

Village Scene



July 4th in the Great Room



July 4th and Austin Banjo Club



July 4th Celebration



Garden Club Raising Butterflies



Garden Club Planting Herbs



Butterfly "Food" for the Garden



VillageNEWS

Belmont Village of West Lake Hills

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From the Director

Heroes and Freedom!

While the 4th of July has always been the traditional time our nation's independence is celebrated, we'd also like to highlight heroes and key notable events for the month of August as well.

The Declaration of Independence was officially signed on August 2, 1776. The first United States census was conducted August 2, 1790. Jesse Owens won the 100 meter dash at the Berlin Olympics August 3, 1936. Lech Walesa led the first strike at the Gdansk, Poland shipyards on August 14, 1980. Paris was liberated by the Allies August 25, 1944. And, at the March on Washington for Jobs and Freedom, Reverend Martin Luther King, Jr., gave his "I Have A Dream" speech August 28, 1963.

Some quick fun facts on the US census and population growth... In 1790, the population at the time of the first census was 3,929,214 people, about the size of the city (not metro area) of Los Angeles in 2015. Today, the US population is now 321,309,385. That's a lot of people! Except when compared against the Republic of China. Based on their census conducted in 2013, the United Nations projects their

population today at just over 1.4 billion! Yikes!

What better way to commemorate the liberation of Paris than with "A Night In Paris" here at Belmont Village! Tuesday, Aug. 25, Lucinda is making arrangements for French themed entertainment and Chef Cross and his team are preparing a delicious French inspired dinner for all to enjoy. Voilà!

Lucinda is finalizing plans to commemorate Martin Luther King and his "I Have A Dream" speech on Friday, Aug. 28. Please stay tuned for more details. Finally and as mentioned last month, we'll be celebrating our own "Superheroes," our employees, the week of Aug. 17.

Now that the hot weather has finally arrived – stay safe and keep cool out there!

Merci beaucoup!

Donna



Donna Hermann, Executive Director



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www.belmontvillage.com

SENIOR LIVING
OF WEST LAKE HILLS

Belmont Village Communities

CALIFORNIA: Burbank, 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

SOUTHERN US: Memphis, Nashville, Louisville, Atlanta—Buckhead and Johns Creek, Dallas, Austin, Houston—West University and Hunters Creek



CELEBRATING OUR STAFF

Adriana

Rodriquez-Pena
Employee of the Month



We Appreciate Adriana Because:

- She always has a smile and a positive attitude.
- She seemingly appears out of nowhere and is always ready to help.
- She was on guard and saved me from injury when I unexpectedly fainted.
- She goes out of her way to be helpful; she is always willing to go above and beyond.

Rabin Chinas

Extra Mile Winner



Thank you, Rabin, for going the Extra Mile!
We really appreciate you.

Another Million People

On Aug. 1, 1790, the first U.S. Census was conducted. Every 10 years since, the Census has gathered information about the number and demographics of people living in the country. Here is a look at population numbers over the years.

Date:	U.S. Census Numbers:
1790:	3,929,214
1810:	7,239,881
1830:	12,866,020
1850:	23,191,876
1870:	38,558,371
1890:	62,979,766
1910:	92,228,496
1930:	123,202,624
1950:	151,325,798
1970:	203,302,031
1990:	248,709,873
2010:	308,745,538

Source: www.census.gov

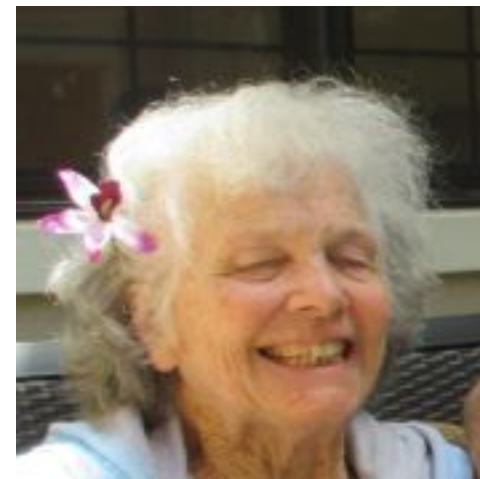
This Month in Memory Care

This year's celebration of the United States' independence from England on July 4, 1776, inspired a week-long study of some of the main grievances that precipitated the Revolutionary War. Of particular interest to our group were the men and women who emerged as heroes during this tumultuous time. Some of the most onerous conditions imposed on the colonists by England were the taxes that were levied upon them. The residents reenacted some of these events by portraying a cast of characters that included King George III, Parliament, the tax collector and the hard-working colonists. The colonists randomly purchased "essentials" with their monthly income (using the residents' most coveted penny candy for dollars), and

newspapers, tea, panes of glass, etc. It was quite an eye opener to discover that items such as marriage certificates or college diplomas were some of the most heavily taxed items! The catchphrase for the week was "No taxation without representation."



CONGRATULATIONS TO ONE OF BELMONT'S OWN



Gloria Moore

Belmont Resident Gloria Moore was nominated as a National Senior Citizens' Day Outstanding Senior, and will be recognized for her selfless service to her peers and community and for her generous, giving spirit. Gloria will be honored at the National Senior Citizens' Day Luncheon at the Renaissance Hotel on Aug. 21.

We are so happy for you, Gloria. Congratulations!

Women's history and elevating the status of women was Gloria Moore's life passion. In 1975 while she was president of the Edinburg branch of the American Association of University Women (AAUW) and an English professor at Texas Pan Am University she started the very first Women's Studies Lecture Series. While the lecture series was a success and

ran for many years, activism in the early stages of any movement can come at a cost. Mrs. Moore was ultimately ex-communicated from her Baptist church for her participation in Women's Rights demonstrations.

According to her daughters, Ms. Moore considered her work at Pan Am university to be her "Mission Work." By teaching Freshman English and mentoring first generation English speakers and first generation college graduates she was also elevating the status of the vulnerable and at risk members of her community. Education was always a top priority. Ms. Moore's daughter's were coached to be financially independent and were not considered educated until they had achieved at least a Master's Degree.

Community minded always, Ms. Moore was also president of her Junior League, founded and ran the Lower Rio Grande Valley Council for the Arts, and was the director of the Hidalgo County Sesquicentennial celebration as appointed by the Hidalgo County Historical Commission.



LET'S CELEBRATE BIRTHDAYS



Birthday Luncheon

Friday, Aug. 28
Noon

All residents with birthdays in August are welcomed to enjoy lunch with one invited guest (free of charge) in Josephine's Kitchen. Please RSVP

Resident Birthdays!

8/7	Lewis Norris
8/8	Emily Lake
8/8	Freida Reese
8/15	Edna Rabe
8/16	Anne Vaughan
8/19	Felix Burrus
8/20	Esther Kerbel
8/27	George Anson
8/27	Don Schrader
8/29	Robert Graham
8/31	Jean Howell

Employee Birthdays!

8/15	Kala Barthram
8/19	Eric Ventura
8/29	David Rodriguez



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug. 23 & 30 Continued 7:00 TH Movie★	Aug. 24 & 31 Continued 1:30 OT Grocery Shopping✓ 2:30 PR Poker★ 7:00 TH Movie★					10:30 TH Brain Games★ 10:30 TH Group Crossword★ 1:00 GR Technology Helpers Arrive (Sign-up at the Front Desk)★ 3:00 TH Matinee Movie★ 7:00 TH M.A.S.H.★
2 8:30 OT Church Transportation Begins● 9:30 TH Riverbend Church Live Broadcast● 11:00 TH Sing-A-Long for the Spirit● 1:30 OT Target & Walmart Shopping (Must RSVP)✓ 3:30 GR Live Music in the Great Room★ 7:00 TH Movie★	3 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 TH Pass the Bomb★ 1:30 OT Grocery Shopping✓ 2:00 GR Chorus Rehearsal★ 2:30 PR Poker★ 7:00 TH Movie★	4 10:00 TH Flexibility & Balance♥ 10:30 TH Group Crossword★ 11:00 TH Practicing Mindfulness Lecture★ 1:00 TH Catholic Prayer Service● 3:00 TH Great Courses Lecture★ 7:00 TH Movie★	5 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 TH Hangman★ 11:30 OT Public Library (Must RSVP)✓ 2:00 TH Activity Committee★ 2:30 PR Poker 2:30 TH Garden Club ♥ 3:30 PL Water Aerobics♥ 7:00 TH M.A.S.H.★	6 10:00 TH Flexibility & Balance♥ 10:30 TH Group Crossword★ 11:00 TH Practicing Mindfulness Lecture★ 1:30 OT Grocery Shopping✓ 2:00 TH Music History Appreciation★ 3:00 TH Great Courses Lecture★ 4:00 GR Live Music Happy Hour★ 7:00 TH Movie★	7 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 GR Pass the Bomb★ 11:15 TH Power for Parkinson's Exercise♥ 2:30 TH Community Service Project● 2:30 PR Poker★ 7:00 TH Movie★	8 10:30 TH Brain Games★ 10:30 TH Group Crossword★ 1:00 GR Technology Helpers Arrive (Sign-up at the Front Desk)★ 3:00 TH Matinee Movie★ 7:00 TH M.A.S.H.★
9 8:30 OT Church Transportation Begins● 9:30 TH Riverbend Church Live Broadcast● 11:00 TH Sing-A-Long for the Spirit● 1:30 OT Target & Walmart Shopping (Must RSVP)✓ 3:30 GR Live Music in the Great Room★ 7:00 TH Movie★	10 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 TH Pass the Bomb★ 1:30 OT Grocery Shopping✓ 2:00 GR Chorus Rehearsal★ 2:30 PR Poker★ 7:00 TH Movie★	11 10:00 TH Flexibility & Balance♥ 10:30 TH Group Crossword★ 11:00 TH Practicing Mindfulness Lecture★ 1:00 TH Catholic Prayer Service● 1:30 BT New Resident Orientation 2:30 TH Resident Council 3:00 TH Great Courses Lecture★ 7:00 TH Movie★	12 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 TH Hangman★ 11:30 OT Out-to-Lunch✓ 2:30 PR Poker 2:30 TH Garden Club ♥ 3:30 PL Water Aerobics♥ 7:00 TH M.A.S.H.★	13 10:00 TH Flexibility & Balance♥ 10:30 TH Eye See Well★ 11:00 TH Practicing Mindfulness Lecture★ 11:30 TH Ladies Lunch 1:30 OT Grocery Shopping✓ 2:00 TH Music History Appreciation★ 3:00 TH Great Courses Lecture★ 4:00 GR Live Music Happy Hour★ 7:00 TH Movie★	14 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 GR Pass the Bomb★ 11:15 TH Power for Parkinson's Exercise♥ 2:30 PR Poker★ 2:30 TH Community Service Project● 7:00 TH Movie★	15 10:30 TH Brain Games★ 10:30 TH Group Crossword★ 1:00 GR Technology Helpers Arrive (Sign-up at the Front Desk)★ 3:00 TH Matinee Movie★ 7:00 TH M.A.S.H.★
16 8:30 OT Church Transportation Begins● 9:30 TH Riverbend Church Live Broadcast● 11:00 TH Sing-A-Long for the Spirit● 1:30 OT Target & Walmart Shopping (Must RSVP)✓ 3:30 GR Live Music in the Great Room★ 7:00 TH Movie★	17 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 TH Pass the Bomb★ 1:30 OT Grocery Shopping✓ 2:00 GR Chorus Rehearsal★ 2:30 PR Poker★ 7:00 TH Movie★	18 10:00 TH Flexibility & Balance♥ 10:30 TH Group Crossword★ 11:00 TH Practicing Mindfulness Lecture★ 1:00 TH Catholic Prayer Service● 3:00 TH Great Courses Lecture★ 3:30 GR Tiny Tails Pet Therapy● 7:00 TH Movie★	19 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 TH Hangman★ 11:30 OT Circle of Friends Outing✓ 2:30 TH Garden Club ♥ 2:30 PR Poker 3:30 PL Water Aerobics♥ 5:30 TH New Family Orientation 7:00 TH M.A.S.H.★	20 10:00 TH Flexibility & Balance♥ 10:30 TH Group Crossword★ 11:00 TH Practicing Mindfulness Lecture★ 1:30 OT Grocery Shopping✓ 2:00 TH Music History Appreciation★ 3:00 GR Super Hero Cape Contest 4:00 GR Live Music Happy Hour★ 7:00 TH Movie★	21 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 GR Pass the Bomb★ 11:15 TH Power for Parkinson's Exercise♥ 2:30 PR Poker★ 2:30 TH Community Service Project● 7:00 TH Movie★	22 10:30 TH Group Crossword★ 10:30 TH Brain Games★ 1:00 GR Technology Helpers Arrive (Sign-up at the Front Desk)★ 3:00 TH Matinee Movie★ 7:00 TH M.A.S.H.★
23 8:30 OT Church Transportation Begins● 9:30 TH Riverbend Church Live Broadcast● 11:00 TH Sing-A-Long for the Spirit● 1:30 OT Target & Walmart Shopping (Must RSVP)✓ 3:30 GR Live Music in the Great Room★	24 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 TH Pass the Bomb★ 2:00 GR Chorus Rehearsal★ 6:30 TH The American's Movie Series with Zachary★	25 "The Liberation of Paris" Day 10:00 TH Flexibility & Balance♥ 10:30 TH Group Crossword★ 11:00 TH Practicing Mindfulness Lecture★ 1:00 TH Catholic Prayer Service● 3:00 TH Great Courses Lecture★ 4:00 GR "A Night in Paris" Happy Hour 5:00 JK "A Night in Paris" French Themed Dinner 6:30 TH The American's Movie Series with Zachary★ 7:00 TH Movie★	26 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 TH Hangman★ 11:30 OT Out-to-Lunch✓ 2:30 PR Poker 2:30 TH Garden Club ♥ 3:30 PL Water Aerobics♥ 5:30 TH Families Together 6:30 TH The American's Movie Series with Zachary★ 7:00 TH M.A.S.H.★	27 10:00 TH Flexibility & Balance♥ 10:30 TH Eye See Well★ 11:00 TH Practicing Mindfulness Lecture★ 11:30 TH Men's Lunch 1:30 OT Grocery Shopping✓ 2:00 TH Music History Appreciation★ 3:00 TH Great Courses Lecture★ 4:00 GR Live Music Happy Hour★ 6:30 TH The American's Movie Series with Zachary★ 7:00 TH Movie★	28 "I Have a Dream..." Day 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 GR Martin Luther King's "I have a dream..." remembrance celebration● 11:15 TH Power for Parkinson's Exercise♥ 2:00 BT Chat with Chef Mike 2:30 TH Community Service Project● 2:30 PR Poker★ 7:00 TH Movie★	29 10:30 TH Brain Games★ 10:30 TH Group Crossword★ 1:00 GR Technology Helpers Arrive (Sign-up at the Front Desk)★ 3:00 TH Matinee Movie★ 7:00 TH M.A.S.H.★
30 8:30 OT Church Transportation Begins● 9:30 TH Riverbend Church Live Broadcast● 11:00 TH Sing-A-Long for the Spirit● 1:30 OT Target & Walmart Shopping (Must RSVP)✓ 3:30 GR Live Music in the Great Room★	31 10:00 TH Strength Training♥ 10:30 TH Brain Games★ 11:00 TH Pass the Bomb★ 2:00 GR Chorus Rehearsal★					



Mark Your Calendar



First Wednesday

11:00 Public Library Outing
2:00 Activity Council Meeting

Second Tuesday

1:00 New Resident Orientation
2:00 Resident Council

Third Tuesday

3:30 Tiny Tails Pet Therapy

Third Wednesday

5:30 New Family Orientation

Fourth Wednesday

5:30 Families Together Group
with Christina Wilkins, Director
of Memory Care Programming

Last Friday

2:00 Chat with the Chef

Every Tuesday & Thursday

3:00 Great Course Lecture
*The Other Side of History: Daily
Life in the Ancient World*



A Night in Paris

Tuesday, Aug. 25



4:00 Champagne
Happy Hour

5:00 French Inspired
Dinner and
Entertainment

In celebration of the Liberation of Paris we will be having a very special evening of all things French: French food, French drink, and French music, of course. Please join your friends and neighbors for a night of fun and reminiscence.

The Other Side of History: Daily Life in the Ancient World

Imagine you're a Greek soldier marching into battle in the front row of a phalanx. Or an Egyptian woman putting on makeup before attending an evening party with your husband. Or a Celtic monk scurrying away with the Book of Kells during a Viking invasion. Welcome to the other side of history, the 99% of ordinary people whose names don't make it into the history books—but whose lives are no less fascinating than the great leaders whose names we all know.

We will get beyond the abstract dates and figures, kings and queens, and battles and wars that make up so many historical accounts and to explore the breadth and depth of human history from the perspective of the so-called ordinary people.

NURSES' CORNER Health and Wellness for Seniors

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. Eating right and getting plenty of exercise are a big part of the picture. What else can seniors do to safeguard their health?

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.

COLORECTAL CANCER: Most colon and rectal cancers arise from benign growths called polyps. Screening can catch polyps before they turn into cancer. Adults over 50 should be screened regularly. Four options exist for screening: Fecal occult blood testing (FOBT), annually: This is a simple test which is performed at home. It involves taking samples from

three consecutive bowel movements. Flexible sigmoidoscopy is done every 5 years. A sigmoidoscope is a flexible tube with a tiny camera on the end, which a doctor can use to examine the inside of the rectum and lower part of the colon. This test can be performed right in the doctor's office. Colonoscopy is done every ten years. Colonoscopy uses a tiny camera to examine the entire colon. This procedure will take only half an hour but will require anesthesia. Double Contrast Barium Enema is done every 5 years. It involves drinking a special substance which makes a colon more visible on an X-ray.

This, however, is considered the least reliable method.

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 radiograph. Although women do complain that it's uncomfortable a mammogram takes only about 10 minutes and could save your life.

PROSTATE CANCER: The prostate is a small, walnut shaped gland that is part of the male reproductive system. Screening for prostate cancer is controversial. The test is available but is not reliable.

Also some prostate cancers grow so slowly that the value of treatment is uncertain. On the other hand, when the cancer is more aggressive, this disease can be fatal. The 2 tests commonly used are PSA Blood Test and Digital Rectal Exam.

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. It can lead to heart attacks, strokes, and circulation problems.

WATCH THAT CHOLESTEROL: High cholesterol raises the risk of heart disease. Cholesterol is a fat-like substance made naturally in the body. Some cholesterol is necessary for good health, but too much can lead to clogged arteries.

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 usually 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.

"This Month In History" AUGUST

79: The volcano Vesuvius erupts, burying Pompeii.

1492: Christopher Columbus sets sail from Spain in an attempt to discover a faster way to Asia.

1587: Virginia Dare is born on Roanoke Island. She is the first baby born to English parents in the New World.

1782: Washington orders the creation of a Badge of Military Merit, and three are awarded to Revolutionary War soldiers. In the

1930s, the honor is reinstated and becomes known as the Purple Heart.

1790: The first U.S. Census is conducted, finding 3,929,214 people living in the United States.

1858: The first transatlantic telegraph cable is laid, stretching almost 2,000 miles across the Atlantic Ocean.

1858: The famed Lincoln-Douglas debates begin during an Illinois Senate race. Stephen Douglas wins re-election to the Senate, but Abraham Lincoln ultimately defeats him in the 1860 presidential election.

1861: The U.S. government imposes its first income tax: 3 percent of all incomes greater than \$800.

1896: Gold is discovered along the Klondike River in Yukon, Canada, leading to a gold rush.

1911: Leonardo da Vinci's "Mona Lisa" is stolen from the Louvre Museum in Paris. It is recovered two years later in Italy.

1967: The Senate confirms the appointment of Thurgood Marshall to the U.S. Supreme Court.

1969: The Woodstock music festival occurs in White Lake, N.Y. About 500,000 people attend the three-day concert.

2006: Pluto, the smallest and almost-always farthest planet from the sun, is demoted to dwarf planet status.