



Celebrating May

**Global Health and Fitness
Month**

Inventors Month

Gifts from the Garden Month

International Firefighters Day
May 4

Cinco de Mayo
May 5

Wildflower Week
May 7-13

Mother's Day
May 13

Museum Day
May 18

Ride a Unicycle Day
May 20

Memorial Day (U.S.)
May 28

National Skilled Nursing Care Week: "Celebrating Life's Stories" May 13-19, 2017

Established by the American Health Care Association in 1967 and always beginning on Mother's Day, National Nursing Home Week provides an opportunity for residents and their loved ones, staff, volunteers, and surrounding communities to recognize the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities.

This year's theme, "Celebrating Life's Stories," serves as a tribute to life's most significant events, relationships and experiences that shape the unique perspectives of residents, families, staff and volunteers in long-term care. Join us all week as we celebrate "Celebrating Life's Stories" by wearing fun prints, colors and patterns on each day, participating in some fun activities and reading some "life stories" of our staff and residents.

Monday: Go Wild and Wear Animal Prints!

Tuesday: Shimmer & Shine, Sparkle & Glitter Day

Wednesday: Sports Day! Favorite Sports Team Apparel!

Thursday: Throw-Back Thursday: Favorite Decades Day

Friday: **TYE-DYE** or **RAINBOW** COLORS Day

Games: Staff and Resident BINGO, Guess the Staff's High School Graduation Year Photos, Pie in the Face Fundraiser, Staff Racing and more! Join us for some fun!

See you there!
Jenny Kupcho
Director of Life Enrichment

Health & Wellness: Benefits of Aromatherapy



Have you ever wondered why the smell of cookies baking takes you back to your childhood? Or the smell of a certain perfume reminds you of a loved

one? Our nose can detect about one trillion different scents which can trigger memories!

Fragrant plants have been used for healing purposes for thousands of years. Modern aromatherapy dates from the early part of the 20th century, and since that time, medical studies have shown that this practice can improve mood, reduce anxiety, and is related to memory.

The only things that have odor are those that release molecules which have to make it to our nose in order for us to smell them. A fork doesn't give off an odor, for example, because stainless steel doesn't release molecules. An onion, on the other hand, is a molecule-releasing machine, as our water, stinging eyes can attest!

When we inhale molecules through our nostrils, the molecules trigger a neuron to engage which will then send messages directly to our brains. The brain will then process emotions and memory. Scientists suspect it is this connection that causes aromatherapy to be effective for enhancing mood and memory.

Here are some fragrances and their uses:

Sage: Calms Upset Stomach; Fights Infections

Lavender: Calming/Stress Relief; Insomnia

Peppermint: Headache Pain; Decreases Nausea

Orange: Antidepressant; Decreases Pain

Cinnamon: Relieves Joint Pain; Reduces Anxiety

Jasmine: Relieves Muscle Spasms

Cucumber: Decreases Puffy Eyes; Stress Relief

Lemon: Fights Fevers; Boosts Immune System

Article Adapted from Activity Connection Website

May is National: Pet Appreciation Month



May is National Pet Appreciation month, a way to honor our non-human companions. Pets have been shown to make us more empathetic and even interact more with others. Pets also offer many health benefits, too, such as lower stress, sharper executive function, even a reduction in physical pain. People who own pets, get more exercise both physically and mentally.

All month long, we are collecting items to donate to the Dane County Humane Society. A list of items being collected can be found at the front receptionist area. We encourage you to motivate your family members to bring in an item or two to donate.

If you would like to help with the cause, join us on the afternoons of **May 24th and 25th at 2pm** as we make t-shirt dog toys and fleece tie blankets for the Humane Society.

National Nurses Week: May 6-12, 2018



This year's national theme is "Nurses: Inspire, Innovate, Influence" and that is exactly what nurses do! Long shifts, hours and sometimes difficult situations help describe the typical day for nurses in just about every department of any hospital or health care facility. These dedicated professional's heartfelt care for patients do not go unnoticed by any of us.

Please take a moment to thank our nurses for all their dedication and care they provide for our Residents! On behalf of all of us, thank you to our nurses for all you do!

This Month's Special Happenings

We have some great activities headed your way this month. Check out these fun programs:

In-House Lunch Group: Sign up today for soft-shell tacos on **Friday, May 4th at 12:00pm.**

Bingo w/Madison East Kiwanis Club – The 1st Friday of the month must mean it's BINGO night! Get there early on **Friday, May 4th at 6:45pm.**

Music with Janet Lieb – Don't miss songs, stories and her 12-string guitar on **Monday, May 7th at 10:30am** with Janet!

Massage Therapy with Gail – She's back on **Thursday, May 10th at 1pm** to meet with 3-4 Residents for 15-20 minutes each. This is a free massage to work on your shoulders, neck, arms or hands. Interested? Sign up today!

St. Dennis 3rd Graders Visit – Don't miss their final visit on **Friday, May 11th at 9:45am** to do an egg drop and US trivia game!

LTC Week May 14-18: Dress up and play along this week! See front page for details.

Painting Event with Local Artist Sarah Hill: She's back during Long-Term Care Week to do a fun spring/summer painting with us. No painting experience needed! Join us on **Wednesday, May 16th from 2-4p.**

Balloon Volleyball & Music with Tzu Chi Group – Join us on **Saturday, May 19th at 10:00am** for light exercise and great music!

Resident Council & Food Meeting – Next meeting is **Monday, May 21st at 1:15pm.**

Music with Michael Gruber – Join us on **Tuesday, May 22nd at 10:30am** for the smooth singing style of Michael Gruber. He will sing our favorites from 50s, 60s, 70s & more!

Outing: Lunch at KFC – See "In-House Lunch Group & Outing" section on this page.

American Family Choir Performance – We welcome this group for the first time to Belmont on **Wednesday, May 30th at 10:30am.** Don't miss it!

May Birthdays

Each month we wish to extend a very happy birthday to our Residents. Join us for our monthly ice cream sundae social on:

Friday, May 18th, 2018 at 3:00pm
Main Dining Room

For a list of Resident birthdays, see the birthday bulletin board across from therapy.

Celebrity Birthdays:

Benjamin Spock (pediatrician) – May 2, 1903
Sugar Ray Robinson (boxer) – May 3, 1921
Audrey Hepburn (actress) – May 4, 1929
Tammy Wynette (singer) – May 5, 1942
Sigmund Freud (psychoanalyst) – May 6, 1856
Candice Bergen (actress) – May 9, 1946
Fred Astaire (entertainer) – May 10, 1899
Yogi Berra (ballplayer) – May 12, 1925
Stevie Wonder (musician) – May 13, 1950
George Lucas (film maker) – May 14, 1944
Janet Jackson (singer) – May 16, 1966
Tina Fey (comedienne) – May 18, 1970
Cher (singer) – May 20, 1946
Bob Dylan (songwriter) – May 24, 1941
Bob Hope (comedian) – May 29, 1903
Clint Eastwood (actor) – May 31, 1930

In-House Lunch Group & Outing



Don't miss these 2 opportunities for something different to eat this month! Space is limited so make sure to **SIGN UP** today with Jenny or Fawn in Life Enrichment!

Taco Lunch: Make your own tacos in a pre-celebration for Cinco de Mayo on **Friday, May 4th at 12:00pm.** We will meet in the dining room across from therapy. **There is no cost to you for this in-house lunch.**

Lunch Outing: Head out on the bus to Kentucky Fried Chicken just down the road from us. They have a \$5 Fill-Ups menu that includes a drink or order off of the main menu. The bus leaves on **Wednesday, May 23rd at 11:30am.** **Please note that you are responsible for your own meal.**



Cranium Crunchers: I Remember The 80s Trivia

Directions: The events described and the people included made headlines in the 1980s. Can you remember the details?

1. On February 15, 1980, this respected CBS News anchorman announced his departure.
2. Who did David Chapman shoot and kill outside his New York City apartment on Dec. 8, 1980?
3. What musical opened on Broadway on October 7, 1982? There was singing, dancing, a good story and some meowing.
4. The Experimental Prototype Community of Tomorrow, better known as _____ Center, opened in 1982 near Orlando, FL.
5. Barney Clark received the first _____ on December 22, 1982.
6. Harold Washington was elected mayor of _____. He was the first African American to hold that position.
7. The novel _____ by Alice Walker was awarded the Pulitzer Prize for Literature in 1983.
8. On October 25, 1983, U.S. Marines invaded the tiny Caribbean island of _____.
9. The 1984 summer Olympics were held in the city of _____.
10. In 1985, after 113 years, _____ mailed the last issue of its catalog to customers.
11. On October 1, 1987, _____ celebrated twenty-five years as host of *The Tonight Show*.
12. In 1987 a quilt was started. Each block that became a part honored a victim of _____, a disease of the immune system that was killing thousands of people.

Answers:

- | | |
|---------------------|----------------------------|
| 1. Walter Cronkite | 7. <i>The Color Purple</i> |
| 2. John Lennon | 8. Grenada |
| 3. <i>Cats</i> | 9. Los Angeles |
| 4. E.P.C.O.T. | 10. Montgomery Ward |
| 5. Artificial Heart | 11. Johnny Carson |
| 6. Chicago | 12. AIDS |

Resident Council Minutes: April 2018

Food/Menu: Daily menus have been being posted; Meal times vary & are not always consistent; Requested more fresh fruit & increasing variety of meals.

Laundry/BSG: No concerns at this time.

Activities/Outings: Resident computer station available and located in Birch Lounge; May outing will be for lunch; May lunch group will be tacos for Cinco de Mayo; LTC Week coming up in May; Next painting event scheduled for May. Resident computer is being used by many – thank you!

General & Positives: “Everything’s going good.”

Call Lights: No concerns.

Our next meeting will be on **Monday, May 21st** at **1:15pm**. All are welcome! See you then!

Resident Right Review:

You have the right to be informed of your rights, the rules and regulations governing resident conduct and responsibilities during your stay in this care community. A full copy of the Resident Rights are posted in the display case across from therapy. Each month in this newsletter, we will review one Resident Rights.

ACCESS:

- To retain and use personal possessions.
- To participate in social, religious and community activities.
- To contact your Ombudsman
- To be fully informed of the services available and related costs.
- To equal access to quality care for all residents.
- To receive notice in advance of any plans to change your room or roommate.
- To look at your records and receive copies at a reasonable cost.