

# THE VILLAGE NEWS



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

DECEMBER 2020



## FROM THE DESK OF



### EDDIE JOHNSON

December ... “It’s the most wonderful time of the Year!”, according to the song by Andy Williams. And true enough, December is the most wonderful time, not only of rejoicing but of reflections. Being the last month of the year, we cannot help but think of what is to come. It is also the month of HOPE, and that’s the reason we celebrate other holidays during December like Advent, Hanukkah, Migrant’s Day, Human Solidarity Day, Winter Solstice, Universal Health Coverage Day, Christmas & Kwanzaa. All these Holidays have a common thread of **compassion**, a time to make amends and a time to tie up

loose ends. December is the time to finish what you started and hope that your dreams come true. It is also a perfect time to reflect on our blessings and seek out ways to make our life better for those around us. Did you know that there is a relationship between compassion and inflammation? Yes, according to Dr. Emma Seppala, Associate Director of Stanford University’s Center for Compassion and Altruism Research and Education (CCARE), people who were happy because they lived the ‘good life’ (sometimes also know as ‘hedonic happiness’) had high inflammation levels, but, on the other hand, people who were happy because they lived a life of purpose or meaning (sometimes also known as ‘eudaimonic happiness’) had low inflammation levels. A life of meaning and purpose is one focused less on satisfying oneself and more on others. It is a life rich in compassion, altruism, and greater meaning.”

May these Holidays we celebrate remind us of what really matters, and that we are here for something else besides ourselves. May the glorious message of peace and love fill your hearts with joy during this wonderful season.

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## RESIDENT BIRTHDAYS!

Joan Murphy	Dec. 1
Kay Dunn	Dec. 9
Mable Dufilho	Dec. 10
Jane Moreland	Dec. 14
Nancy Tyler	Dec. 16
Druscilla Williams	Dec. 20
Teresita Robidoux	Dec. 23
Judy Pfannkuche	Dec. 24
Philip Prieto	Dec. 26
Rosanna Mahoney	Dec. 27



# Happy Birthday

## STAFF BIRTHDAYS!

Sonya S.	Dec. 1
Lauretta O.	Dec. 2
Toyin O.	Dec. 4
Olasheyi L.	Dec. 10
Lilian C.	Dec. 11
Lakyn B.	Dec. 13
Marta R.	Dec. 16
Taasha S.	Dec. 17
Sussan O.	Dec. 17
Sharon M.	Dec. 19
Carine T.	Dec. 21
Victor B.	Dec. 23
Trystian T.	Dec. 30



## Circle of Friends & Neighborhood

### HOLIDAYS ARE TIME FOR "DIY" (DO IT YOURSELF)

*Painting Pumpkins & Making Spiders!*

Residents in Neighborhood created perfect pumpkins and sweet spiders in preparation for Halloween! Giggles over the googly-eyed creations and favorite Holiday traditions were shared while making these spooky creations.

*Root beer Floats for Oktoberfest!*

Essen, Trinket und Fröhlich Sein! Eat, Drink, and Be Merry! Circle of Friends learned about Oktoberfest traditions while drinking Root Beer Floats. Laughter and Root Beer spilled

over while good times were had. Bis zum nächsten Oktoberfest (Until next Oktoberfest)!!



## EMPLOYEE OF THE MONTH



**TYLLER GUNN** - Dishwasher

### TYLLER GUNN

Tyller Gunn is a young 20 year old lad, who graduated from Westbury High School, Houston. After graduation, he worked at McDonald's for 1 year before he joined Belmont Village over a year ago. He is a friendly, hardworking guy who never complains about daily chores, but accepts hard work and does it extraordinarily well. He is currently in the process of studying CULINARY ARTS. Good job, Tyller!!



## WATERCOLOR CLASSES TAUGHT BY OUR RESIDENTS THEMSELVES

Yes, Hunters Creek has been blessed to be endowed by 2 very artistic residents, the best of friends whose hobbies were watercolor painting. Watercolor painting became the center of their friendship when **MARINO GUTIERREZ** (a professional painter/artist) decided to share his skills with his close friend, **RICHARD BERNICKER**, mentoring him on special techniques in using brushes & watercolor paint to create beautiful artwork. Thanks to the artistic blossoming of Marino & Richard's friendship, we now are gifted with painting instructors who currently lead other residents to enjoy painting as a form of artistry and friendship.

## BEGINNER'S CLASS IN WATERCOLOR PAINTING BY RICHARD BERNICKER



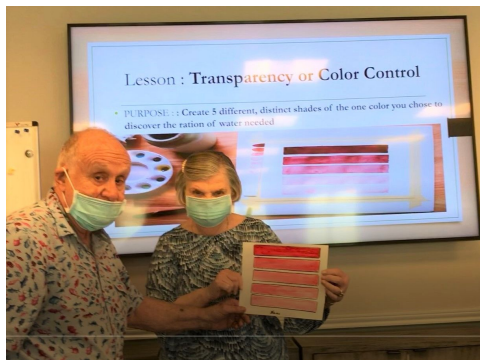
*Eager residents await to begin painting*



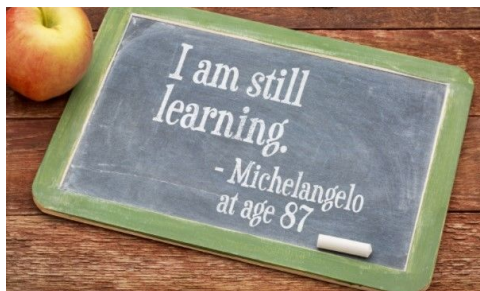
*Richard & Marjorie at Beginner's class*



*Richard & Barbara F. at Beginner's Class*



*Richard & Judy at Beginner's Class*



## ADVANCE CLASS IN WATERCOLOR PAINTING BY MARINO GUTIERREZ



*Marino demonstrating painting lesson in Advance Class*



*Residents in Advance Class paint their hearts away...*



*Bob G. personally mentored by Marino on blending of colors*

*"Every great achiever is inspired by a great mentor."*



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

With “Social Distancing” as the new normal these days, we sometime feel desperate for physical affection. Touch is a basic need, so this is absolutely normal. Going without, especially for a longer period of time than usual, can have a pretty big impact on your emotional health. That’s the reason we made SELF-HUGGING a part of our morning exercise. Although Self-Hugging may seem pretty awkward, know that it has some serious BENEFITS, such as:

1. It can help you feel safe and secure
2. It can improve your mood
3. It can increase self-compassion



## What's **NEW!** New?

### NEW RESIDENTS

Let's welcome our NEW RESIDENTS to BVHC Family:

- Katherine B.
- Amy C.
- Martha T.B.



*New Resident Katherine B. already engaged in the Beginner's Watercolor Painting Class*

### HAPPY HANUKKAH

The Jewish holiday Hanukkah is a joyous eight-day celebration. Known as the Festival of Lights, the holiday brings family and friends together to light a menorah, sing songs, play games and eat special foods. Hanukkah marks the victory of a group of Jewish rebels over the armies of Syria in 165 B.C. and the rededication of the Temple in Jerusalem.



*Christmas meets Hanukkah in Jerusalem*





## PREVENTING WINTERTIME FALLS

It's that time of year when slips and falls occur at an increasing number. Hip fracture is a common problem among older adults that happens more frequently in winter due to wet and slippery conditions. To help prevent wintertime falls, certain precautions should be taken including: wearing proper foot gear, staying only on sidewalks or areas that have been cleared of snow and ice, using handrails when available and avoiding going out after dark or in hazardous weather conditions. While walking, take small steps in order to keep your center of balance beneath you and keep your hands free by not carrying heavy loads or burying your hands in your pockets. In the event you feel yourself slipping, you may reduce your potential injury from falling by trying to relax as much as possible and roll with the fall. Try to twist and roll backwards, rather than falling forward. Also, drop anything you are carrying and protect yourself instead of your possessions.

There are many gadgets available specifically designed to provide extra stability on

slippery surfaces. These may include a pick-type of attachment for your cane or a traction device that can be worn over your shoes. For more information about these devices or any information about how to improve winter safety, please stop by the therapy department and speak to one of our experienced therapists.



## BVHC...LIGHTS, CAMERA, ACTION!

Residents felt the experience of being a "Celebrity" during a video shoot that occurred at Hunters Creek. Chosen residents were given a professional make-up artist to do their hair & make-up. The experience of following a rigorous shooting schedule & lots of retakes made the whole encounter indeed "Love in Action!" Kudos to our "Celebrities" in action!



Martha S. as the "Celebrity"



Edwina S. as the "Celebrity"



Kay & Ovid J. as the "Celebrities"



## Out & About

### NEW ONLINE SCHEDULING SYSTEM

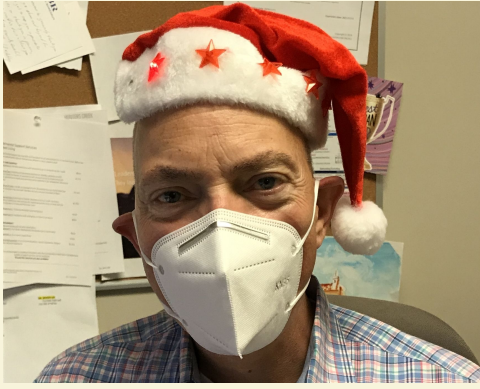
Family members are encouraged to schedule appointments to visit their loved ones or set up doctor's appointments for them, using our new on-line scheduling system called Acuity Scheduling. For more information and [LINK](#) to BVHC's online scheduling system, please refer to the concierge.

### DOCTORS' APPOINTMENTS

Doctors' Appointments using the BVHC Driver must be scheduled only on **Mondays, Tuesdays & Wednesdays!**



# THE VILLAGE SCENE --- TENURED STAFF PER DEP'T



Bruce G. (DRCS)- Since 2007 (13 years)



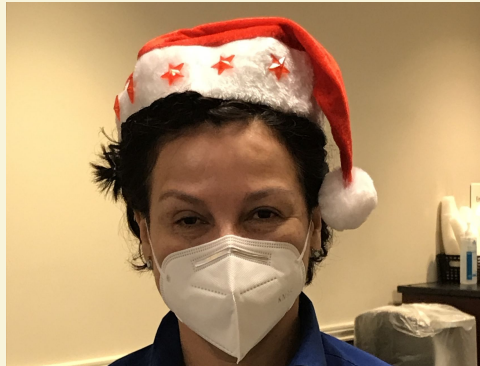
Rosette C. (APC)- Since 2014 (6 Years)



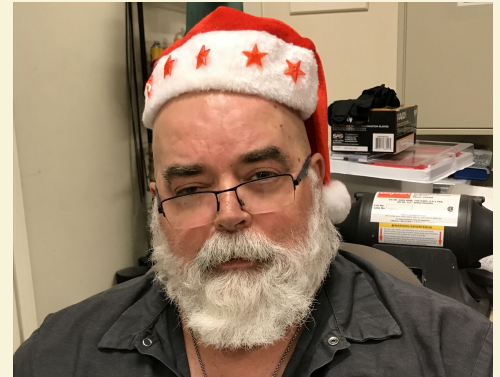
Arturo R. (Cook)- Since 2014 (6 years)



Elida G. (Server)- Since 2014 (6 years)



Ruth A. (Driver)- Since 2015 (5 years)



Kelly O. (Asst. BE)- Since 2015 (5 years)

## 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

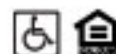
Atlanta - Buckhead and Johns Creek

Austin - Lakeway and West Lake Hills

Houston - West University and Hunters Creek



[belmontvillage.com](http://belmontvillage.com)



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