



Belmont Village at West University VillageNEWS

  2929 W. Holcombe Blvd. • Houston, TX 77025 • Phone 713-592-9200 • Fax 713-592-0274

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

September 2015

Our Team

Rachelle Park

Senior Executive Director
(713) 592-9200 x102
rpark@belmontvillage.com

Bruce Goodrich

Dir. of Resident Care Services
(713) 592-9200 x109
bgoodrich@belmontvillage.com

Dianne Cooper

Community Relations
(713) 592-9200 x133
dscooper@belmontvillage.com

Carolyn DeWitt

Community Relations
(713) 592-9200 x107
cdewitt@belmontvillage.com

Dave Butz

Director of Activities & Memory Programs
(713) 592-9200 x111
dbutz@belmontvillage.com

Katie Snezhkova

Activities Program Coordinator
(713) 592-9200 x104
ksnezhkova@belmontvillage.com

Toni Malone

Human Resources Generalist
(713) 592-9200 x103
tmalone@belmontvillage.com

David Godden

Building Engineer
(713) 592-9200 x105
dgodden@belmontvillage.com

Jason Tyroch

Chef Manager
(713) 592-9200 x106
jtyroch@belmontvillage.com

A Note From Rachelle

HOT, HOT, HOT!

August was such a hot and humid month. Our air conditioners have been working overtime and the grass is turning brown. The multiple 100 plus days of heat have taken a toll on not only our outside environment, but on us as well. It seems like everyone is moving slower and more tired than usual.

With this extreme heat it is so easy to become dehydrated. I often see many of our residents head to the Bistro and get some coffee and tea and then sit out on the front porch. Well at least they are drinking something. But actually drinking too much coffee or tea can dehydrate us because of their high content of caffeine. The caffeine makes you go to the restroom more often so you do not retain the all-important water that you need. So next time you head to the Bistro, try some cold refreshing water instead of coffee or tea.

I also want to remind you to utilize your air-conditioner in your apartment. As we age, our skin becomes thin and we get cold more easily. But if you put on your heater because you are cold or just circulate outside air, then your body will lose water also and you can become overheated

before you even realize something is wrong. You don't have to keep your apartment cold, just keep it cool.



Rachelle and Betty

Laugh Lines: Football Frenzy

Angie's grandmother always said, "Football consists of 22 men on the field desperately in need of a rest, and 40,000 in the stands desperately in need of exercise."

Q: What did the football coach say to the broken vending machine? A: "Give me my quarterback!"

A high school football player called his coach at home. When the coach's wife informed the young man that the coach wasn't home, the player became frantic and said he had to speak to the coach right away. "Just calm down and I'll have him call you back as soon as he gets home," the coach's wife told him. "What's your number?"

The player replied, "Twenty-three." *Football season is here! Join us on Sundays to cheer on our Texans!*



Resident Birthdays

Howard DeViney	2
Jo Rene Schroeder	2
Lanece Lomonte	4
Sylvia Abercrombie	6
Fannie "Tiny" Hinrichs	6
Paula Nocita	9
Fukumi Smith	12
Caro Walker	13
Jane Kepner	15
Manuel Palmer	16
Margaret Hennike	19
Ann Repetti	19
Doyce Allen	21
Norman Gerber	26
Effie Jean Bay	27



Employee Birthdays

Jessica Henderson	1
Blessing Agbonyi	4
Rosalind Riley	4
Katie Snezhkova	5
Maria Landaverde	6
Katrin Bahramian	6
Frank Khamsini	7
Rachelle Park	16
Amarachi Ukah	17
Keda Phillips	18
Corine Goodman	18
Marcus Roberson	19
Shelia Laster	19
Samsoni Henry	20
Tiffany Grant	24
Shelia Green	28
Phyllis Adams	28



Let's Table Alzheimer's

Join West U in the fight against Alzheimer's disease. A donation of \$10 will earn a chance to win a gourmet picnic basket, complete with an outdoor folding table, wine and a gift card to enhance your dining experience. Stop by and see our Table of Hope now through Oct. 1. All raffle proceeds will go to the Alzheimer's Association to help with research and programs benefiting individuals and families who are struggling with this devastating disease.



Life Enrichment Corner

September is full of fun and exciting programs. Join us this month as we celebrate National Assisted Living Week. Here are just some of the fun programs to keep an eye out for in September:

- *Behind the Curtains of the Opera*
- *The Houston Museum of Natural Science Presentation*
- *Living History: Family Tree and Genealogy Presentation*
- *Wine Tasting*
- *Get Creative: Wine & Canvas*
- *Belmont Culinarians*
- *Outing to the Moody Gardens: Rainforest Pyramid*
- *Front Porch Travels: France*
- *Themed Dinner Night: Bonjour!*
- *Trivia Challenge Competition*



Happiness is

being a grandparent.

Luck is

being a grandchild.

Celebrate Grandparents Day

The First Sunday after Labor Day





Resident Spotlight



Elizabeth Organ

Belmont Village & RehabCare would like to shine a bright spotlight on Ms. Elizabeth Organ. Elizabeth had a fall that injured her shoulder and foot, which resulted in limited movement, low strength and significant pain in different joints. This kept her primarily in a wheelchair and made her frequently rely on staff to help with her tasks. With therapy, Elizabeth's joint pain has decreased and she has experienced great improvement with her INDEPENDENCE. She is able to safely dress/groom herself, transfer in & out of the shower, and has improved endurance, balance and leg strength. She enjoys not being in a wheelchair anymore & not always depending on her PALS. She is a delightful resident, so we say congratulations to her!



Bayou Wildlife Zoo

This was an adventure-filled tram ride with a wildlife guide. We saw (and fed) a variety of birds and exotic animals.



We were greeted right away by an Emu.



Lynn had a blast feeding all the different animals.



It was a beautiful and fun day!



Out & About



The gang's all here ... at the zoo!

Lunch Outing to Red Robin

Friday, Sept. 4,

Departure: 10:30 a.m.

Moody Gardens: Rainforest

Pyramid

Friday, Sept. 11

Departure: 9:30 a.m.

Tickets: \$18

Museum of Fine Arts

Friday, Sept. 18

Departure: 9:30 a.m.

Houston Astros Baseball

Wednesday, Sept. 23

Departure: 11 a.m.

Ticket: \$35 *Includes All You Can Eat Items

Herman Park and Sack Lunch

Friday, Sept. 25

Departure: 10:30 a.m.

Circle of Friends and Neighborhood

If you have questions regarding the Circle of Friends or the Neighborhood outings and activities, please contact Dave Butz.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Marketplace Hours Marketplace is Open Monday- Friday 8:00 a.m.- 4:00 p.m.	Transportation Schedule <u>Monday, Tuesday, Wednesday</u> Doctor Appointments and Errands <u>Thursday</u> Circle of Friends Outing <u>Friday</u> Assisted Living Outing <u>Saturday</u> Neighborhood Outing and Shopping <u>Sunday</u> Church Transportation and Scenic Drives	1 9:30 P Water Aerobics 🌿 9:30 TH Tai Chi 10:30 CL MBA Club Meeting 🌿 1:00 CT Poker 1:30 TH Body Fitness 🌿 2:00 GR Glee Club Sing Along 3:00 GR New Resident Tea 7:00 TH Movie Night	2 9:30 TH Sit & Be Fit 10:00 B Resident Board Games 10:00 TH Tai Chi with Simone 🌿 2:00 TH Activities Roundup 🌿 3:00 TH Brain Charades w/ Dave 🌿 7:00 TH Bible Study	3 9:30 TH Sit & Be Fit 10:00 CL Audiobook Club 🌿 11:00 CL New Resident Orientation 1:30 TH Body Fitness 🌿 2:00 GR Back-To-School Spelling Bee 🌿 3:00 GR Wine and Cheese Social 7:00 TH Texans vs. Cowboys	4 9:30 TH Tai Chi 10:00 B Resident Bistro Games 10:30 O Lunch at Red Robin 2:00 TH Friday Matinee: Still Alice 4:30 TH Shabbat Service 7:00 TH Movie Night	5 9:30 TH Sit & Be Fit 10:00 B Morning Bridge Group 1:15 TH Bingo 2:00 Shopping @ Target 3:30 CT Poker 7:00 TH Movie Night
6 9:30 TH Chair Yoga 10:00 B Coffee Club 1:00 CF Church Service 1:30 Scenic Drive 2:00 GR Trivia w/ Concierge 3:15 GR Singing w/ Henry 7:00 TH Movie Night	7 Labor Day 9:30 TH Dancercise 2:00 GR Labor Day Trivia w/ Corine 3:00 GR Special Labor Day Performance by Arce Avalon 4:00 This Week in History (Concierge) 6:00 GR Bible Stories 7:00 TH Movie Night	8 9:30 P Water Aerobics 🌿 9:30 TH Tai Chi 1:00 CT Poker 1:30 TH Body Fitness 🌿 2:00 TH Crossword Club 🌿 3:00 TH Random Ramblings w/ Rachelle 🌿 6:00 GR Piano Man	9 9:30 TH Sit & Be Fit 10:00 B Resident Board Games 2:00 TH Art for All 🌿 3:15 TH Front Porch Travels 🌿 7:00 TH Bible Study	10 9:30 TH Sit & Be Fit 10:00 CL Audiobook Club 🌿 11:00 CL Computer Class 🌿 1:30 TH Body Fitness 🌿 2:00 TH Think Tank 🌿 3:00 GR Wine and Cheese Social 7:00 TH Movie Night	11 9:30 TH Tai Chi 9:30 O Moody Gardens: Rainforest Pyramid 10:00 B Resident Bistro Games 2:00 GR Music w/ Bob 4:30 TH Shabbat Service 7:00 TH Movie Night	12 9:30 TH Sit & Be Fit 10:00 B Morning Bridge Group 10:30 CL Poetry Club 🌿 1:15 TH Bingo 2:00 Shopping @ Dollar Store 3:30 CT Poker 7:00 TH Movie Night
13 Ntl. Assisted Living Week 9:30 TH Chair Yoga 10:00 B Coffee Club 12:00 TH Texans vs. Chiefs 1:00 CF Church Service 1:30 Scenic Drive 2:00 GR Grandparents Day Celebration with Patty Spain 3:15 GR Sing Along with Henry 7:00 TH Movie Night	14 Ntl. Assisted Living Week 10:00 CL Audiobook Club 🌿 1:30 TH Got Balance? 🌿 2:00 TH Community Outreach: SEARCH Project 🌿 3:00 TH Behind the Curtains of the Opera ★ 4:00 This Week in History (Concierge) 4:30 JK Rosh Hashanah Dinner 7:00 TH Movie Night	15 Ntl. Assisted Living Week 9:30 P Water Aerobics 🌿 9:30 TH Tai Chi 1:00 CT Poker 1:30 TH Body Fitness 🌿 2:00 TH Presentation by HMNS: Native Americans ★ 3:15 TH Sip and Savor Wine Tasting 6:30 GR Junior League Senior Sing Along	16 Ntl. Assisted Living Week 9:30 TH Sit & Be Fit 10:00 B Resident Board Games 10:00 TH Tai Chi with Simone 🌿 1:30 GR Puppy Therapy 2:00 TH Health Education 🌿 3:00 TH Corks & Canvas 🌿 7:00 TH Bible Study	17 Ntl. Assisted Living Week 9:30 TH Sit & Be Fit 9:45 GR Paw-sitive Pets Visit 10:00 CL Audiobook Club 🌿 1:30 TH Body Fitness 🌿 2:00 TH Family Tree and Genealogy 🌿 3:00 GR Wine and Cheese Social 4:30 JK Theme Dinner Night: France 7:00 TH Movie Night	18 Ntl. Assisted Living Week 9:30 TH Tai Chi 9:30 O Museum of Fine Arts 10:00 B Resident Bistro Games 2:00 GR Sentimental Journey with Mark Perman 4:30 TH Shabbat Service 7:00 TH Movie Night	19 Ntl. Assisted Living Week 9:30 TH Sit & Be Fit 10:00 B Morning Bridge Group 1:15 TH Bingo 2:00 Shopping @ Walmart 3:30 CT Poker 7:00 TH Movie Night
20 9:30 TH Chair Yoga 10:00 B Coffee Club 12:00 TH Texans vs. Panthers 1:00 CF Church Service 1:30 Scenic Drive 2:00 GR Trivia w/ Concierge 3:00 CL Scrapbooking: Make Your Own Page 7:00 TH Movie Night	21 9:30 TH Dancercise 10:00 CL Audiobook Club 🌿 1:30 TH Got Balance? 🌿 2:00 TH SEARCH Project 🌿 3:00 TH Adventures in Art 🌿 4:00 This Week in History (Concierge) 6:00 GR Bible Stories 7:00 TH Movie Night	22 8:00 - 12:00 Flu Shots Town Hall★ 1:00 CT Poker 1:30 TH Body Fitness 🌿 2:00 TH Trivia Challenge Competition 🌿 3:30 TH Resident Council 🌿 6:00 GR Piano Man	23 9:30 TH Sit & Be Fit 10:00 TH Laughter Club 🌿 10:00 B Resident Board Games 11:00 O Astros Baseball Game 2:00 GR Chicken Soup For The Belmont Soul (Pick Up with Concierge) 7:00 TH Bible Study	24 9:30 TH Sit & Be Fit 10:00 CL Audiobook Club 🌿 11:00 CL Computer Class 🌿 1:30 TH Body Fitness 🌿 2:00 TH Think Tank 🌿 3:00 GR Wine and Cheese Social 7:00 TH Movie Night	25 9:30 TH Tai Chi 10:00 B Resident Bistro Games 10:30 O Herman Park & Sack Lunch 11:45 JK Monthly Birthday Lunch 2:00 TH Friday Matinee 4:30 TH Shabbat Service 7:00 TH Movie Night	26 9:30 TH Sit & Be Fit 9:45 GR Paw-sitive Pets Visit 10:30 TH Remembrance Service★ 1:15 TH Bingo 2:00 Shopping @ Kohl's 3:30 CT Poker 7:00 TH Movie Night
27 9:30 TH Chair Yoga 10:00 B Coffee Club 12:00 TH Texans vs. Buccaneers 1:00 CF Church Service 1:30 Scenic Drive 2:00 GR Trivia w/ Concierge 3:15 GR Sing Along with Henry 7:00 TH Movie Night	28 9:30 TH Dancercise 10:00 CL Audiobook Club 🌿 1:30 TH Got Balance? 🌿 2:00 B Ladies' Social 3:00 B Bon Appetit! 🌿 3:30 B Chat w/ the Chef 4:00 This Week in History (Concierge) 6:00 GR Bible Stories 7:00 TH Movie Night	29 9:30 P Water Aerobics 🌿 9:30 TH Tai Chi 1:00 CT Poker 1:30 TH Body Fitness 🌿 2:00 B Belmont Culinaricians 🌿 3:30 GR Trivia w/ Katie 7:00 TH Movie Night	30 9:30 TH Sit & Be Fit 10:00 B Resident Board Games 1:30 B Mad Potter Pottery 🌿 3:30 TH Healthy Learning With Charles 🌿 7:00 TH Bible Study	Programs and outings are subject to change. Please check the daily postings for updates.		Transportation <i>We need to adhere to our transportation schedule as much as possible. Please be advised that our drivers are unable to accept appointments earlier than 8:30 a.m. or later than 3:30 p.m. We appreciate your understanding.</i>



Spiritual Corner

Church Service

Sundays, 1 p.m.

Circle of Friends Room

Bible Study

Wednesdays, 7 p.m.

Town Hall

Shabbat Service

Fridays, 4:30 p.m.

Town Hall

Sunday Morning Church

Transportation

Sign up with the Concierge.

With Sympathy



Remembrance Service

Saturday, Sept. 26

10:30 a.m. Town Hall

This year we have lost friends and family members. We are having a Memorial Service in remembrance of the residents who have passed this year. We invite family members, residents and staff to join us at this time.

Resident Council

Helen Copeland - President

The Resident Council meetings are held on the last Tuesday of the month at 3:30 p.m. Next

meeting will be held on

Tuesday, Sept. 22.

Due to training, we have moved resident council up one week.



Shelly Kingsby, PAL

EMPLOYEE OF THE MONTH

Shelly has been with Belmont for almost 2 years. She has a strong work ethic as evidenced by the way she dedicates herself to her duties and responsibilities by making sure that all of her residents are taken care of.

When Shelly is not at work, she is in search of a great hamburger and fries, her favorite place to get a great burger is Whataburger. Shelly is also going to be heading back to school to finish her nursing degree.

Good luck and congratulations!

Thank you for being a part of our team.

Circle of Friends & Neighborhood




Our Circle of Friends displaying our ocean-themed watercolor paintings.

August was a fantastic month for our COF residents. We got in touch with our creative side by painting wooden birdhouses and using watercolors to create ocean paintings. The following day, we framed the paintings and adorned the frames with seashells. For our outings, we ate at the Longhorn Steakhouse, took in an IMAX movie, and visited Battleship Texas. What a month!

Some of our August themes in the Neighborhood included the history of Hawaii, aviation day, and left-handers day. It turns out we only have one left-handed resident in the Neighborhood and she wondered aloud why her name was not included in the list of famous southpaws!



Peggy and Bill on her birthday!



Living Well at Every Age

September is Healthy Aging Month, an observance created to focus attention on the positive aspects of growing older. The concept of healthy aging is that we're never too old to stop caring about ourselves, improving ourselves and living life to its fullest. By adopting this philosophy, it's no surprise that people are living longer, healthier and fuller lives than ever before.

Healthy aging focuses not only on physical and mental health, but social and spiritual aspects, as well. Exercising your body and mind, finding spiritual fulfillment, and maintaining active social ties are all part of the healthy aging process.

Celebrate this observance by beginning an exercise regimen or trying a new hobby or activity. Enhance the endeavors by inviting a friend to join you. Making the most of what life has to offer is a key to happiness that can be beneficial at any age.



Photo Scavenger Hunt

The residents received disposable cameras and a list of items to find.

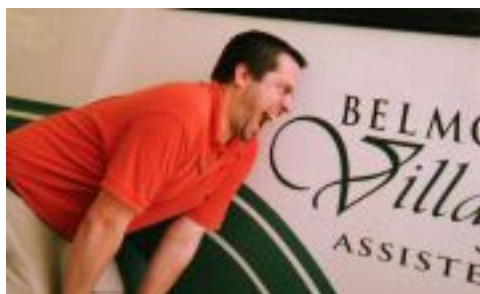
More pictures displayed in the CFL. They had fun!



A server with a glass. Thanks, Derek!



Three residents sitting on the patio.



Dave Butz making a funny face.



The picture called for Rachelle and two residents. Rachelle was unavailable so Carolyn stepped in and helped us out.

Around and About



Buffalo Soldier museum.



IMAX Theater, Walking with Dinosaurs.



We are all Belmont stars!



California Pizza Kitchen was delicious.



National Stripes Day?

The Belmont Scene



Joe Ann and Blackie enjoying their walk around Belmont.



Sylvia enjoying her visit with our Junior League Pet Therapy program. The pups come to visit us from the Houston SPCA.



Marjorie and Jackie enjoying our community outreach project.



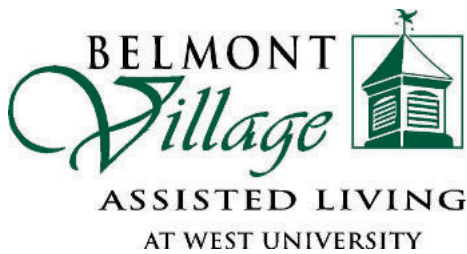
We shared a Coke with Jackie!



Shootin' some pool with Hollis.



Elsie and Mary working together on the bird house craft.



2929 W. Holcombe Blvd.
Houston, TX 77025

ALF 030197
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

