class</p> <p>1:30 CL Belmont Helping Hands Meeting</p> <p>3:00 TH Resident Council 🌿</p> <p>6:30 TH Night at the Movies</p>	<p>26</p> <p>9:30 TH Walking Club</p> <p>10:15 GR Rebus Puzzles</p> <p>1:00 TH Core and Strength Training</p> <p>2:00 GR Categories: A Word Game 🌿</p> <p>2:00 CT Poker Club</p> <p>3:30 TH Wheel of Fortune 🌿</p> <p>7:00 TH Bible Study</p>	<p>27</p> <p>9:30 TH Walking Club</p> <p>10:15 GR Mental Warm-ups 🌿</p> <p>1:00 TH Fall Prevention Fitness Class</p> <p>2:00 GR Think Tank 🌿</p> <p>3:00 GR Wine and Cheese Social</p> <p>7:00 3F Game Night: Scrabble</p>	<p>28</p> <p>9:30 TH Walking Club</p> <p>10:15 CL Knitting Club 🌿</p> <p>10:15 GR Morning Mental Warm-ups</p> <p>11:45 JK Monthly Birthday Lunch</p> <p>1:00 TH Core and Strength Training</p> <p>2:15 TH Popcorn and a Movie</p> <p>4:30 TH Shabbat Service</p> <p>6:30 TH Friday Night Feature Movie</p>	<p>29</p> <p>9:30 TH Morning Workout</p> <p>10:15 GR This Day in History 🌿</p> <p>1:15 TH Bingo</p> <p>2:00 GR Mind Maneuvers w/Chris</p> <p>3:00 GR Zen Coloring and Conversation</p> <p>6:00 GR Fun Facts and Trivia with Sam</p> <p>7:00 CL Game Night: Monopoly</p>
<p>30</p> <p>9:15 GR Morning Fellowship w/ Jackie and Friends</p> <p>9:30 TH Morning Aerobics</p> <p>10:30 GR Brain Teasers 🌿</p> <p>2:00 GR Crosswords w/ Chris</p> <p>3:00 GR Afternoon Trivia</p>	<p>31</p> <p>9:30 TH Walking Club</p> <p>1:00 TH Core and Strength Training 🌿</p> <p>2:00 TH Afternoon Documentary 🌿</p> <p>3:00 GR Brain Games 🌿</p> <p>3:00 GR Cooking Demo and Chat w/ Chef Jason 🌿</p>					

Spiritual Corner

Church Service

Sundays, 1 p.m. COF Room

Bible Study

Wednesdays, 7 p.m. TH

Shabbat Service

Fridays, 4:30 p.m. TH

Church Transportation

Sign up with the Concierge.

Communion is available upon request.



Resident Meeting

Sandy Bingham - President

Joanie Hoyer - VP

Resident Council is held on the last

Tuesday of the month

TBD

3pm Town Hall

Welcome New Residents

Welcome to all of our new residents and families!

- New Resident Orientations
TBD



ASSOCIATE OF THE MONTH

Barima Afrane has been with Belmont Village West University for 8 months. Barima works as our HR Assistant, but he graciously steps in as caregiver, mover, and concierge when needed. When not working, Barima enjoys playing basketball, listening to podcasts, and spending time with his family. What he likes most about his job is the positive impact he has on both residents and staff. We thank you Barima for all that you do!

Circle of Friends & Neighborhood

AUGUST BY THE NUMBERS

16:11. Length in minutes and seconds of Martin Luther King Jr.'s "I Have a Dream" speech, delivered on Aug. 28, 1963, during the March on Washington civil rights rally.

700. Estimated number of lighthouses in the United States. Aug. 7 is National Lighthouse Day, when many of these historic structures are open for tours.

135. Chapters in "Moby-Dick," the epic novel by Herman Melville, who was born Aug. 1, 1819.

MAKE TIME TO DO NOTHING

The longer, warmer days of summer are the perfect time to practice *niksen*, the Dutch concept of doing nothing. Daydreaming while looking out a window, sitting on a porch, and listening to music are some examples of *niksen*. Mindless relaxation has been shown to foster both emotional and physical benefits, such as improving the ability to work through a problem and helping the body fight off colds.



Health News

USE IT NOW, KEEP IT LONGER

It's a simple fact: Americans are living longer. As more Americans join the ranks of centenarians, it becomes increasingly important to take steps to protect your health *now* to have good health *later*. A recent study by the Johns Hopkins Bloomberg School of Public Health and Duke University Medical Center supports the "use it or lose it" approach to aging, particularly when it comes to men's health.

In a 28-year-long study that followed 147 pairs of male twins, research found that study participants who engaged in a range of cognitive and social activities during midlife reduced their risk of developing Alzheimer's disease and dementia. Those participants who included more frequent cognitive and socially engaging activities experienced a significantly delayed age of dementia onset, especially those who possessed a higher genetic risk for developing the disease.

The moral of the story? To add life to their years, it is important for middle-aged men to maintain a socially engaging and brain-stimulating lifestyle.

SIMPLE WAYS TO STAY POSITIVE

Explore these activities while social distancing.

Connect with others. Call friends and family members for a chat, or make virtual visits using FaceTime or Skype. Online discussion groups and book clubs can also connect you with others.

Play games. Crosswords, word searches and jigsaw puzzles are great ways to pass the time and give your brain a workout. If you have access to a computer, tablet or smartphone, search for some online games.

Turn to entertainment. Spend some time getting lost in your favorite TV shows, movies, books and music.

Create. Sketching, coloring and crafting are some creative outlets that will keep your hands and mind busy.

Have a laugh. Tune in to a comedy for some chuckles, or go online to find funny videos and jokes.

Write. Jot down what's on your mind, whether it's a fond memory, goal or poem.

Stretch. Doing gentle stretches daily can help lift your mood and boost your energy.

Meditate. Take a few minutes each day to close your eyes and focus on relaxed breathing.

Poetry Corner

WITH CAROLYN MOSS

Quiet Thoughts: Words of Happiness and Inspiration

"If I had two loaves of bread, I would sell one and buy hyacinths, for they would feed my soul." From a Persian Poet

"If I keep a green bough in my heart the singing bird will come." A Chinese Proverb

"A friend is the present you give yourself." Robert Louis Stevenson

"I sought my soul But my soul I could not see. I sought my God, But my God eluded me. I sought my brother, And I found all three." An Old Verse

"Though my soul may set in darkness, It will rise in perfect light. I have loved the stars too fondly To be fearful of the night."



THE BELMONT SCENE



Susan wishing Roylyn a Happy 100th Birthday!



Friends make things better...



Salute to our SHeroes!



Belmont's best and brightest!



Throwback to Havana...



MJ and Maria hanging out

BELMONT *Village*

SENIOR LIVING

WEST UNIVERSITY

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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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