

THE VILLAGE NEWS



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

NOVEMBER 2020

LIVING WITH ALZHEIMER'S

As Alzheimer's disease becomes more prevalent, families and friends are finding ways to help their loved ones live more fully and enjoyably, despite the effects of the disease. Here are a few suggestions from AARP:

Maintain routines as long as possible. Continuing a ritual or taking your loved one to a familiar place will help inject normalcy into the day.

Find their greatest hits. Playing one's favorite old songs will really help your loved one open up.

Talk less, do more. Your loved one may feel disconnected and sad. Find things you can do together, such as fold laundry or look at family photos, so you can pass the time without having to talk.

Have family get-togethers. Surrounding Alzheimer's patients with their families can help their moods and memories, and it also helps family members stay involved.



PET SAFETY TIPS FOR THANKSGIVING

While we naturally want to share our abundance with those we love—including our pets—many of the foods and festivities we associate with Thanksgiving can be dangerous or stressful for animals.

Foods. While a small amount of boneless, lean turkey breast is probably OK to share with your pet, avoid rich foods or anything with onions, garlic, grapes, raisins, scallions, leeks or chives, as these ingredients can be toxic. Chocolate, caffeine and alcohol should also be avoided.

Trash. Bag up and secure the trash, as pets have been known to consume food wrappings such as aluminum foil, strings and packaging. Additionally, cooked bones can splinter and pose a hazard to your pet.

Visitors. People coming and going and loud conversations may be highly stressful for some animals. Make sure your pet has a quiet sanctuary to retreat to if the festivities become overwhelming. Also double-check that your pet is wearing a collar and identification tags with current contact information in case they slip outside.

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Happy Birthday

RESIDENT B-DAYS

- 11/1 Nancy Williams
- 11/4 Robert Greenwood
- 11/4 Charles West
- 11/8 Edith Zinn
- 11/29 Ruby Havlovic
- 11/30 Ernestine Hill



Happy Birthday

EMPLOYEE B-DAYS

- 11/3 Michael F.
- 11/9 Brittany L.
- 11/9 Laronda S.
- 11/10 Nancy B.
- 11/10 Alice C.
- 11/11 Martha A.
- 11/12 Danielle D.
- 11/13 Beverly C.
- 11/14 Florence Q.
- 11/15 Tina K.
- 11/23 Rebecca O
- 11/28 Barbara S.
- 11/29 Carolyn M.
- 11/30 Jennifer S.

PLEASE PASS THE PUDDING

You'll probably have pie on Thanksgiving, but the rest of the month is dedicated to a different dessert. Banana Pudding Lovers Month in November celebrates the cool, creamy concoction of vanilla custard, sliced bananas, sponge cake and whipped topping or meringue. The recipe became popular after the Civil War as steamships began bringing more bananas to the U.S., and in the 1920s, store-bought vanilla wafers emerged as a convenient substitute for the dessert's cake layer.



TO YOUR HEALTH: SIP SOME SOUP

Chicken soup is often a go-to meal when someone is sick with a cold or flu, and science can explain why. Chicken soup is full of protein, vitamins and antioxidants that boost the immune system, and a University of Nebraska study found that the ingredients have a mild anti-inflammatory effect. Plus, the steam from a bowl of hot soup can clear congestion. While it won't actually cure your cold, chicken soup can ease the symptoms and help you feel better.



November is

#ENDALZ

National Alzheimer's Disease Awareness Month

MUSIC THERAPY STRIKES A CHORD

From the silly songs we learn as children to the popular tunes we hum along to as adults, we enjoy music throughout our lives. But music can be much more than just entertainment. Music therapy has been effective in helping individuals of all ages cope with conditions such as learning and developmental disabilities, chronic pain and even dementia.

Scientists aren't sure why music seems to improve the mood and alertness of Alzheimer's sufferers, but a study published in February 2009 discovered an intriguing link. Researchers found an area of the brain that seems to be stimulated when music, memories and emotion are involved; that same area of the brain had been noted in previous research as one of the last to be affected by Alzheimer's disease.

Individuals don't need to be musically inclined to benefit from a music therapy session, nor is one type of music better than another.

While music therapy is still relatively uncommon, in some cases it may be covered by health insurance, including Medicare and Medicaid. For more information, log on to www.MusicTherapy.org.

THE PUMPKIN PIE TRADITION

For many, Thanksgiving dinner isn't complete without a slice of pumpkin pie, the traditional holiday dessert.

Pumpkins are native to North America and were taken to Europe by explorers. In the 1600s, French and English cooks began using the orange squash in early pie recipes, including one version that had pumpkin and apple slices mixed with spices and stuffed inside pastry.

Native Americans and the Pilgrims probably included pumpkin at the first Thanksgiving, most likely as a savory dish. The early colonists would also hollow out pumpkins, fill them with sweet, spiced milk, and cook them over a fire.

Several generations later, in 1796, the first American cookbook, Amelia Simmons' "American Cookery," offered two recipes for "pompkin pudding," in which a custard-like filling was baked in a crust. This became the basis for the pie we know today.

Thanksgiving was declared a national holiday in 1863, but Americans had already made pumpkin pie a tradition of the annual meal. By the 1920s, canned pumpkin was a grocery staple, saving cooks time by eliminating the laborious process of cooking the squash.



Out & About

GEOGRAPHY 101: ANTARCTICA

The continent of Antarctica is covered in ice that's more than 1 mile thick. Winds up to 200 mph, little precipitation and average temperatures below zero create one of the harshest climates on Earth. Even so, thousands of tourists visit the polar ice cap from November to February, which are spring and summer months in the Southern Hemisphere. Penguins, seals and whales are a few of the animal species that make their home in Antarctica and its surrounding waters.

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
Daylight Saving Time Ends 1 9:30 TH Spiro Fitness: Seated Shibashi 10:30 GR Grab and Go Puzzle Packets 🌿 1:00 TH Virtual Catholic Mass 2:00 B Sweet Treat Sunday! 3:00 TH Warrior Women: Joan of Arc 🌿 6:00 TH PBS Feature Film	2 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 🌿 2:00 GR Sustain the Brain 🌿 3:00 GR Crosswords w/Friends 🌿 6:00 B Jigsaw Puzzle Night 6:15 TH R.E.N.E.W. w/Baylor	3 Election Day 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 10:30 B A.M. Conundrums 1:00 GR Belmont Walking Club 2:15 JK Sustain the Brain 3:00 TH Wheel of Fortune 🌿 6:30 B Election Watch Party	4 9:30 TH Rise and Shine Full Body Fitness 10:15 GR Rebus Puzzles 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 2:00 JK Categories: A Word Game 🌿 3:00 TH Jeopardy! 🌿	5 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 10:30 B A.M. Conundrums 🌿 1:00 GR Belmont Walking Club 2:30 GR Wine and Cheese Social 3:30 TH Ted Talk: Self Motivation 🌿 7:00 3F Game Night: UpWords	6 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 2:15 JK Words in Words 3:00 JK Scattergories A Word Game 🌿 4:30 TH Virtual Shabbat Service 6:30 TH Friday Night Feature Movie	7 9:30 TH Morning Workout 10:15 GR Mental Fitness Packets 🌿 1:15 TH Bingo 2:00 GR Snacks and a Movie! 3:30 GR Fun Facts and Trivia with Sam 6:00 JK Elvis Salute to our Veterans! 🌿
8 9:30 TH Spiro Fitness: Seated Shibashi 10:30 GR Grab and Go Puzzle Packets 🌿 1:00 TH Virtual Catholic Mass 2:00 B Sweet Treat Sunday! 3:00 TH Warrior Women: The Real Mulan 🌿 6:00 TH PBS Feature Film	9 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 🌿 2:00 GR Sustain the Brain 🌿 3:00 GR Crosswords w/Friends 🌿 6:00 B Jigsaw Puzzle Night 6:15 TH R.E.N.E.W. w/Baylor	10 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 10:30 B A.M. Conundrums 1:00 GR Belmont Walking Club 2:30 TH Presentation: Mr. McKinney's Historic Houston ★ 3:30 TH 30 minute brain boosters 🌿 6:30 TH Night at the Movies	Veterans Day 11 9:30 TH Rise and Shine Full Body Fitness 10:15 GR Rebus Puzzles 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 2:15 JK Categories: A Word Game 🌿 3:00 TH Shepherd School of Music Virtual Concert 🌿 3:30 TH 30 minute brain boosters 🌿 6:00 TH Downton Abbey: Season 3	12 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 10:30 B A.M. Conundrums 🌿 11:00 CL Electronic Help w/Tonya 🌿 1:00 GR Belmont Walking Club 2:30 GR Wine and Cheese Social 3:30 TH Ted Talk: Self Motivation 🌿 7:00 3F Game Night: UpWords	13 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 2:15 JK Words in Words 4:30 TH Virtual Shabbat Service 6:30 TH Friday Night Feature Movie	West U 22nd Anniversary! 14 9:30 TH Morning Workout 10:15 GR Mental Fitness Packets 🌿 1:15 TH Bingo 2:00 GR Snacks and a Movie! 3:30 GR Fun Facts and Trivia with Sam 6:00 CL Scrabble
15 9:30 TH Spiro Fitness: Seated Shibashi 10:30 GR Grab and Go Puzzle Packets 🌿 1:00 TH Virtual Catholic Mass 2:00 B Sweet Treat Sunday! 3:00 TH Warrior Women: Boudica 🌿 6:00 TH PBS Feature Film	16 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 🌿 2:00 GR Sustain the Brain 🌿 2:30 GR Judaic Program ★ 3:00 GR Crosswords w/Friends 🌿 6:00 B Jigsaw Puzzle Night 6:15 TH R.E.N.E.W. w/Baylor	17 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 10:30 B A.M. Conundrums 1:00 GR Belmont Walking Club 2:00 JK Sustain the Brain 🌿 3:00 TH Monthly Health Talk 🌿 6:30 TH Night at the Movies	18 9:30 TH Rise and Shine Full Body Fitness 10:15 GR Rebus Puzzles 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 2:00 JK Categories: A Word Game 🌿 3:00 GR Riddle Me Wednesday 6:00 TH Downton Abbey: Season 3	19 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 10:30 B A.M. Conundrums 🌿 1:00 GR Belmont Walking Club 2:30 GR Wine and Cheese Social 3:30 TH Ted Talk: Self Motivation 🌿 7:00 3F Game Night: UpWords	20 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 2:15 JK Words in Words 4:30 TH Virtual Shabbat Service 6:30 TH Friday Night Feature Movie	21 9:30 TH Morning Workout 10:15 GR Mental Fitness Packets 🌿 1:15 TH Bingo 2:00 GR Snacks and a Movie! 3:30 GR Fun Facts and Trivia with Sam 6:00 CL Scrabble
22 9:30 TH Spiro Fitness: Seated Shibashi 10:30 GR Grab and Go Puzzle Packets 🌿 1:00 TH Virtual Catholic Mass 2:00 B Sweet Treat Sunday! 3:00 TH Warrior Women: Grace O'Malley 🌿 6:00 TH PBS Feature Film	23 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 🌿 2:00 GR Sustain the Brain 🌿 3:00 GR Crosswords w/Friends 🌿 6:00 B Jigsaw Puzzle Night 6:15 TH Lakewood Church Virtual Bible Study	24 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 10:30 B A.M. Conundrums 1:00 GR Belmont Walking Club 2:00 JK Sustain the Brain 🌿 3:00 TH Resident Council 🌿 6:30 TH Night at the Movies	25 9:30 TH Rise and Shine Full Body Fitness 10:15 GR Rebus Puzzles 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 2:00 JK Categories: A Word Game 🌿 3:30 TH Wheel of Fortune 🌿 6:00 TH Downton Abbey: Season 3	Thanksgiving 26 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 10:30 B Grab and Go Puzzle Packets 🌿 1:00 GR Belmont Walking Club 2:30 JK Afternoon Musical Performance 3:30 TH Ted Talk: Self Motivation 🌿 7:00 3F Game Night: UpWords	27 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 11:45 JK Monthly Birthday Lunch 1:00 TH Core and Strength Training 2:15 JK Words in Words 3:00 TH Jewelry Making w/Jennifer 🌿 4:30 TH Virtual Shabbat Service 6:30 TH Friday Night Feature Movie	28 9:30 TH Morning Workout 9:45 GR Paw-sitive Pets Visit 10:15 GR Mental Fitness Packets 🌿 1:15 TH Bingo 2:00 GR Snacks and a Movie! 3:30 GR Fun Facts and Trivia with Sam 6:00 CL Scrabble
29 9:30 TH Spiro Fitness: Seated Shibashi 10:30 GR Grab and Go Puzzle Packets 🌿 1:00 TH Virtual Catholic Mass 2:00 B Sweet Treat Sunday! 3:00 TH Warrior Women: Lozen 🌿 6:00 TH PBS Feature Film	30 9:30 TH Rise and Shine Full Body Fitness 10:15 TH Watch and Discuss: The Science of Natural Healing 🌿 1:00 TH Core and Strength Training 🌿 2:00 GR Sustain the Brain 🌿 3:00 B Cooking Demo and Chat w/ Chef Jason 🌿 3:00 GR Crosswords w/Friends 🌿 6:00 B Jigsaw Puzzle Night 6:15 TH R.E.N.E.W. w/Baylor					

Spiritual Corner

Virtual Catholic Mass

Sundays, 1 p.m. TH

Virtual Bible Study

Mondays, 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
November 24, 2020
3pm Town Hall

Welcome New Residents

Welcome to all of our new residents
and families!

- New Resident Orientations
TBD



ASSOCIATE OF THE MONTH

Stephanie Stenson has been a cook with Belmont Village-West University for 5 years. Stephanie's infectious smile and positive attitude makes her a joy to work with. When not working, she enjoys cooking, relaxing at home, and spending time with her family. What she likes most about her job is the sense of teamwork among her coworkers and the joy she gets from cooking the residents some of their favorite meals. We thank you Stephanie for all that you do!

Circle of Friends & Neighborhood

A FRIEND INDEED

The best things in life aren't things; they're friends! Friends can be kind and caring, witty and wise, across the street and across the world. It's not a well-documented event, but International Friendship Day is generally observed on the first Sunday in August. Come fair weather or foul, gather around your circle of friends.



Circle of Friends doing brain games

JOGGIN' FOR YOUR NOGGIN

Crossword solvers tend to have good memories. While scientists can't prove that solving a Sudoku is responsible for a healthy memory, it seems that people who keep their minds active are more alert and attentive.

Staying physically active may also help with brain function. Researchers at Columbia University's fitness center tracked volunteers for three months as they stretched, ran and cooled down.

In addition, activities other than puzzle solving and exercise can improve your memory and focus. Harvard medical experts suggest staying socially active may help maintain brain function. Don't just take care of your physical health; do something to exercise your brain today.

Health News

The health and wellness of seniors are important issues for our aging society. Keeping our seniors healthy means more people will live productive lives for many years to come.

Many seniors avoid going to the doctor unless they're feeling ill. They don't realize that there are a number of things a doctor can do to safeguard the health and wellness of seniors.

Checking for problems like diabetes, high blood pressure, high cholesterol, and even cancer can allow early treatment and ward off future problems.

GET SCREENED FOR CANCER: The incidence of most cancers increases greatly with age. Getting screened for cancer is an easy way to protect your health.

BREAST CANCER: Women over 40 should have a mammogram every 1 to 2 years. A mammogram is a simple X-ray test designed to rule out breast cancer. It involves gently flattening the breast on an X-ray plate and then taking a quick radiography. Although women do complain that it's uncomfortable, a mammogram takes only about 10 minutes and could save your life.

KEEP BLOOD PRESSURE IN CHECK: High blood pressure

doesn't usually have any physical symptoms. But if left unchecked, high blood pressure can have serious effects on health and wellness of seniors, as well as younger adults too. It can lead to heart attacks, strokes, and circulation problems. Adults should be checked for high blood pressure at least once every two years, more often if they have certain risk factors.

CHECK FOR DIABETES: The risk for diabetes increases with age and with weight. It's an important consideration for the health and wellness of seniors. Some adults develop a type of diabetes called Type II. This happens when the body becomes inefficient at absorbing sugars in the blood. Untreated diabetes can lead to heart attacks, blindness, circulation problems, kidney failure, limb amputation and other serious complications. The ADA recommends testing for diabetes every 3 years in all adults over age 45 and more often if a person is high risk.

As you can see, many preventative tests and measures are available for promoting the health and wellness of seniors. Ensure that you are receiving the proper tests as frequently as needed. Should you switch doctors, be certain that your new physician is familiar with the tests you have completed and which ones are needed.

Poetry Corner

WRITE A HAIKU POEM

Haiku is a form of Japanese poetry that was traditionally written in one line with 17 syllables (although some are written in as few as 12). English haiku tend to be written in three lines, with the first and third lines having five syllables each and the second line containing seven syllables. An example from the Japanese poet Issa:

*The radish puller
pointing with a radish root
teaches me the way.*

Typically, haiku include a seasonal reference, so a good way to start is to pick a season, then write down all images that remind you of that time of year. Group your images into categories to express a single idea or emotion. Next, write your masterpiece and read aloud with friends.

SOOTHING SCENTS

Using a scent you love can calm your mind and help you relax. The smell of jasmine, lavender, lemon, pine and vanilla are all linked to relieving stress, but any fragrance that is pleasing to you will do the trick.



THE BELMONT SCENE



Exercise with Collins



October was Breast Cancer Awareness Month!



Pool anyone?



Fight like a girl!



I scream, you scream, we all scream for ice cream!



Pink Tuesday at West U!

BELMONT *Village*

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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

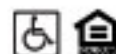
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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