



# Belmont Village at West University VillageNEWS



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

December 2015

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## A Note From Rachelle

December Already?

Holy cow! I can't believe it is already December. Where did the year go? The New Year is right around the corner! December is a very busy month and I want to make sure we have a sparkling month. So I want to remind everyone that during the month of December, we have an Annual Holiday Door Decorating Contest.

So get out those Christmas and Hanukkah decorations and lights and show off your style. Don't forget the elves, santas, angels, and stars. It is always fun to peruse the halls during December to see all of the fun things that our residents have decorated with. So don't be left out and decorate those doors.

We have many fun things planned for December. We often have groups call us after we have set the calendar and we add them last minute. So don't forget to check your calendar and the elevator for all of the parties and festivities. We will have a Holiday Party for our residents and families on December 17th. I am betting that Santa will make an appearance. The month of December is always full of merriment and our residents like to share this merriment with the staff. The best way to do this is to donate to our

Employee Holiday Fund. Employees are not allowed to accept individual gifts or gratuity from residents or their families, so the best way for you to show your thanks is to donate to the Holiday Fund. You can bring your donation to the 3rd floor Administration Offices and make your checks payable to Belmont Village. All donations are due by December 9th.



## Happy New Year From Us to You!

### Happy New Year!

*Ring out the old, ring in the new,  
Ring, happy bells, across the snow:  
The year is going, let him go; Ring  
out the false, ring in the true—Lord  
Alfred Tennyson. We want to wish  
all of our residents a happy new year.  
We hope it's the best one yet! Our  
resolution for the year remains the  
same as always: To ensure our  
residents have a wonderful place to  
call home. Let us know if there is  
anything we can do to better fulfill  
this resolution. Happy New Year!  
~Your Belmont Family*



## Resident Birthdays

12/01	Esther Cavaleri
12/02	Doris Bobb
12/09	Joe Ann Berwick
12/12	Mildred Warhol
12/13	Marie Romain
12/16	Lavirle McCary
12/18	Harry Arnold
12/18	Bill Baum
12/20	Joan Baker
12/21	Gloria Quian
12/23	Dorys Gomez
12/25	Gail Kawahata
12/29	Thomas Davison
12/29	Eva Kendall

## Employee Birthdays

12/03	Jewel Alford
12/07	Catrina Turnipseed
12/08	Stephanie Stenson
12/09	Damond Ross
12/13	Winston Thome
12/12	Alyssa Price
12/20	Carolyn DeWitt
12/22	Edith Adams
12/24	Janet Perrodin
12/28	Kimberly Sandifer
12/31	Loveth Freeman
12/31	Ike Ojo

## Happy Birthday December Residents!

Friday, November 18

Join us at 11:45 a.m., in Josephine's Kitchen, for a special December birthday meal! If you would like to join us and have a guest come, please RSVP to Corrine at the Concierge desk.



## DECEMBER AT A GLANCE

- 2 Tree Trimming Party
- 4 Turkey, Trinkets, Tinsel & Tales w/ Mary Mann
- 9 First Unitarian Church Choir
- 12 Dolce Strings Violin Touring Ensemble
- 13 St. Vincent's Carolers
- 17 Annual Holiday Party with Richmond Carolers
- 19 Holiday Piano Recital
- 20 Holiday Piano Recital
- 21 Touring The Houston Holiday Lights
- 22 Door Decorating Contest
- 22 Resident Gift Exchange
- 31 New Year's Eve Bingo and Party with Elvis!



## Get in the Holiday Spirit ...

It's that time of the year again! Get those decorations ready ... the time has come for the *Annual Door Decorating Contest!* Judging will take place at 1:30 p.m., on Tuesday, Dec. 22.

First, second and third places will be awarded to the winners. They will be announced at the *Resident Holiday Party and Gift Exchange* at 3 p.m.



**\* Good \*  
Tidings  
to You This  
Holiday  
Season!**





## 17th Anniversary Party

*Thank you for another great year and for making our Black & White Anniversary Party a great success!*



Bruce and Jim.



Bon and friends.



Carolyn and Marie.



Mildred and family.



Helen and friends!



The Blues ... sisters!



Helen and her date, her son Brian.



Sheila and Derik.



## Out & About



Cheers at Anheuser-Busch brewery!

### Lunch at Cheddar's

Friday, December 4  
Departure: 10:30 a.m.

### The Café at Brookwood

Friday, December 11  
Departure: 10:15 a.m.

Cost of Lunch

### Krispy Kreme Restaurant

Friday, December 18  
Departure: 9:45 a.m.

Cost of Purchase

### Touring the Houston Christmas Lights

Monday, December 21  
Departure: 6:30 p.m.



Moody Gardens Rainforest Pyramid.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Happy holidays! Please check the daily sheets in the elevator for updates and changes to the calendar.</b></p>		<p>9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Rummikub with Marie <b>10:00 <span style="color: blue;">B</span> Marketplace Open</b> 1:30 <span style="color: blue;">TH</span> Body Fitness <span style="color: green;">MBA</span> 2:00 <span style="color: red;">GR</span> Glee Club Sing Along 3:00 <span style="color: red;">GR</span> New Resident Tea 6:00 <span style="color: red;">GR</span> Piano Man</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Board Games with Marie 10:00 <span style="color: blue;">TH</span> Tai Chi with Simone <span style="color: green;">MBA</span> 1:30 <span style="color: blue;">TH</span> MBA Club Meeting <span style="color: green;">MBA</span> 2:30 <span style="color: red;">GR</span> Tree Trimming and Hot Chocolate 7:00 <span style="color: blue;">TH</span> Bible Study</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: purple;">CL</span> Audio Book Club <span style="color: green;">MBA</span> 1:30 <span style="color: blue;">TH</span> Body Fitness <span style="color: green;">MBA</span> 2:00 <span style="color: blue;">TH</span> Think Tank <span style="color: green;">MBA</span> 3:00 <span style="color: red;">GR</span> Wine and Cheese Social 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Phase Ten with Marie 10:30 <span style="color: green;">O</span> Lunch at Cheddar's 2:00 <span style="color: blue;">TH</span> Friday Matinee 2:30 <span style="color: red;">GR</span> Turkey, Trinkets, Tinsel &amp; Tales 4:30 <span style="color: blue;">TH</span> Shabbat Service 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Morning Bridge Group 1:15 <span style="color: blue;">TH</span> Bingo 2:00 <span style="color: red;">GR</span> Word Search Challenge Packet 2:00 Shopping @ Target 3:30 <span style="color: green;">CT</span> Poker 7:00 <span style="color: blue;">TH</span> Movie Night</p>
<p><b>Hanukkah Begins at Sundown</b> 6 9:30 <span style="color: blue;">TH</span> Chair Yoga 10:00 <span style="color: blue;">B</span> Coffee Club 12:00 <span style="color: blue;">TH</span> Texans vs. Bills 1:00 <span style="color: red;">CF</span> Church Service 1:30 Scenic Drive 2:00 <span style="color: red;">GR</span> Trivia w/ Concierge 3:15 <span style="color: red;">GR</span> Sing Along with Henry 4:30 <span style="color: blue;">JK</span> St. Vincent Parishioners Caroling 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p><b>Pearl Harbor Remembrance Day</b> 7 9:30 <span style="color: blue;">TH</span> Dancercise 10:00 <span style="color: purple;">CL</span> Audio Book Club <span style="color: green;">MBA</span> 1:30 <span style="color: blue;">TH</span> Got Balance? <span style="color: green;">MBA</span> 2:00 <span style="color: blue;">TH</span> Holiday Mail for Heros <span style="color: green;">MBA</span> 3:00 <span style="color: blue;">TH</span> Remember Pearl Harbor <span style="color: green;">MBA</span> 4:00 This Week in History (Concierge)</p>	<p>9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Marketplace Open 10:00 <span style="color: blue;">B</span> Rummikub with Marie 1:30 <span style="color: blue;">TH</span> Body Fitness <span style="color: green;">MBA</span> 2:00 <span style="color: blue;">TH</span> Moment in Time with Robert Landau <span style="color: black;">★</span> 3:00 <span style="color: blue;">TH</span> Random Ramblings w/ Rachele <span style="color: green;">MBA</span> 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Board Games with Marie 10:30 <span style="color: purple;">CL</span> New Resident Orientation 2:00 <span style="color: blue;">TH</span> Art for All <span style="color: green;">MBA</span> 3:00 <span style="color: red;">GR</span> Special Performance by Chris Collins <span style="color: green;">MBA</span> 6:00 <span style="color: red;">GR</span> First Unitarian Church Choir Christmas Carols 7:00 <span style="color: blue;">TH</span> Bible Study</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: purple;">CL</span> Audio Book Club <span style="color: green;">MBA</span> 11:00 <span style="color: purple;">CL</span> Computer Class <span style="color: green;">MBA</span> 1:30 <span style="color: blue;">TH</span> Body Fitness <span style="color: green;">MBA</span> 2:00 <span style="color: blue;">TH</span> Think Tank <span style="color: green;">MBA</span> 3:00 <span style="color: red;">GR</span> Wine and Cheese Social 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: green;">O</span> Lunch @ Brookwood 10:00 <span style="color: blue;">B</span> Phase Ten with Marie 2:00 <span style="color: red;">GR</span> Music w/ Bob 4:30 <span style="color: blue;">TH</span> Shabbat Service 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Morning Bridge Group 10:30 <span style="color: purple;">CL</span> Poetry Club <span style="color: green;">MBA</span> 1:15 <span style="color: blue;">TH</span> Bingo 2:00 <span style="color: red;">GR</span> Dolce Strings Violin Recital 2:00 Shopping @ Dollar Store 2:00 <span style="color: red;">GR</span> Word Search Challenge Packet 3:30 <span style="color: green;">CT</span> Poker 7:00 <span style="color: blue;">TH</span> Movie Night</p>
<p>9:30 <span style="color: blue;">TH</span> Chair Yoga 10:00 <span style="color: blue;">B</span> Coffee Club 12:00 <span style="color: blue;">TH</span> Texans vs. Patriots 1:00 <span style="color: red;">CF</span> Church Service 1:30 Scenic Drive 2:00 <span style="color: red;">GR</span> Trivia w/ Concierge 3:00 <span style="color: red;">GR</span> Holiday Sing Along with Katie 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Dancercise 10:00 <span style="color: purple;">CL</span> Audio Book Club <span style="color: green;">MBA</span> 1:30 <span style="color: blue;">TH</span> Got Balance? <span style="color: green;">MBA</span> 2:00 <span style="color: blue;">TH</span> Holiday Mail for Heroes <span style="color: green;">MBA</span> 3:00 <span style="color: blue;">TH</span> Front Porch Travels: Christmas Unwrapped <span style="color: green;">MBA</span> 4:00 This Week in History (Concierge) 6:00 <span style="color: red;">GR</span> Bible Stories 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Marketplace Open 10:00 <span style="color: blue;">B</span> Rummikub with Marie 1:30 <span style="color: red;">CF</span> Body Fitness <span style="color: green;">MBA</span> 2:00 <span style="color: red;">GR</span> Wheel of Fortune <span style="color: green;">MBA</span> 3:15 <span style="color: red;">GR</span> Judaic Program <span style="color: green;">MBA</span> 6:00 <span style="color: red;">GR</span> Piano Man</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Board Games with Marie 10:00 <span style="color: red;">CF</span> Tai Chi with Simone <span style="color: green;">MBA</span> 1:30 <span style="color: red;">GR</span> Puppy Therapy 2:00 <span style="color: purple;">CL</span> Health Education <span style="color: green;">MBA</span> 2:30 <span style="color: blue;">B</span> Holiday Baking: Cranberry Surprise <span style="color: green;">MBA</span> 7:00 <span style="color: blue;">TH</span> Bible Study</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 9:45 <span style="color: red;">GR</span> Paw-sitive Pets Visit 10:00 <span style="color: purple;">CL</span> Audio Book Club <span style="color: green;">MBA</span> 11:30 <span style="color: blue;">B</span> Men's Lunch 1:30 <span style="color: blue;">TH</span> Body Fitness <span style="color: green;">MBA</span> 4:30 <span style="color: red;">GR</span> Annual Holiday Party with the Richmond Carolers <span style="color: green;">MBA</span> 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Tai Chi 9:45 <span style="color: green;">O</span> Krispy Kreme Restaurant 10:00 <span style="color: blue;">B</span> Phase Ten with Marie 11:30 <span style="color: blue;">JK</span> December Birthdays Lunch 2:00 <span style="color: blue;">TH</span> Friday Matinee 4:30 <span style="color: blue;">TH</span> Shabbat Service 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 9:45 <span style="color: red;">GR</span> Paw-sitive Pets Visit 10:00 <span style="color: blue;">B</span> Morning Bridge Group 10:30 <span style="color: blue;">TH</span> Food Facts w/ Dr. Betty <span style="color: green;">MBA</span> 1:15 <span style="color: blue;">TH</span> Bingo 2:00 Shopping @ Walmart 2:00 <span style="color: red;">GR</span> Word Search Challenge Packet 2:00 <span style="color: red;">GR</span> Holiday Music Piano Recital 3:30 <span style="color: green;">CT</span> Poker</p>
<p>9:30 <span style="color: blue;">TH</span> Chair Yoga 10:00 <span style="color: blue;">B</span> Coffee Club 12:00 <span style="color: blue;">TH</span> Texans vs. Colts 1:00 <span style="color: red;">CF</span> Church Service 1:30 Scenic Drive 2:00 <span style="color: red;">GR</span> Holiday Music Piano Recital 3:15 <span style="color: red;">GR</span> Sing Along with Henry 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Dancercise 1:30 <span style="color: blue;">TH</span> Got Balance? <span style="color: green;">MBA</span> 2:00 <span style="color: blue;">TH</span> SEARCH Project <span style="color: green;">MBA</span> 3:00 <span style="color: blue;">TH</span> Adventures in Art <span style="color: green;">MBA</span> 4:00 This Week in History (Concierge) 6:00 <span style="color: red;">GR</span> Bible Stories 6:30 <span style="color: green;">O</span> Touring the Houston Christmas Lights</p>	<p>9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Marketplace Open 10:00 <span style="color: blue;">B</span> Rummikub with Marie 1:30 <span style="color: blue;">TH</span> Door Decorating Contest 1:30 <span style="color: blue;">TH</span> Body Fitness <span style="color: green;">MBA</span> 2:00 <span style="color: blue;">B</span> Holiday Cookie Decorating 3:00 <span style="color: red;">GR</span> Resident Holiday Party and Gift Exchange <span style="color: green;">MBA</span> 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">TH</span> Laughter Club <span style="color: green;">MBA</span> 10:00 <span style="color: blue;">B</span> Board Games with Marie 2:00 <span style="color: blue;">TH</span> Afternoon Matinee: Dennis the Menace 7:00 <span style="color: blue;">TH</span> Bible Study</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 11:00 <span style="color: purple;">CL</span> Computer Class <span style="color: green;">MBA</span> 1:30 <span style="color: blue;">TH</span> Body Fitness <span style="color: green;">MBA</span> 2:00 <span style="color: red;">GR</span> Wine and Cheese Social- Johnathan Craft 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p><b>Christmas</b> 9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Phase Ten with Marie 2:00 <span style="color: blue;">TH</span> Christmas Movie: Polar Express 4:30 <span style="color: blue;">TH</span> Shabbat Service 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Morning Bridge Group 1:15 <span style="color: blue;">TH</span> Bingo 2:00 <span style="color: red;">GR</span> Word Search Challenge Packet 3:30 <span style="color: green;">CT</span> Poker 7:00 <span style="color: blue;">TH</span> Movie Night</p>
<p>9:30 <span style="color: blue;">TH</span> Chair Yoga 10:00 <span style="color: blue;">B</span> Coffee Club 12:00 <span style="color: blue;">TH</span> Texans vs. Titans 1:00 <span style="color: red;">CF</span> Church Service 1:30 Scenic Drive 2:00 <span style="color: red;">GR</span> Trivia w/ Concierge 3:15 <span style="color: red;">GR</span> Sing Along with Henry 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Dancercise 10:00 <span style="color: purple;">CL</span> Audio Book Club <span style="color: green;">MBA</span> 1:30 <span style="color: blue;">TH</span> Got Balance? <span style="color: green;">MBA</span> 2:00 <span style="color: blue;">B</span> Ladies' Social 3:00 <span style="color: blue;">B</span> Bon Appetit! <span style="color: green;">MBA</span> 3:30 <span style="color: blue;">B</span> Chat w/ the Chef 4:00 This Week in History (Concierge) 6:00 <span style="color: red;">GR</span> Bible Stories 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Tai Chi 10:00 <span style="color: blue;">B</span> Marketplace Open 10:00 <span style="color: blue;">B</span> Rummikub with Marie 1:30 <span style="color: blue;">TH</span> Body Fitness <span style="color: green;">MBA</span> 2:00 <span style="color: blue;">TH</span> Trivia Challenge Competition <span style="color: green;">MBA</span> 3:30 <span style="color: blue;">TH</span> Resident Council <span style="color: green;">MBA</span> 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p>9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 10:00 <span style="color: blue;">B</span> Board Games with Marie 2:00 <span style="color: red;">GR</span> Let's Talk New Year! <span style="color: green;">MBA</span> 3:30 <span style="color: blue;">TH</span> Healthy Learning With Charles <span style="color: green;">MBA</span> 7:00 <span style="color: blue;">TH</span> Bible Study</p>	<p><b>New Year's Eve!</b> 9:30 <span style="color: blue;">TH</span> Sit &amp; Be Fit 11:30 <span style="color: blue;">JK</span> New Year's Eve Bingo while You Eat! 1:30 <span style="color: blue;">TH</span> Body Fitness <span style="color: green;">MBA</span> 2:00 <span style="color: red;">GR</span> New Year's Eve Trivia <span style="color: green;">MBA</span> 3:00 <span style="color: red;">GR</span> New Year's Eve Celebration with Elvis! 7:00 <span style="color: blue;">TH</span> Movie Night</p>	<p><b>Transportation</b> Monday, Tuesday, Wednesday Doctors' Appointments and Errands Thursday Circle of Friends Outing Friday Assisted Living Outing Saturday Neighborhood Outing and Shopping Sunday Church Transportation and Scenic Drives</p>	<p><b>Marketplace Hours</b> Marketplace is Open Tuesdays 10:00 a.m.- 11:00 a.m.</p>



## 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.

## 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, December 29.**

## Welcome New Residents

Welcome to Belmont Village, where the days go rolling by! Down through the halls you'll wander, where friends will call your name.

Welcome, we're glad you came!  
**New Resident Tea**  
**Tuesday, December 1**



Carla Davis, PAL

### EMPLOYEE OF THE MONTH

Carla has been with Belmont for ten years! You may remember her serving you in the dining room, and now she is working as a full time PAL.

Carla loves her residents, and she really enjoys working with her team. She always has a smile on her face and is ready to help wherever she is needed.

*Thank you, Carla, for your continued service to our residents, and congratulations!*



Circle of Friends at Escalante's. Delicioso!

In November, the theme for the Circle of Friends was "Native Americans & Pilgrims." We learned all about the traditions, foods, and lifestyles of the original people who inhabited this land, as well as about the colonization by Europeans. As is the case with the birth of many nations, our own had stories of great successes as well as hardships. For our outings, we enjoyed a Mexican meal at Escalante's and have planned a trip to Houston's Health Museum. We are all excited for the start of the holiday season and wish you the best!



Joyce, displaying one of her many gorgeous quilts. What talent!

We welcomed several new residents to the Neighborhood this month. Joyce, pictured above, is an amazing quilt maker and painter, and has been teaching our residents, and those in the Circle of Friends, all about her creations. We will soon be setting up a "spa" area in the Neighborhood, complete with indoor waterfalls! It will serve as a tranquil resting spot for our residents as they walk throughout the unit.



# Thank You VETERANS



Belmont West U veterans!



Roy and Al.



Bill, showing his army photo.

## Holidays Are Here...

### The Origin of Christmas

Christmas celebrates the birth of Jesus Christ, the central figure in Christianity. According to Christian tradition, the infant Jesus was born to the Virgin Mary, placed in a manger, and visited by shepherds and wise men. Nativity scenes depicting these figures in a stable setting are popular holiday decorations. Other common Christmas symbols, such as evergreen trees and Yule logs, originate from ancient celebrations of the winter solstice. Those who celebrate Christmas often exchange gifts with loved ones, and children look forward to receiving gifts from Santa Claus.

### The Origin of Hanukkah

An eight-day Jewish celebration, Hanukkah occurs in late November or December, beginning on the 25th day of Kislev on the Hebrew calendar. The holiday focuses on the miraculous oil that the Jews used to light the menorah in the newly reclaimed Jerusalem Temple. Although there was only enough oil to last one night, the menorah candles burned for eight nights. Families celebrate Hanukkah by preparing traditional foods and lighting the menorah, adding one candle on each night.



## URINARY TRACT INFECTIONS IN THE ELDERLY

Did you know that urinary tract infections differ greatly in the younger community versus the elderly? A 35-year-old may experience painful burning sensations when urinating, whereas the elderly might not have pain or discomfort. As one ages, your immune responses change. Common signs to look for in the elderly that relate to infection is a sudden onset of urinary incontinence, falling, confusion, or not being able to perform daily tasks (feeding, dressing, bathing) themselves. It is very critical that water intake (in both men/women), wiping from front to back, and showering versus bathing is implemented as it helps prevent the UTI.



Thank you, Therapy Supply House and RehabCare, for providing a great wheelchair and walker tune-up clinic.

# The Belmont Scene



Doyce is ready for another round of sandwich making for the homeless.



Keep working on that balance!



West U Warriors defeat Hunter's Creek Gators in a first ever Houston Volleyball Tournament.



Anheuser-Busch brewery tour.



It's almost art time! Art for All allows all residents to participate, all levels of abilities!



The sweetest witch of them all.

**BELMONT** *Village*

SENIOR LIVING  
WEST UNIVERSITY

2929 W. Holcombe Blvd.  
Houston, TX 77025

ALF 030197  
[www.belmontvillage.com](http://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