

THE VILLAGE NEWS



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

SEPTEMBER 2020



SEPTEMBER TO REMEMBER

September is indeed a month to remember... where we welcomed back families into the community. Belmont Village Hunters Creek was so excited to be able to start indoor visitations with treasured ones, we sure did miss you all. The community loves to celebrate birthdays and enjoyed having some birthday celebrations via window visits and indoor visits. At Belmont Village Hunters Creek we have several residents with birthdays throughout the summer months. There is something wonderful that happens when our residents sing the song *Happy Birthday to You*. The words to the song are embedded in our long term memory and bring the residents lots of joy. The best part about singing Happy Birthday is it usually is followed with a cake. Happy Birthday to everyone who shares a summer birthday and many many more...



Janice P. celebrating her birthday in our Indoor Plexiglass Visitation



Grant L. celebrating his birthday using Visitation window.



Bob I. celebrating birthday using our Visitation Window



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HAPPY BIRTHDAYS

RESIDENT BIRTHDAYS!

Marjorie S.	Sept. 4
Nancy L.	Sept. 10
James "Jim" P.	Sept. 11
Gwen R.	Sept. 11
Kenneth T.	Sept. 11
Joe M.	Sept. 14
Mary Jane W.	Sept. 16
Joan F.	Sept. 21
Faye K.	Sept. 23
Grace B.	Sept. 29
Gwen S.	Sept. 29

STAFF BIRTHDAYS!

Jazzelyn C.	Sept. 5
Myra J.	Sept. 6
Chindinma A.	Sept. 6
Precious M.	Sept. 7
Trishna S.	Sept. 7
Mulunesh E.	Sept. 11
Yasmin C.	Sept. 14
Mary D.	Sept. 15
Dauda S.	Sept. 17
Yumekia D.	Sept. 18
Roslyn J.	Sept. 23
Nina S.	Sept. 24
Abraham J.	Sept. 28
Ana H.	Sept. 29
Natalie C.	Sept. 30



Welcome New Residents

JOHN G.

Welcome our new resident John G!

John, a former resident of Belmont, has returned to Hunters Creek. Welcome Home, John!!!

"Home is where the Heart is!"



MOVING FORWARD RESIDENT GIFT

A special "Welcome back to programming" gift package was given to each resident. The gift pack is made up of a Journaling Kit, composed of a personalized mini journal, pencil & some Life Savers candies to remind them of how writing down their thoughts during isolation has been life savers to their emotional being. Welcome back beloved residents and know that, together we will continue moving forward to be the "best of the best!"



MARTINA NVI - PAL
Employee of the Month

EMPLOYEE OF THE MONTH, MARTINA NVI

MARTINA NVI started with Belmont in 2015 & is celebrating her 5th year anniversary this November. She is married and a mother of 3 children. Martina is currently in school to be a Registered Nurse (RN) & aspiring to graduate at the end of the year. We are so proud of Martina for her deep passion in caring for our residents, that she took care of the residents in our cohort unit during the pandemic surge. Kudos to you, MARTINA...a well deserved EOM Award!



VISITATION WINDOW

“Unhappiness comes from mirrors. Happiness comes from windows.”

Yes, in response to our desire to bring about happiness to our residents and families during the long Covid isolation, a VISITATION WINDOW was created. And sure enough, it became the meeting point where residents and their families poured out their endearing love for each other...every minute, a special moment.



Shirley Cheesman delighted to see her first GREAT-GRANDSON, only 3 weeks old and already making a difference in the world, specially to great-grandma Shirley!



“LOVE WINDOW”



Maria Catsichtis feeling the loving touch of her daughter Joanna through the magical window of love



Sharon Ludwig with her love of flowers shares her priceless smile with her daughter Michelle after receiving a bouquet of flowers, a symbol of their love...



Ray White signalling to Mary, “I have PEACE of Mind”, specially when I am eating my favorite “Whataburger”, while visiting with my best friend, Mary!

BVHC WEEKLY SCOOP

EXTRA! EXTRA! READ ALL ABOUT IT!

“When it rains, look for the rainbow. When it’s dark, look for the stars”....

This is the philosophy behind the making of BVHC Weekly Scoop, a resident’s weekly newsletter. It is our way of implementing the 3 purposes of communication: To Educate, To Inform & To Entertain.

Inside the SCOOP, 5 standard things will be provided: (1) **Quote of the Week** (*To Educate*), (2) **Healthy, Mind, Body & Soul** – some tips to improve daily living (*To educate*), (3) **Resident Spotlight** (*To inform*), (4) **Dashboard Discussion** – residents’ personal opinion on a certain debatable topic (*To Entertain*), (5) **Community Watch** – highlighting something good & pro-active a resident is doing during this pandemic (*To Inform & Entertain*).

So if you want to be aware of the inside scoop of what’s happening with our residents, read BVHC Weekly Scoop. No doubt, you will enjoy it!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 BT Brain Boosters 10:30 BT Taichi with Rosette 🌿 11:00 BT Let's get Legal... "You be the Judge" 🌿 2:00 BT Floral Club 2:30 BT TED Talk Tuesday 3:30 BT 6 Domain Brain Box Exercise 🌿 6:30 TH Terrific TV Tuesday	2 10:00 BT Sustain the Brain 10:30 BT Zumba with Rosette 🌿 11:00 BT Brain-Tech Games 🌿 1:30 TH Sharing Lifestories ★ 2:30 BT Book Story Club 🌿 3:30 GR Wine & Cheese with Music ★ 6:30 TH Wednesday Night Movie	3 10:00 BT Brain Teasers 10:30 BT Aerobics with Rosette 🌿 11:00 BT WORD Games 🌿 2:30 BT Table Topic Conversations 3:00 BT SUDOKU Challenge 🌿 6:30 TH Thursday Night Movie	4 10:00 BT Building up the Brain 🌿 10:30 BT Sportscercise with Rosette 🌿 11:00 BT CROSSWORD Collaborative Thinking 🌿 2:00 BT CURRENT EVENTS Discussion 🌿 3:00 BT Jewelry Making 6:30 TH Friday Night Movie	5 9:30 PT Self Wellness Exercise 10:00 BT Saturday "Self Enhancement" Puzzle Packet (room service) 10:30 BT Morning Snack & Beverage Service 1:30 O Grocery Order Pick-up 🚗 2:00 TH Saturday Matinee 3:30 PT Enjoying Afternoon Breeze 6:30 TH Saturday Night Movie
6 9:30 TH Sunday Spiritual Television Broadcast: Catholic Service followed by St. Luke's UMC-Comcast Ch. 53 10:00 BT Sunday Self-Enhancement Puzzle Packets (room service) 10:30 BT Morning Snack & Beverage Service 1:00 TH Sunday Matinee: Residents' Choice 2:30 BT Ice Cream Social 3:00 BT Bingo Social 6:30 TH Sunday Night Movie: Residents Choice	7 10:00 BT Warm up Brain Games 10:30 BT Morning Exercise with Rosette 11:00 BT Today in History 🌿 2:00 BT Resident Ambassador Meeting Club 2:30 BT Daily Spiritual Reading & Meditation 🌿 3:30 BT Monday FUNday! 6:30 TH Monday Night Movie	8 10:00 BT Brain Boosters 10:30 BT Taichi with Rosette 🌿 11:00 BT Let's get Legal... "You be the Judge" 🌿 2:00 BT Floral Club 3:30 BT 6 Domain Brain Box Exercise 🌿 6:30 TH Terrific TV Tuesday	9 10:00 BT Sustain the Brain 10:30 BT Zumba with Rosette 🌿 11:00 BT Brain-Tech Games 🌿 1:30 TH Beginner's Painting with Richard Bernicker ★ 2:30 BT Book Story Club 🌿 3:30 GR Wine & Cheese with Music ★ 6:30 TH Wednesday Night Movie	10 10:00 BT Brain Teasers 10:30 BT Aerobics with Rosette 🌿 11:00 BT WORD Games 🌿 2:00 BT Table Topic Conversations 3:00 BT SUDOKU Challenge 🌿 6:30 TH Thursday Night Movie	11 10:00 BT Building up the Brain 🌿 10:30 BT Sportscercise with Rosette 🌿 11:00 BT CROSSWORD Collaborative Thinking 🌿 2:00 BT CURRENT EVENTS Discussion 🌿 3:00 BT Jewelry Making 6:30 TH Friday Night Movie	12 9:30 PT Self Wellness Exercise 10:00 BT Saturday "Self Enhancement" Puzzle Packet (room service) 10:30 BT Morning Snack & Beverage Service 1:30 O Grocery Order Pick-up 🚗 2:00 TH Saturday Matinee 3:30 PT Enjoying Afternoon Breeze 6:30 TH Saturday Night Movie
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HEALTH BENEFITS OF EXERCISE FOR OLDER ADULTS

Research proves that there are physical & mental health benefits of exercise, especially to older adults. **The Physical Health Benefits of Exercise** are: (1) Helps you maintain or lose weight; (2) Reduce the impact of illness and chronic disease; (3) Enhances mobility, flexibility & balance. **The Mental Health Benefits of Exercise** are: (1) Improves sleep; (2) Boosts mood & self-confidence; (3) Does amazing things for the brain. Here at Hunters Creek, both Assisted Living (AL) and Circle of Friends (COF) programming start the day with exercise!!!



AL residents exercising at the Bistro with Rosette



COF residents exercising at the Townhall with Lakyn

RANDOM ACTS OF 'CARING'

Caring is displaying acts of kindness and concern for others. At Hunters Creek, "Caring" is simply a norm....



Michael Mack (Dining Manager) serving as a BARBER during the salon shut down.



Rosette explaining to Barbara the theme of her book choice.

BELMONT *Village* SENIOR LIVING



" A HERO Lies in You"



Courtney reading to Ray, the special card he received.



MAY WE ASSIST YOU? - REHABILITATION ASSISTIVE DEVICES

Nearly 50 million Americans are disabled in one way or another. Disability does not discriminate and every person is at risk of disability. Many conditions may make ordinary activities difficult to perform. Some people have difficulty opening a door or jar, buttoning a shirt, reaching up to a shelf or walking down the hall. Assistive devices or adaptive equipment can help people to maintain their independence despite disability.

Assistive devices can range from simple tools or gadgets such as a reacher or button hook to wheelchairs or other mobility devices including motorized equipment. There are devices that can help with reaching, grasping, holding, dressing, feeding, walking, carrying and many more. They can help people with physical challenges such as pain, weakness, limited range of motion or decreased endurance to overcome many of the limitations they experience. An Occupational or Physical Therapist should be consulted

for suggestions regarding any special needs. They are qualified to fit the device properly and explain the correct techniques to maximize the benefit. They can also advise on where certain items can be purchased. Generally a qualified DME (Durable Medical Equipment) provider can also offer information regarding Medicare reimbursement for some items.

Please stop by the Therapy Department to learn more about how assistive devices can help with your limitations. We'd be happy to offer solutions to your individual needs.



BE PREPARED WITH AN EMERGENCY KIT

National Preparedness Month in September is a time to ready yourself and those in your care for the unexpected. Take the first step by assembling a kit equipped with the supplies you might need in the event of a natural disaster or other emergency.

Keep your supplies in something that is easy to carry in case you must leave your home.

Suggestions include a wheeled suitcase, a large plastic storage container or a couple of backpacks.

The Federal Emergency Management Agency recommends stocking these items in your emergency kit: nonperishable food, such as dried fruit, canned tuna or chicken, and peanut butter; bottled water; manual can opener; plates, utensils and wet wipes; first aid kit and toiletries; change of clothes; blanket; work gloves; multipurpose tool; matches; battery-powered radio, flashlight and extra batteries; whistle to signal for help; local map; cash; copies of insurance policies and identification; and paper and pencils.

Depending on your household members, you may need to include prescription medications, baby supplies, pet supplies, and books and games for children.

Make sure you have enough supplies for at least three days.

For more information on how to be prepared, visit www.Ready.gov.



THE VILLAGE SCENE --- WELCOME NEW EMPLOYEES



ELENA DOMANOVA - Server



JUAN LUNA - Cook



JOPHIEL ROY - Nurse



ALAYDREA HEATH - PAL



CAMIEN SUMPTER - Concierge



ANNA SALINAS - PAL

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

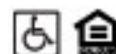
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



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