

THE VILLAGE NEWS



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

AUGUST 2020

From the Desk of...



ASHLEY MARCELLUS

These past months have been full of challenges. The challenge of observing all pandemic protocols to keep everybody safe, the challenge of social distancing and having residents “stay-in place” while making sure they are still actively engaged in some uplifting activities of daily living. I have embraced these challenges & have taken them all to heart. Here’s why...“Challenges made me discover things about myself and others that I wouldn’t have known otherwise. I realized that around me, there are wonderful people who go out of their way to make things bright and easier for everyone. They rise up to the occasion, and never bog down to whatever curve ball is aimed at them. They smile and uplift your spirits. Their energy and dedication are commendable.

They are the SPIRITED HEROES of Hunters Creek...To all the staff and employees who make BVHC the “best of the best” no matter what I salute you!



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RESIDENT BIRTHDAYS!

John A.	August 2
Joanna G.	August 2
Rhonda D.	August 3
Roy P.	August 3
Evelyn G.	August 4
Grant L.	August 5
Janet C.	August 10
Bob I.	August 12
Bhakti G.	August 13
Janice P.	August 13
Halmond S.	August 17
Sharon L.	August 24
Marsha E.	August 28
Selma S.	August 30

STAFF BIRTHDAYS!

Deleon G.	August 2
Desiree A.	August 4
Keosha F.	August 9
Theresa B.	August 10
Germaine A.	August 18
Tanya S.	August 19
Ashley M.	August 20
Courtney M.	August 21
Allison H.	August 21
Tina R.	August 22
Kim W.	August 23
Deborah M.	August 25
Zahira B.	August 26
Titilayo A.	August 27
Gladys A.	August 27
Meschell E.	August 28
Elida G.	August 29



WE BELIEVE IN BALLOONS

Why Balloons? Throughout time, balloons have served as a symbol of hope, wonder, and possibility. We think of all the balloons at every birthday party. Every memory, magical. And for us, that's what these balloons represent, Magic. The magic of joy, the magic of hope, the magic of imagination, the magic of dreams. But above all, the simple power of a community coming together to make this magic happen. Yes, at Belmont Hunters Creek, we believe in balloons...



LAKYN BERGERON
(Promoted to Sr. EL)

SR. ENRICHMENT LEADER

Lakyn has worked at Belmont for 2+ years as an Enrichment Leader. Before Belmont, she worked as a Preschool Teacher. Lakyn has been responsible in running programs for Circle of Friends, such as Historical Monday, Travel Tuesday, Wisdom Wednesday & Celebrity Thursday, all of which have brought COF programming to great heights! She initiated other innovative programs such as PEN PAL programs, gardening programs, etc. Congratulations, Lakyn, on your promotion. We know you will do wonders!!!

WOW (WORDS OF WISDOM)

“Your Life is as good as your Mindset”

In my one-on-one visit with residents, I ask them if they agree with the above quote, after which, I ask their personal advice on how, in spite of the pandemic & chaos happening around them, *“how do they keep their peace...”* and here’s a sharing of their personal **WOW**

(**W**ords **O**f **W**isdom)....

- Henry R. “Amidst all the turmoil in the world, being part of a loving family keeps you totally inspired about the future.”
- Jim Powell“Worry can disable you and make you sick, so pray the scriptures and believe Jesus will take away the worry.”
- Nancy L.“Talk to informed people and keep with family stuff to keep your mind going, but most of all, have faith in God.”
- Beverly M..... “Stay Busy...”
- Ray W. “Keep a positive mental attitude!”
- Gwen S.“Treat every day that you wake up as a ‘good day’; Kindness is something everybody’s got to have.”
- Judy P. “Be around people you like to talk to; it will make you feel wanted.”
- Geraldine F.“Pray a lot.”

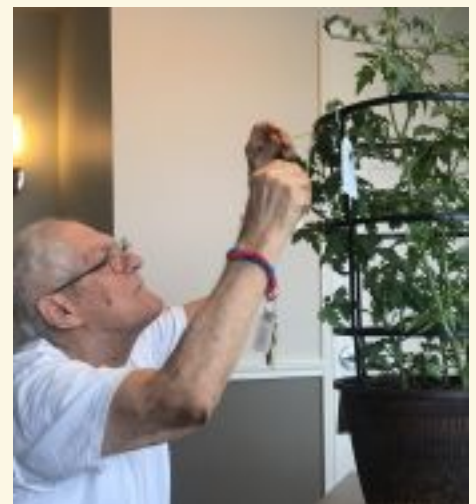
- Martha S. “Keep an optimistic attitude; don’t dwell on the bad things, but dwell on the good things.”
- Marino G. “Think about the beautiful moments that your children have given you; only then can I count my blessings.”
- Bob H “Just ignore half of the stuff you hear!”
- Frank W. “Mind your own business & have self-confidence.”
- Richard F..... “Be in good health, and train your children to be good citizens and good people.”
- Lannie W. “Look forward to each day and be glad to be alive.”
- Evelyn G..... “Live one day at a time; Make the best of that day.”

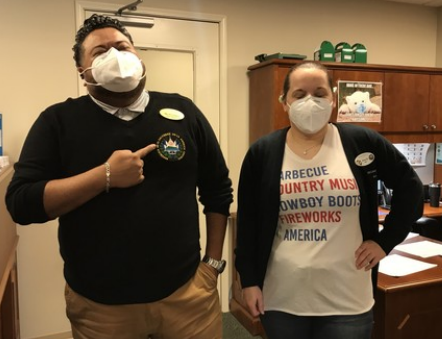
W O W = **W**ord **O**f **W**isdom from Residents



BEING PRODUCTIVE DURING THE PANDEMIC

Residents at Hunters Creek are rising to the occasion. During this pandemic, they are being productive and manage their time with doing the things they LOVE.... We see Loving productivity at its best residents visiting the Learning Center (Belmont’s 6th floor Library) to borrow books to read, participating in the gardening program and taking care of plants; dancing to the music while exercising on the couches, listening to audio books with their cell phones, and most of all, SMILING while enjoying the newsletter with an attitude of gratitude....



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Events Are Subject to Change Due to COVID-19 Protocols.</p> 						<p>9:45 TH Stretching on Saturday 10:30 BT Saturday "Self Enhancement" Puzzle Packet 1:30 O Grocery Order Pick-up 2:00 TH Saturday Matinee 3:30 PT Enjoying Afternoon Breeze 6:30 TH Saturday Night Movie</p>
<p>2</p> <p>9:30 TH Sunday Spiritual Television Broadcast: Catholic Service followed by St. Luke's UMC-Comcast Ch. 53 10:30 BT Sunday Self-Enhancement Puzzle Packets 1:00 TH Sunday Matinee: Residents' Choice 2:30 BT Ice Cream Social</p>	<p>3</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Today in History 1:00 CL Ambassador-Birthday Club 1:30 CL Daily Spiritual Reading & Meditation 3:00 PT Monday-Casino day!</p>	<p>4</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Let's get Legal... "You be the Judge" 1:00 BT Floral Club 2:00 BT Chef Chat 3:00 BT Chair Yoga Dance with Rosette 6:30 TH Terrific TV Tuesday</p>	<p>5</p> <p>9:45 TH EXERCISE with Spiro100 10:30 TH Brain-Tech Games 1:30 TH Beginner's Painting with Richard Bernicker 3:30 GR Afternoon MUSIC 6:30 TH Wednesday Night Movie</p>	<p>6</p> <p>9:45 TH EXERCISE with Spiro100 9:45 TH Great Life Fitness Academy 10:30 BT WORD Games 1:30 TH Advanced Painting Class with Marino Gutierrez 3:30 BT Rummikub Club 6:30 TH Thursday Night Movie</p>	<p>7</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Crossword/Sudoku Collaborative Thinking 2:00 BT Jewelry Making 3:30 GR Afternoon MUSIC</p>	<p>8</p> <p>9:45 TH Stretching on Saturday 10:30 BT Saturday "Self Enhancement" Puzzle Packet 1:30 O Grocery Order Pick-up 2:00 TH Saturday Matinee 3:30 PT Enjoying Afternoon Breeze 6:30 TH Saturday Night Movie</p>
<p>9</p> <p>9:30 TH Sunday Spiritual Television Broadcast: Catholic Service followed by St. Luke's UMC-Comcast Ch. 53 10:30 BT Sunday Self-Enhancement Puzzle Packets 1:00 TH Sunday Matinee: Residents' Choice 2:30 BT Ice Cream Social</p>	<p>10</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Today in History 1:00 CL Ambassador-Birthday Club 1:30 CL Daily Spiritual Reading & Meditation 3:00 PT Monday-Casino day!</p>	<p>11</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Let's get Legal... "You be the Judge" 1:00 BT Floral Club 3:00 BT Chair Yoga Dance with Rosette 6:30 TH Terrific TV Tuesday</p>	<p>12</p> <p>9:45 TH EXERCISE with Spiro100 10:30 TH Brain-Tech Games 1:30 TH Beginner's Painting with Richard Bernicker 3:30 GR Afternoon MUSIC 6:30 TH Wednesday Night Movie</p>	<p>13</p> <p>9:45 TH EXERCISE with Spiro100 9:45 TH Great Life Fitness Academy 10:30 BT WORD Games 1:30 TH Advanced Painting Class with Marino Gutierrez 3:30 BT Rummikub Club 6:30 TH Thursday Night Movie</p>	<p>14</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Crossword/Sudoku Collaborative Thinking 2:00 BT Jewelry Making 3:30 GR Afternoon MUSIC</p>	<p>15</p> <p>9:45 TH Stretching on Saturday 10:30 BT Saturday "Self Enhancement" Puzzle Packet 1:30 O Grocery Order Pick-up 2:00 TH Saturday Matinee 3:30 PT Enjoying Afternoon Breeze 6:30 TH Saturday Night Movie</p>
<p>16</p> <p>9:30 TH Sunday Spiritual Television Broadcast: Catholic Service followed by St. Luke's UMC-Comcast Ch. 53 10:30 BT Sunday Self-Enhancement Puzzle Packets 1:00 TH Sunday Matinee: Residents' Choice 2:30 BT Ice Cream Social</p>	<p>17</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Today in History 1:00 CL Ambassador-Birthday Club 1:30 CL Daily Spiritual Reading & Meditation 3:00 PT Monday-Casino day!</p>	<p>18</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Let's get Legal... "You be the Judge" 1:00 BT Floral Club 3:00 BT Chair Yoga Dance with Rosette 6:30 TH Terrific TV Tuesday</p>	<p>19</p> <p>9:45 TH EXERCISE with Spiro100 10:30 TH Brain-Tech Games 1:30 TH Beginner's Painting with Richard Bernicker 3:30 GR Afternoon MUSIC 6:30 TH Wednesday Night Movie</p>	<p>20</p> <p>9:45 TH EXERCISE with Spiro100 9:45 TH Great Life Fitness Academy 10:30 BT WORD Games 1:30 TH Advanced Painting Class with Marino Gutierrez 3:30 TH Discovery Series with Daniel Lin 3:30 BT Rummikub Club 6:30 TH Thursday Night Movie</p>	<p>21</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Crossword/Sudoku Collaborative Thinking 2:00 BT Jewelry Making 3:30 GR Afternoon MUSIC</p>	<p>22</p> <p>9:45 TH Stretching on Saturday 10:30 BT Saturday "Self Enhancement" Puzzle Packet 1:30 O Grocery Order Pick-up 2:00 TH Saturday Matinee 3:30 PT Enjoying Afternoon Breeze 6:30 TH Saturday Night Movie</p>
<p>23</p> <p>9:30 TH Sunday Spiritual Television Broadcast: Catholic Service followed by St. Luke's UMC-Comcast Ch. 53 10:30 BT Sunday Self-Enhancement Puzzle Packets 1:00 TH Sunday Matinee: Residents' Choice 2:30 BT Ice Cream Social</p>	<p>24</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Today in History 1:00 CL Ambassador-Birthday Club 1:30 CL Daily Spiritual Reading & Meditation 3:00 PT Monday-Casino day!</p>	<p>25</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Let's get Legal... "You be the Judge" 1:00 BT Floral Club 1:30 TH Resident Council 3:00 BT Chair Yoga Dance with Rosette 6:30 TH Terrific TV Tuesday</p>	<p>26</p> <p>9:45 TH EXERCISE with Spiro100 10:30 TH Brain-Tech Games 1:30 TH Beginner's Painting with Richard Bernicker 3:30 GR Afternoon MUSIC 3:30 GR Wine & Cheese Social with Jon Ingram 6:30 TH Wednesday Night Movie</p>	<p>27</p> <p>9:45 TH EXERCISE with Spiro100 9:45 TH Great Life Fitness Academy 10:30 BT WORD Games 12:00 JK Resident Birthday Luncheon 1:30 TH Advanced Painting Class with Marino Gutierrez 3:30 BT Rummikub Club 6:30 TH Thursday Night Movie</p>	<p>28</p> <p>9:45 TH Great Life Fitness Academy 10:30 BT Crossword/Sudoku Collaborative Thinking 2:00 BT Jewelry Making 3:30 GR Afternoon MUSIC</p>	<p>29</p> <p>9:45 TH Stretching on Saturday 10:30 BT Saturday "Self Enhancement" Puzzle Packet 1:30 O Grocery Order Pick-up 2:00 TH Saturday Matinee 3:30 PT Enjoying Afternoon Breeze 6:30 TH Saturday Night Movie</p>
<p>30</p> <p>Refer to Sunday Schedule</p>	<p>31</p> <p>Refer to Monday Schedule</p>					

THANKS TO TECHNOLOGY

With today's technology, TEXTING is a quick way of sending a message of reassurance to your loved ones. At Hunters Creek, residents eagerly participated in our program called "REASSURANCE BLIP," an extemporaneous Video Clip of residents personally speaking to their family with the common theme of reassuring them not to worry because they are safe and in Belmont's good hands.... The surprise "Reassurance Blip" was well received!!!!



Rosette! Thank you so much for doing this. It means so much to actually see them doing ok. My sister and I have been concerned since that email went out. Bless you all for how good of care you are taking of He ray and Sylvia! Please pass along our sincere thanks to all the PALS and to the administrative staff. Hang in there and stay healthy and safe.



Awww Rosette! Thank you so much, I'm crying a few tears being able to see Mom today! We've been doing FaceTime when we can but it's good to see her any time!! I'll send this out to my family! 🌸🌸🌸🌸 Hope you and yours are well? Bless you!



Want to experience an UPWARD GROWTH? Start JOURNALING.

The gladiolus (*August flower*) is a vertical-growing flower, meaning its flowers bloom upward as the plant grows. In honor of the flower of August, residents are focusing on their own upward growth by journaling. Daily journaling is a proven method for maintaining positive mental health and improving daily orientation. Residents are encouraged to choose a time each day to write in their journal. They are to journal things such as thoughts, feelings, ideas, and highlights of their day. Be like a gladiolus & start journaling!

ZOOM, A POPULAR EXPRESSION

ZOOM Video chats have become a LIFESAVER, a means of expressing families' love for each other. Thanks to Avacor who provided Hunters Creek with a 65-inch ZOOM TV, and made it possible to enlarge the ZOOM experience. ZOOM literally means "Zeal Over Our Mentors"...Mentor means an experienced and trusted adviser. Yes, that explicitly means a PARENT. So, when families say "We want to ZOOM," they are expressing a reciprocal emotion meaning "We want to express Zeal Over Our Mentors." Nothing else but a longing to be around their parent, everyone's ideal, loving Mentor...



 **Thank You**



POWER OVER PAIN: THE ROLE OF PHYSICAL AND OCCUPATIONAL THERAPY

Pain is not a normal part of aging and shouldn't be ignored. An estimated 76.5 million Americans live with chronic pain caused by disease, disorder or accident. If untreated, persistent pain can make it hard to sleep, walk, and carry out daily activities. It can lead to disability and take the joy out of living. Physical and occupational therapy can help relieve pain through a variety of interventions.

Physical therapists utilize both active and passive treatment techniques. Active interventions may include strengthening, postural education, body mechanics, flexibility and range of motion. Therapists can also implement a home exercise program, instruct in gait training and improve endurance. More passive methods of pain control may include massage, passive range of motion, heat modalities and electrical stimulation.

Occupational therapists evaluate the impact of pain on

daily living and leisure activities. They instruct patients on adaptive techniques including energy conservation techniques to accomplish tasks more efficiently and painlessly. They may also implement use of splints or adaptive equipment to accomplish this goal. OT's often work with residents to teach relaxation and pacing techniques as well.

Remember that each individual is different, so each physical/occupational therapy experience and program is different.

HealthPRO recognizes that many seniors suffer from debilitating pain conditions. Please stop by the therapy department to learn how we can help manage your pain.

ICE CREAM ADDITIONS

Long summer days provide plenty of chances to enjoy the season's classic refreshing treat, ice cream. When it comes to adding a final flourish to a dish or cone, about half of Americans favor hot fudge, according to poll results. Nuts, whipped cream, chocolate syrup, caramel sauce and fruit also ranked high.



NO PAIN, NO GAIN

"No Pain, No Gain"....this version of the phrase was crafted by Benjamin Franklin, in his persona of Poor Richard (1734), to illustrate the axiom "God helps those who help themselves": Industry need not wish, as Poor Richard says, and he that lives upon hope will die fasting. There are **no gains**, without **pains...**

At Hunters Creek, "No pain, No Gain" is more of an indicative expression of residents being pro-active. It means *working out your body & mind to make progress*. During their "stay-in place" pandemic protocol, work out something to actively engage yourself. Working out your body can be fun, especially if you do it dancing with your loved one on the couch. Working out your mind can also be fun, especially if you are reading something you enjoy...

So work out your body & mind & gain control of yourself...the choice is yours!



THE VILLAGE SCENE --- 5+ YEARS WITH BELMONT



BELMONT *Village*

SENIOR LIVING

HUNTERS CREEK

7667 Woodway Drive
Houston, TX 77063

Lic. #106016

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

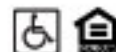
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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