



Belmont Village of West Lake Hills VillageNEWS



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A Publication of Belmont Village for Residents, Staff, Family and Friends

May 2016

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Donna Hermann, E.D.

From the Director

May is Safety Month for all Belmont Village communities. We'll be conducting our annual Disaster and Evacuation Drill on Tuesday May 24th. Joey Hubble, Building Engineer and I will distribute instructions for all residents and employees in advance of the drill. The West Lake Hills Fire Department will join us again this year to observe our evacuation process.

We'll kick the month of May off with a Cinco de Mayo celebration Thursday May 5th. Just a few days later, it will be time to celebrate Mom! Chef Mike and his team have prepared a delicious menu and we'll serve a plated brunch Sunday May 8th.

We can't believe it's almost Memorial Day! Many people will wear or display red poppies on this day as a symbol of fallen soldiers. This tradition grew out of the famous poem by Canadian John McCrae known as *In Flanders Fields*, which he was inspired to write upon seeing red poppies growing over the graves of World War I soldiers. You may well hear this poem's opening lines quoted on Memorial Day:

"In Flanders fields the poppies blow
Between the crosses, row on row"

In honor of our resident

veterans, I would also like to invite you to visit our *American Heroes: Portraits of Service* gallery on the 3rd floor. Photographer Thomas Sanders has combined art and history to capture the service stories of our resident veterans. Please take a few minutes to view these iconic portraits.

Finally, in recognition of all who bravely served our country and the first of the Summer holiday weekends, we'll break out the BBQ grill! Monday May 30th, please join us for live music and a traditional BBQ with all the fixin's. Looking forward to seeing you all there!

Best Wishes, Donna





Mark Your Calendar



First Wednesday

1:00 Blood Pressure Clinic

First Thursday

2:00 Assisted Living Activities Forum

Second Tuesday

2:00 Resident Council

Fourth Wednesday

11:30 Men's Lunch - Family members are invited to be our guests at this fun monthly event.

Fourth Wednesday

5:30 New Resident and Family Welcome Orientation & Social
6:30 *Families Together* Memory Care Support Group

Last Friday

12:00 Birthday Party Luncheon
2:00 Chat with the Chef



Cinco De Mayo Celebration
May 5th at 4:00 pm

Cinco De Mayo Happy Hour

Thursday, May 5th

4:00 - 5:00 pm

Let's celebrate Cinco de Mayo! Come on down to the great room for music and margarita's, chips, queso, guacamole and a Mexican inspired dinner.

Mother's Day Brunch

Sunday

May 8th

10:30 am - 1:30 pm



Please join friends and neighbors for a very special Chef prepared Mother's Day Plated Brunch.

Memorial Day BBQ and Live Music

Monday

May 30th

11:00 am - 1:00 pm



Please join us as we remember our fallen veterans and then celebrate their lives with delicious Bar-B-Que, traditional sides, and all the fix'ins.

Eat indoors or out while you enjoy relaxing with friends and neighbors and listen to great live music in the Courtyard with Tom Lindsey and Friends.



Eat a variety of fruits and vegetables



Drink plenty of water



Exercise 20 minutes a day



Get enough sleep



See your health care provider regularly



May is
Family Wellness Month



NURSES' CORNER

Your feet are pretty small, considering they have to support the entire height and weight of your body. But they can cause big problems. So pay some attention to your feet.

"Feet don't get any respect," says Dr. Marian T. Hannan, who studies foot disorders at the Institute for Aging Research at Hebrew SeniorLife. "They're sort of the Rodney Dangerfield of the human body."

Each step you take involves a remarkably intricate network of bones, muscles, tendons and ligaments. That complexity—combined with all the weight they carry—accounts for why feet can be so prone to problems, including bone fractures, arthritis and plantar fasciitis, a swelling of the thick band of tissue that runs along the bottom of the foot. If left untreated, foot problems may worsen. Eventually, the pain could interfere with your ability to do even the most basic things like walking up stairs or down the street. If pain alters the way you walk, it can lead to pain in your knees, hips and back as well. These problems can multiply, limiting your activity and affecting your quality of life.

Several things can contribute to foot pain or numbness. Sports and physical activity can cause your feet to hurt or become numb. Going too far, too fast or

not warming up properly before exercise can set you up for painful or numbing injuries.

Excess weight puts extra stress on your feet. Poorly fitting shoes and other footwear are common causes of foot problems as well. Health problems can also affect the feet. Lack of feeling in your feet could be a sign of a serious illness, such as diabetes or a nerve disorder. See your health care provider if you have unusual numbness in your feet or foot pain that is severe, comes on suddenly, or doesn't improve with simple measures such as rest or over-the-counter pain medications.

"The good news is that most foot disorders are either treatable or modifiable," Hannan says. Once you figure out when you feel pain or numbness, she explains, talk to an expert who can help.



How you walk and move affects your feet. Part of that is inherited. "Not only do our feet look

like our parents' but we also walk like our parents," Hannan says. But you can modify your gait—either with training or by changing shoes or using shoe inserts or pads.

You can help keep your feet healthy by wearing comfortable, well-fitting shoes. Wash your feet

regularly (especially between your toes), wear clean socks and try to rotate your shoes to give them time to air out.

"The more you exercise your feet, the better the blood flow is to the feet, and that's important for general foot health," Hannan says.

Walking is a great way to exercise your feet. You can also try specific foot exercises. Sit down and rotate your ankles in one direction, then the other. In bare feet, sit in a chair and curl your toes, then spread them out. This helps stretch and strengthen your feet to help you balance. Seeing what someone's foot looks like is incredibly informative, Hannan says. "I think we're going to be seeing a lot more health care providers paying attention to the feet," she predicts.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 OT Church Transportation Begins ● 9:30 TH Riverbend Church Live Broadcast ● 11:00 TH Church with Chaplain Gloria ● 1:30 OT Target & Walmart Shopping (Must RSVP) ✓ 2:00 TH "Land Girls" T.V. Series ★ 3:30 GR Live Music and Sunday Sundaes Happy Hour ★ 7:00 TH Movie ●	2 10:00 TH Strength Training ♥ 10:30 TH Mini-Golf ♥ 2:00 PR Poker ★ 2:00 BT Bridge ★ 3:00 TH Lecture: Listen to and Understand Great Music ★ 7:00 TH Movie ●	3 10:00 TH Flexibility & Balance ♥ 10:30 TH Scattergories ★ 1:00 TH Catholic Prayer Service ● 2:00 TH Lecture: Explore the Grandeur and History of Our National Parks ★ 3:00 PL Water Aerobics ♥ 7:00 TH Movie ★	4 10:00 TH Strength Training ♥ 10:30 TH Trivia with Lucinda ★ 11:00 TH Hangman ★ 1:00 WC Blood Pressure Clinic ♥ 2:00 GR Chorus Rehearsal ● 3:00 TH Route 66: Armchair Travel Down America's Original Highway ★ 7:00 TH Movie ★	5 10:00 TH Flexibility & Balance ♥ 10:30 TH Registered Dietitian Presentation ♥ 1:30 BT Diabetic Diet Presentation ♥ 2:00 TH Assisted Living Activity Forum ● 3:00 Lecture - Maya to Aztec: Ancient Mesoamerica Revealed ★ 4:00 GR Live Music Happy Hour ● 7:00 TH Movie ●	6 10:00 TH Chair Pilates ♥ 10:30 TH Brain Games ★ 11:15 TH Power for Parkinson's Exercise ♥ 2:00 BT Bridge ★ 2:00 PR Poker ★ 7:00 TH Movie ●	7 10:00 TH Trivia with Roger ★ 10:30 TH Group Crossword ★ 1:00 GR Technology Helpers Arrive (Sign Up at the Front Desk) ★ 1:30 OT Target & Walmart Shopping (Must RSVP) ✓ 3:00 TH Bingo ★ 7:00 TH Movie ★
8 8:30 OT Church Transportation Begins ● 9:30 TH Riverbend Church Live Broadcast ● 10:30 JK Mother's Day Brunch ● 11:00 TH Church with Chaplain Gloria ● 1:30 OT Target & Walmart Shopping (Must RSVP) ✓ 2:00 TH "Land Girls" T.V. Series ★ 3:30 GR Live Music and Sunday Sundaes Happy Hour ★ 7:00 TH Movie ●	9 10:00 TH Strength Training ♥ 10:30 TH Mini-Golf ♥ 2:00 PR Poker ★ 2:00 BT Bridge ★ 3:00 TH Lecture: Listen to and Understand Great Music ★ 7:00 TH Movie ●	10 10:00 TH Flexibility & Balance ♥ 10:30 TH Scattergories ★ 1:00 TH Catholic Prayer Service ● 2:00 TH Lecture: Explore the Grandeur and History of Our National Parks ★ 2:00 TH Resident Council 3:00 PL Water Aerobics ♥ 7:00 TH Movie ★	11 10:00 TH Strength Training ♥ 10:30 TH Trivia with Lucinda ★ 11:00 TH Hangman ★ 2:00 GR Chorus Rehearsal ● 3:00 TH Route 66: Armchair Travel Down America's Original Highway ★ 7:00 TH Movie ★	12 10:00 TH Flexibility & Balance ♥ 10:30 TH Sports & Health Trivia ★ 12:00 OT Assisted Living Outing ● 3:00 Lecture - Maya to Aztec: Ancient Mesoamerica Revealed ★ 4:00 GR Live Music Happy Hour ● 7:00 TH Movie ●	13 10:00 TH Chair Pilates ♥ 10:30 TH Brain Games ★ 11:15 TH Power for Parkinson's Exercise ♥ 2:00 PR Poker ★ 2:00 BT Bridge ★ 7:00 TH Movie ●	14 10:00 TH Trivia with Roger ★ 10:30 TH Group Crossword ★ 1:00 GR Technology Helpers Arrive (Sign Up at the Front Desk) ★ 1:30 OT Target & Walmart Shopping (Must RSVP) ✓ 3:00 TH Bingo ★ 7:00 TH Movie ★
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29 8:30 OT Church Transportation Begins ● 9:30 TH Riverbend Church Live Broadcast ● 11:00 TH Church with Chaplain Gloria ● 1:30 OT Target & Walmart Shopping (Must RSVP) ✓ 2:00 TH "Land Girls" T.V. Series ★ 3:30 GR Live Music and Sunday Sundaes Happy Hour ★ 7:00 TH Movie ●	30 Memorial Day 10:00 TH Strength Training ♥ 10:30 TH Mini-Golf ♥ 11:00 JK Memorial Day BBQ & Live Music ● 2:00 BT Bridge ★ 2:00 PR Poker ★ 3:00 TH Lecture: Listen to and Understand Great Music ★ 7:00 TH Movie ●	31 10:00 TH Flexibility & Balance ♥ 10:30 TH Scattergories ★ 1:00 TH Catholic Prayer Service ● 2:00 TH Lecture: Explore the Grandeur and History of Our National Parks ★ 3:00 PL Water Aerobics ♥ 7:00 TH Movie ★				



Dallow Guirassy
Employee of the Month



We Appreciate Dallow Because:

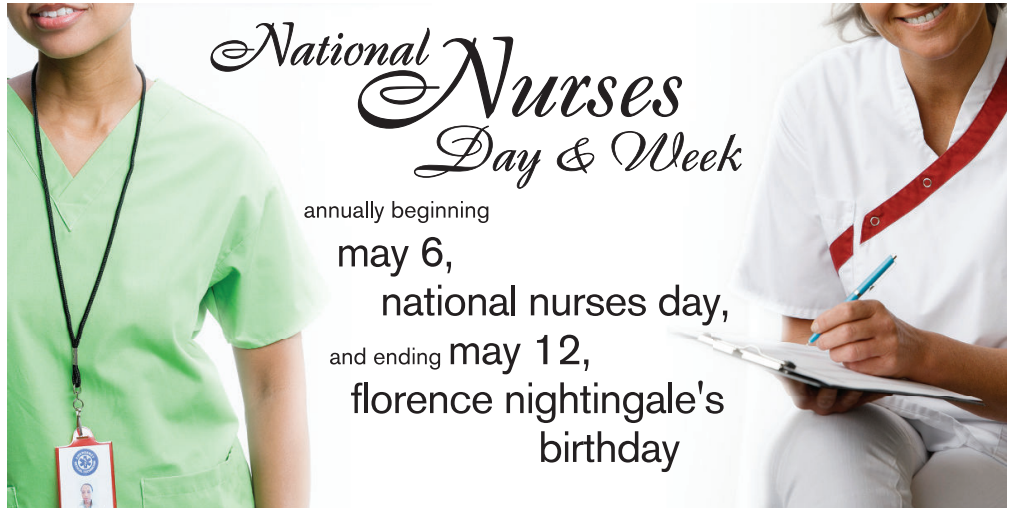
- for her hard work and dedication, always with a smile on her face.
- of her pride in being a Belmont employee. She always speaks so highly about this company to other employees.
- she swoops in like a 747 jet and saves lives!
- of her smiling face and attention to detail.
- she literally runs! And then giggles.

Extra Mile

Shalise May
Extra Mile Winner



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



annually beginning
may 6,
national nurses day,
and ending may 12,
florence nightingale's
birthday

As a Nurse...

We will have the opportunity to heal the mind, soul, heart, and body of our patients, their families and ourselves. Patients may forget your name but they will never forget how you made them feel. ~ Maya Angelou

The Trained Nurse...

has become one of the greatest blessings of humanity, taking a place beside the physician and the priest ~ William Osler

Nursing Is Not for Everyone...

It takes a very strong, intelligent, and compassionate person to take on the ills of the world with passion and purpose and work to maintain the health and well-being of the planet. No wonder we're exhausted at the end of the day! ~ Donna Wilk Cardillo

Being a Nurse Means...

- You will never get bored.
- You will often be frustrated.
- You will be surrounded by challenges...so much to do in so little time.
- You will carry immense responsibility and very little authority.
- You will step into people's lives and you will make a difference.
- Some will bless you.
- Some will curse you.
- You will see people at their worst ~ and their best.
- You will never cease to be amazed at people's capacity for love, courage, and endurance.
- You will see life begin ~ and end.
- You will experience resounding triumphs and devastating failures.
- You will cry a lot.
- You will laugh a lot.
- You will know what it is to be human ~ and to be humane.



CIRCLE OF FRIENDS SPOTLIGHT

We are pleased to report that our Activity Assistants are in the process of completing additional training facilitated by Belmont’s corporate memory care team. They are excited to have this opportunity to expand our tool box of skills.

In the spirit of community the Circle of Friends are also busily working on several projects to benefit our neighborhood residents. Please stop in to visit the Circle of Friends, located daily on the 3rd floor. We have many new friends in our group and are excited to share our days with our beautiful new residents.

Finally, come join us as we take on Spanish in preparation for Cinco de Mayo! We are excited to begin learning some new words in Spanish as we challenge our brains.

NEIGHBORHOOD SPOTLIGHT

Our neighborhood expansion is complete! Please stop by to see our expanded dining area and our new activity room. We welcome all Belmont Village families to come see our lovely larger neighborhood.

On that same note, we have hired additional neighborhood PALS. Please stop by to see the “PAL Welcome board” in the new

Activity Room to learn the names and some fun facts about our new PALS. They are pictured with names and a short bio.

In preparation for our expanded dining room, we have enhanced the dining experience and have already received great reviews. Dining takes a little longer but the experience for our residents has greatly improved. Come join us!

Finally, we hope you have noticed two activity groups in the neighborhood 7 days a week. We have more options for programming and fun every day. Please join us for one of our domino tournaments, bowling competitions, arts and crafts, garden club, baking team or lecture series. Visitors always welcome



Birthday Party Luncheon

**Friday, May 27th
12:00 Noon**

All Residents With Birthdays in May Are Invited to a Special Birthday Luncheon. You May Bring One Guest Free of Charge.

Please RSVP by May 25

Resident Birthdays!

- 05/10 LaVaun Malina
- 05/16 Sam Harris
- 05/18 Sidney Titus
- 05/22 Jack Nate
- 05/31 Albertina Brink



Happy Birthday to Our Staff Members

Employee Birthdays!

- 05/09 Milton Roberson
- 05/09 Eaisy Manyango
- 05/10 Tina Mahan
- 05/12 Karen Lopez
- 05/15 Naomi Doebo
- 05/20 Jessica Bradshaw
- 05/25 Maria Salome
- 05/30 Mike Cross



Lady Bird Johnson Wildflower Center



Recognizing Two Years of Service



Apple Pie Back-off Prizes



Circle of Friends Making Flower Arrangements



Circle of Friends Baking an Apple Pie for the Bake-off



Apple Pie Bake-off -- Let the tasting begin!

BELMONT *Village*

SENIOR LIVING
WEST LAKE HILLS

4310 Bee Cave Road
West Lake Hills, TX 78746

www.belmontvillage.com

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