

THE VILLAGE NEWS



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

SEPTEMBER 2020

LIVE BETTER, LIVE LONGER

True, our genes play a role in how long—and how healthy—our lives will be. But genetics are just one side of the longevity coin. Researchers at Harvard Medical School report that several lifestyle changes can help seniors get more years from their lives and life from their years:

Don't smoke. Stay away from cigarettes and cigarette smoke.

Get a move on. The U.S. Department of Health and Human Services recommends at least 150 minutes of moderate activity every week.

Eat like the Greeks. Adhere to the Mediterranean diet of mostly plant foods, with olive oil as the primary fat.

Mind your waist. Obese people are 20 times more likely to get diabetes, and they have a significantly higher risk of heart disease, stroke and gallstones.

Sleep tight. Sleep researchers say most people need seven to nine hours of shut-eye a night.

Find your friends. Socially connected older adults live longer than their solitary counterparts.

A SHINING BEACON

One World Trade Center in New York City stands tall as a symbol of the country's strength, resilience and hope in the wake of 9/11.

The skyscraper, completed in 2014, is located on the northwest corner of the original World Trade Center site and covers 40,000 square feet—a figure nearly identical to the original footprints of the fallen twin towers.

Eight large glass triangles form the reflective surface of the building, which morphs from the shape of a square to an octagon to another square, creating the visual effect of a shining, twisting tower. It took a crew of 10,000 workers eight years to complete the structure.

Including the 408-foot spire at the top, the beacon is 1,776 feet tall, in honor of the year the Declaration of Independence was signed. One World Trade Center is currently the tallest building in the Western Hemisphere and the sixth-tallest building in the world.

The skyscraper's top stories are home to One World Observatory, which offers visitors an inspiring panoramic view of the city.

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Happy Birthday

RESIDENT B-DAYS

9/6	Tiny H.
9/7	Cheryl H.
9/10	Janet L.
9/15	Margaret M.
9/19	Barbara M.
9/20	Verla M.
9/26	David B.
9/27	Louise C.
9/28	Richard F.
9/29	Mary L.

EMPLOYEE B-DAYS

9/4	Blessing A.
9/4	Sherrie R.
9/5	Jared E.
9/6	Maria L.
9/8	Kelli R.
9/9	Ashiat W.
9/13	Emanah R.
9/16	Dorina J.
9/18	Corine G.
9/19	Marcus R.
9/19	Shelia L.
9/28	Phyllis A.
9/28	Shelia G.
9/30	Roconda H.



FALL INTO SEPTEMBER

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means "equal night" in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.



HEROES WORK HERE!

Thanks to all that have worked tirelessly to make sure our residents stay happy and healthy. A special thank you to those that worked long hours in our COVID unit to ensure the residents were comfortable and safe. Those people are: D'Andrea, Eva, Barbara, Corine, Keiarra, Derrek, Florence, and Osa. A million thanks to you all!



DON'T IGNORE DRY MOUTH

Dry mouth isn't normal and shouldn't be ignored. Dry mouth is caused by a decrease in the amount of saliva in the mouth when the salivary glands do not work properly. The salivary glands help keep your mouth moist, which helps prevent decay and other oral health problems.

Dry mouth may be a sign of a serious health condition or may occur when a person is upset or experiences stress. Studies show that up to 400 medications, prescription and over-the-counter, can contribute to symptoms associated with dry mouth. The most common troublemakers are anti-hypertensives, antidepressants, painkillers, tranquilizers, diuretics and antihistamines.

Dry mouth itself can cause health problems, such as difficulty in tasting, chewing or swallowing. It also allows plaque to build up on your teeth faster, leading to a higher risk of cavities. In certain cases, a lack of moisture can make your tongue become very sensitive, causing a condition called burning tongue syndrome.

If you experience dry mouth, talk to your health-care provider. He or she can help determine the cause and how to treat it.

PROTECT YOURSELF FROM HEALTH SCAMS

When it comes to your health, be wary. You are your own best defense. Before you buy an advertised product, find out all you can about it. Don't let a salesperson force you to make a snap decision. Always check with your doctor first.

Like yesteryear's "snake oil" salesman, today's "quack" product pitchmen often use sales tricks, such as:

- Promises for a quick or painless cure
- "Special," "secret" or "ancient" formulas—often only available by mail or from one sponsor
- Testimonials or undocumented case histories from satisfied patients
- Claims for effective relief of a range of ailments
- Claims to cure a disease (such as arthritis or cancer) not yet understood by medical science
- Offers of an additional "free" gift or a larger amount of the product as a "special promotion"
- Requirements of advance payment and limited availability of the product.—

National Institutes on Health



Out & About

GEOGRAPHY 101: COSTA RICA

This Central American country's name means "rich coast" in Spanish, an apt description for a place brimming with biodiversity. Despite its small size, Costa Rica is home to a half-million different species of plants, insects and wildlife. With a landscape that includes lush rainforests, volcanoes, rivers, waterfalls and 800 miles of coastline, adventurers from all over the globe make it a prime destination for activities such as hiking, scuba diving, surfing and kayaking. Tours from hanging bridges and zip lines provide stunning views of the jungle canopy, where exotic animals such as sloths, monkeys and tropical birds live.

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>All Events Are Subject to Change</p>		1	2	3	4	5	
		<p>9:30 TH Health for Life Fitness Class 10:00 TH Great Courses: Living History, Great Events 10:15 GR A.M. Conundrums MBA 1:00 TH Spiro Fitness: Balance Boogie 2:00 GR Sustain the Brain MBA 3:00 TH Wheel of Fortune MBA 6:30 TH Night at the Movies</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:00 TH Great Courses: Living History, Great Events 10:15 GR Rebus Puzzles 1:00 TH Core and Strength Training 2:00 GR Categories: A Word Game MBA 3:00 TH Jeopardy! MBA 6:00 TH Downton Abbey: Season 1</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:00 TH Great Courses: Living History, Great Events 10:15 GR AM Conundrums MBA 1:00 TH Spiro Fitness: Balance Boogie 2:30 JK Wine and Cheese Social 3:15 GR Think Tank MBA 7:00 3F Game Night: Scrabble</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:00 TH Great Courses: Living History, Great Events 10:15 CL Words in Words MBA 1:00 TH Core and Strength Training 2:15 CL Sustain the Brain MBA 4:30 TH Virtual Shabbat Service 6:30 TH Friday Night Feature Movie</p>	<p>9:30 TH Sit and Be Fit 10:15 GR This Day in History MBA 1:15 TH Bingo 2:00 TH Popcorn and Movie: Radioactive 3:00 GR Fun Facts and Trivia with Sam 6:00 GR Zen Coloring and Conversation</p>	
	6	7	8	9	10	11	12
	<p>9:15 GR Morning Fellowship w/ Jackie and Friends 9:30 TH Spiro Fitness: Joyous Movement 10:30 GR Brain Teasers MBA 1:00 TH Catholic Mass-Live Stream 2:00 Rolling Root Beer Floats... 3:30 Virtual Trivia Time w/Tonya MBA 6:00 TH Artistry in Music and Movement Virtual Concert</p>	<p>Labor Day 9:30 TH Rise and Shine Full Body Fitness 10:00 TH Great Courses: Living History, Great Events 1:00 TH FUNctional Fitness Virtual Class MBA 2:00 TH Documentary: Mary Small MBA 3:00 JK Labor Day Live Music 6:00 GR Evening Word Search Puzzles 6:00 TH Lakewood Church Virtual Bible Study</p>	<p>9:30 TH Health for Life Fitness Class 10:00 TH Great Courses: Living History, Great Events 10:15 GR A.M. Conundrums MBA 1:00 TH Spiro Fitness: Balance Boogie 2:00 TH American Experience: Tesla MBA 3:30 TH 30 minute Brain Boosters MBA 6:30 TH Night at the Movies</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:00 TH Great Courses: Living History, Great Events 10:15 GR Rebus Puzzles 1:00 TH Core and Strength Training 2:00 TH Virtual Learning: Digestive Health w/Eppi MBA 3:00 TH Trivia Time MBA 6:00 TH Downton Abbey: Season 1</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:00 TH Great Courses: Living History, Great Events 10:15 GR AM Conundrums MBA 11:00 CL Web Surfing and Electronic Help MBA 1:00 TH Spiro Fitness: Balance Boogie 2:30 JK Wine and Cheese Social 3:15 GR Think Tank MBA 7:00 3F Game Night: Scrabble</p>	<p>Patriot Day 9:30 TH Rise and Shine Full Body Fitness 10:00 TH Great Courses: Living History, Great Events 10:15 CL Words in Words MBA 1:00 TH Core and Strength Training 2:15 CL Sustain the Brain MBA 4:30 TH Virtual Shabbat Service 6:30 TH Friday Night Feature Movie</p>	<p>9:30 TH Sit and Be Fit 10:15 GR This Day in History MBA 1:15 TH Bingo 2:00 TH Popcorn and Movie: Some Like it Hot 3:00 GR Fun Facts and Trivia with Sam 6:00 GR Zen Coloring and Conversation</p>
	13	14	15	16	17	18	19
	<p>Happy Grandparents Day! 9:15 GR Morning Fellowship w/ Jackie and Friends 9:30 TH Spiro Fitness: Joyous Movement 10:30 GR Brain Teasers MBA 1:00 TH Catholic Mass-Live Stream 2:00 Sundae Sunday 3:30 Virtual Trivia Time w/Tonya MBA 6:00 TH Houston Symphony Virtual Concert</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:00 TH Great Courses: Living History, Great Events 10:15 GR Morning Mental Warm-ups MBA 1:00 TH Core and Strength Training MBA 2:00 GR Sustain the Brain MBA 3:00 GR Crosswords w/Friends MBA 6:00 TH Lakewood Church Virtual Bible Study 6:00 R.E.N.E.W w/Baylor MBA</p>	<p>9:30 TH Health for Life Fitness Class 10:00 TH Great Courses: Living History, Great Events 10:15 GR A.M. Conundrums MBA 1:00 TH Spiro Fitness: Balance Boogie 2:30 TH Virtual History Lesson w/Mister Mckinney MBA 3:30 TH 30 minute Brain Boosters MBA 6:30 TH Night at the Movies</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:00 TH Great Courses: Living History, Great Events 10:15 GR Rebus Puzzles 1:00 TH Core and Strength Training 2:00 GR Categories: A Word Game MBA 3:00 GR Riddle Me Wednesday 6:00 TH Downton Abbey: Season 1</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:00 TH Great Courses: Living History, Great Events 10:15 GR AM Conundrums MBA 1:00 TH Spiro Fitness: Balance Boogie 2:30 JK Wine and Cheese Social 3:15 GR Think Tank MBA 7:00 3F Game Night: Scrabble</p>	<p>Rosh Hashanah Begins 9:30 TH Rise and Shine Full Body Fitness 10:00 TH Great Courses: Living History, Great Events 10:15 CL Words in Words MBA 1:00 TH Core and Strength Training 2:15 CL Sustain the Brain MBA 4:30 TH Virtual Shabbat Service 6:30 TH Friday Night Feature Movie</p>	<p>9:30 TH Sit and Be Fit 10:15 GR This Day in History MBA 1:15 TH Bingo 2:00 TH Popcorn and Movie: Ruth Bader Ginsburg 3:00 GR Fun Facts and Trivia with Sam 6:00 GR Zen Coloring and Conversation</p>
20	21	22	23	24	25	26	
<p>Rosh Hashanah Ends 9:15 GR Morning Fellowship w/ Jackie and Friends 9:30 TH Spiro Fitness: Joyous Movement 10:30 GR Brain Teasers MBA 1:00 TH Catholic Mass-Live Stream 2:00 Rolling Coke Floats... 3:30 Virtual Trivia Time w/Tonya MBA 6:00 GR Opera in the Heights: Kassandra MBA</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:15 GR Morning Mental Warm-ups MBA 10:15 TH Nile: 5000 Years of History MBA 1:00 TH Core and Strength Training MBA 2:00 GR Sustain the Brain MBA 2:30 TH Virtual Judaic Program ★ 3:00 GR Crosswords w/Friends MBA 6:00 GR Evening Word Search Puzzles 6:00 TH Lakewood Church Virtual Bible Study</p>	<p>9:30 TH Health for Life Fitness Class 10:15 GR A.M. Conundrums MBA 10:15 TH Nile: 5000 Years of History MBA 1:00 TH Spiro Fitness: Balance Boogie 2:00 TH HMNS: Discovery Dome Virtual Tour MBA 3:30 CT Brain Drain MBA 6:30 TH Night at the Movies</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:15 TH Nile: 5000 Years of History MBA 10:15 GR Rebus Puzzles 1:00 TH Core and Strength Training 2:00 GR Categories: A Word Game MBA 3:00 Trivia Time MBA 6:00 TH Downton Abbey: Season 1</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:15 GR AM Conundrums MBA 10:15 TH Nile: 5000 Years of History MBA 1:00 TH Spiro Fitness: Balance Boogie 2:30 JK Wine and Cheese Social 3:15 GR Think Tank MBA 7:00 3F Game Night: Scrabble</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:15 TH Nile: 5000 Years of History MBA 10:15 CL Words in Words MBA 11:45 JK Monthly Birthday Lunch 1:00 TH Core and Strength Training 2:15 CL Sustain the Brain MBA 4:30 TH Virtual Shabbat Service 6:30 TH Friday Night Feature Movie</p>	<p>9:30 TH Sit and Be Fit 10:15 GR This Day in History MBA 1:15 TH Bingo 2:00 TH Popcorn and Movie: John Lewis; Good Trouble 3:00 GR Fun Facts and Trivia with Sam 6:00 GR Zen Coloring and Conversation</p>	
27	28	29	30	<p>HEALTHY AGING MONTH</p>			
<p>Yom Kippur Begins 9:15 GR Morning Fellowship w/ Jackie and Friends 9:30 TH Spiro Fitness: Joyous Movement 10:30 GR Brain Teasers MBA 1:00 TH Catholic Mass-Live Stream 2:00 GR Crosswords w/ Chris 3:30 Virtual Trivia Time w/Tonya MBA 5:30 TH Houston Symphony Virtual Concert</p>	<p>Yom Kippur Ends 9:30 TH Rise and Shine Full Body Fitness 10:15 GR Morning Mental Warm-ups MBA 1:00 TH Core and Strength Training MBA 2:00 GR Sustain the Brain MBA 3:00 TH Crosswords MBA 6:00 TH Lakewood Church Virtual Bible Study 6:00 R.E.N.E.W w/Baylor</p>	<p>9:30 TH Health for Life Fitness Class 10:15 GR A.M. Conundrums MBA 1:00 TH Spiro Fitness: Balance Boogie 2:00 CL Sustain the Brain 3:00 TH Resident Council MBA 6:30 TH Night at the Movies</p>	<p>9:30 TH Rise and Shine Full Body Fitness 10:15 GR Rebus Puzzles 1:00 TH Core and Strength Training 2:00 GR Categories: A Word Game MBA 2:00 B Puzzle Time 3:30 TH Wheel of Fortune MBA 6:00 TH Downton Abbey: Season 1</p>				

Spiritual Corner

Virtual Church Service

Sundays, 1 p.m. TH

Virtual Bible Study

Monday, 6 p.m. TH

Virtual Shabbat Service

Fridays, 4:30 p.m. TH

Church Transportation

Sign up with the Concierge.

Communion is available upon request.

Resident Council

Resident Council is held on the last
Tuesday of the month
September 29th
3:15pm Town Hall

Welcme New Residents

Welcome to all of our new residents
and families!

- New Resident Orientations
TBD

SUGGESTIONS

We want you to be completely satisfied with our community. If we can do anything to make your home or the community more attractive, comfortable or safe, please let us know. We welcome any suggestions you care to share.



ASSOCIATE OF THE MONTH

Corine Wiley has been with Belmont Village West University for 2 1/2 years. Corine works as our medical technician, but she steps in as a caregiver when needed. When not working, Corine enjoys traveling, fishing, and spending time with her family. When asked what she likes most about her job, she simply said, "Everything!" We thank you, Corine, for all that you do!

Circle of Friends & Neighborhood

August has been a wonderful month for the COF and NH. The pandemic forced us to make a few adjustments, but we have still found creative ways to keep our residents entertained. Both groups have resumed daily exercise schedules with social distancing protocols in place. We have also resumed our educational documentary and movie hours with smaller groups. Trivia and creative arts are also available to those that would like to participate. As the weeks go on, we hope to gradually do more and more until we can get back to a time where we don't have as many restrictions.

SCRAPBOOK SUGGESTION: SCAN FAMILY PHOTOS

Photos can become a part of the background art of scrapbook pages when you take advantage of your computer scanner. Scan images of old photos, certificates, memorabilia, etc., and then print the photos on colored paper at whatever size best suits your need. Or take an image and use a photo software program to manipulate it so that it works more appropriately on your page. Another way to take advantage of your scanner is to scan pages you have previously created so you can share your scrapbook with others.



CREATING CONTENTMENT

There are several methods for nurturing contentment in your daily life.

Get moving. It's widely known that regular physical activity benefits the body, but it also affects mental well-being. Exercise sparks the release of endorphins—the feel-good chemicals that promote happiness—and suppresses hormones that cause anxiety.

Make a connection. Strong relationships are proven to be as important to a person's health as proper diet, exercise and sleep. Studies show close social connections can bolster the immune system, speed recovery from illnesses, improve self-esteem, and even increase longevity.

Do something new. Those who engage in new and challenging tasks boost their pride and self-esteem. Explore a new hobby, learn another game, or read up on a foreign country.

Remember when. Reminiscing about good times from days gone by can enhance your outlook about today and the future. Experts say the comfort that comes from experiencing nostalgia promotes optimism, and they recommend surrounding yourself with sentimental photos and objects to remind you of your past.

QUICK AND EASY BLACK BEAN SALAD

Ingredients:

- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 yellow bell pepper, diced
- 1/2 cup diced red onion
- 1 (15.25-ounce) can whole kernel corn, drained
- 1 clove garlic, minced
- 1 teaspoon cilantro
- 1/4 cup olive oil
- 4 tablespoons red wine vinegar
- 1 teaspoon lime juice
- Salt and pepper to taste
- 1 (15-ounce) can black beans, rinsed and drained
- Tortilla chips or pita chips

Directions:

In a large bowl, combine the bell peppers, red onion, corn, garlic and cilantro.

In a small bowl, whisk together the olive oil, vinegar and lime juice. Add to the vegetables.

Add salt and pepper to taste.

Add black beans and toss well.

Serve with tortilla chips or pita chips.

For more recipes, visit www.Facebook.com/CansGetYouCooking.



Poetry Corner

W/CAROLYN MOSS...

“Nature” by Emily Dickinson
 Nature is what we see—
 The Hill—the Afternoon—
 Squirrel—Eclipse—the Bumble
 bee—
 Nay—Nature is Heaven—
 Nature is what we hear—
 The Bobolink—the Sea—
 Thunder—the Cricket—
 Nay—Nature is Harmony—
 Nature is what we know—
 Yet have no art to say—
 So impotent Our Wisdom is
 To her Simplicity.

At Belmont, and on our outings, we see much of Nature, although we may be so preoccupied with problems and other things that we don't appreciate what Nature offers us.

All we have to do is take a walk through the paths that wind around the building or look out the window when we are on the bus. Whether it is flowers or birds or clouds, there is always something of Nature's beauty to soothe whatever worries we have. Emily Dickinson wrote many poems about Nature, including the one above. When you are outdoors or on the bus or in a car, look around you and enjoy the beauty.

THE BELMONT SCENE



Sam visiting with family



Rosemary doing some light reading



Out for a little sunshine!



We are in this together!



Zoom Room with Cantor Tunitsky



Social distancing; our new normal

BELMONT *Village*

SENIOR LIVING

WEST UNIVERSITY

2929 W Holcombe Boulevard
Houston, TX 77025

ALF 030197

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

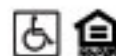
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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