



## Celebrating April

**Car Care Month**

**Jazz Appreciation Month**

**Physical Wellness Month**

**Easter**

**April Fool's Day**

*April 1*

**World Party Day**

*April 3*

**Barbershop Quartet Day**

*April 11*

**National Coin Week**

*April 15–21*

**Earth Day**

*April 22*

**Arbor Day**

*April 27*

## Time Flies When You're Having Fun

Can you believe that a year ago we completed the last of the room moves that went along with the whole house renovation? It doesn't seem like that long ago that we were making plans on how to move 80 people all over the building in order to make a wing by wing renovation work. But, somehow we made it through that chapter and we are onto our one year anniversary.

It won't be long and we'll be in shorts and t-shirts while we bask in the warm summer sun. Bring on the picnics, smells of burgers on the grill and outdoor fun! Our summer outings will bring a pontoon ride, ice cream, picnics, restaurants and more. We are trying to coordinate an outing to the Henry Vilas Zoo (always a favorite) and Olbrich Gardens. If you have other places you think we would enjoy going, please let Jenny or Fawn know. Watch your calendars and newsletters for outings and special events – space is limited and it goes quickly!

Missing clothing? We will have plenty of unmarked clothing that has found its way to laundry. If you are looking for some clothes, please let Neal (our housekeeping and laundry supervisor) know. We strongly encourage you to have your clothes labeled anytime you receive new clothes or your family brings them in for you. We don't want your clothing to go missing!

Next month is National Long-Term Care Week (May 13-19). If you would like to share your story, please speak with Life Enrichment! This year's national theme is "Celebrating Life's Stories" and we'd love to hear all of your stories!

Get outside and enjoy the sun!

Jenny Kupcho  
Director of Life Enrichment

## Health & Wellness: Sleep in Older Adults



According to the American Academy of Sleep Medicine and the Sleep Research Society, most adults need 7 or more hours of sleep each night to feel rested and alert. As you age, you may have changes in your sleep patterns which can cause insomnia, or trouble sleeping.

People will often cut back on their sleep for work, family demands, or even to watch a good show on TV. But if you are not getting enough sleep, you may be at an increased risk for obesity, diabetes, high blood pressure and poor mental health. Even one night of short sleep can affect you the next day.

Getting enough sleep is important, but good sleep quality is also essential. Signs of poor sleep quality include feeling sleepy or tired even after getting enough sleep, repeatedly waking up during the night and even snoring. Better sleep habits may improve the quality of your sleep.

Here are some habits to improve your sleep:

- Be consistent. Go to bed around the same time each night and get up around the same time each morning, including on the weekends.
- Turn off electronic devices including TVs, computers, and smart phones.
- Avoid tobacco/nicotine.
- Avoid large meals, caffeine and alcohol before bedtime.
- Do not take naps longer than about 20-30 minutes if possible.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

*Article adapted from the Centers for Disease Control and Prevention website*

## Fun Facts About April

It is thought that the name April comes from the Latin word “to open” and describes the trees opening at springtime.

In England there are many cuckoo festivals. The arrival of the cuckoo bird in April is a signal that spring has arrived.

In the Southern Hemisphere, April is the same as October in the Northern Hemisphere.

The birthstone of April is the diamond which has been a symbol of wealth and power for centuries and their sturdiness has represented undying love since Roman times. Cupid’s arrows are supposedly tipped with diamonds. One of the largest and most famous diamonds in the world is the Hope Diamond which is said to carry a curse with it. According to legend, it was stolen from a religious idol in India and given to French royalty as a gift. Today, it is housed at the Smithsonian in Washington, DC.

## Did You Know: Wrigley Gum



The Wrigley Company may be the world’s largest manufacturer of chewing gum, but when the company was founded on April 1, 1891, by William Wrigley Jr., its primary business was selling soap!

Wrigley journeyed from Philadelphia to Chicago with just \$32 in his pocket and an innovative idea to offer free baking soda with every purchase of his Wrigley’s Scouring Soap. This model proved so successful that he later went into the baking soda business, now offering two free packages of chewing gum for every can of baking soda he sold. Once again, his giveaway proved more popular than the original product, and he ended up dedicating his company entirely to gum, a move that not only made him his fortune but made “Wrigley” a household name in Chicago and beyond.

## This Month's Special Happenings

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

**Music with Cowboy Bob** – We brought the singing cowboy back this month for some great country western songs. He'll be singing away on **Wednesday, April 4<sup>th</sup> at 10:30am**.

**Bingo with Madison East Kiwanis Club** – Our monthly game of BINGO with the Madison East Kiwanis Club will be on **Friday, April 6<sup>th</sup> at 6:45pm**. Everyone is welcome!

**Music with Randy Kiel** – Let the good times roll with more 50s, 60s and 70s with Randy. He'll be here on **Wednesday, April 11<sup>th</sup> at 10:30am**.

**Frozen Yogurt Outing** – We will be heading to Orange Leaf in Sun Prairie on **Thursday, April 12<sup>th</sup> at 1:30pm**. More info in the "Outing" section.

**St. Dennis 3<sup>rd</sup> Graders** – Mrs. Melo's class will be here on **Friday, April 13<sup>th</sup> at 9:45am** to do a fun Easter craft with us. The more the merrier!

**Resident Council** – Our next meeting is scheduled for Monday, April 16<sup>th</sup> at 1:15pm. We discuss topics relevant to your life at Belmont including food, call lights, activities and others.

**Music with Jesse Walker** – The man with the black cowboy hat is back on **Wednesday, April 18<sup>th</sup> at 10:30am** to perform songs from the 50s, 60s, country western and others. Join us!

**Balloon Volleyball and Music with Tzu Chi Group** – On **Saturday, April 21<sup>st</sup> at 10:00am**, the group will be here to do some active games with us and provide music at the end! It's always a fun time with this group – don't miss it!

**Bethel Victory Choir** – Enjoy the beautiful sounds of the Bethel Victory Choir on **Tuesday, April 24<sup>th</sup> at 10:30am**. They will perform hymns and old-time folk tunes that you know and love!

**Lunch Group** – Sign up soon for this month's lunch group event celebrating Baseball Month which will be on **Wednesday, April 25<sup>th</sup> at Noon**. See "Lunch Group" box on this page for more info.

## April 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, April 20<sup>th</sup>, 2018 at 3:00pm**  
**Main Dining Room**

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

### Celebrity Birthdays:

Jane Goodall (primatologist) – April 3, 1934  
 Maya Angelou (poet) – April 4, 1928  
 Billie Holiday (singer) – April 7, 1915  
 David Letterman (TV host) – April 12, 1947  
 Loretta Lynn (singer) – April 14, 1932  
 Jennifer Garner (actress) – April 17, 1972  
 Elizabeth II (Queen) – April 21, 1926  
 Barbra Streisand (singer) – April 24, 1942  
 Al Pacino (actor) – April 25, 1940  
 Ella Fitzgerald (singer) – April 25, 1917  
 Carol Burnett (comedienne) – April 26, 1933  
 Jerry Seinfeld (comedian) – April 29, 1954

## Outing: Frozen Yogurt

We will be offering an outing to **Orange Leaf** in Sun Prairie on **Thursday, April 12<sup>th</sup> at 1:30pm**. This is limited to 7-8 residents and you are responsible for the cost of your frozen yogurt (approximately \$5).



Orange Leaf is known for their frozen yogurt and toppings bar. From fruit, chocolate, nuts, candy and more, Orange Leaf is your stop for an afternoon treat. Please speak with Jenny or Fawn in Life Enrichment if you are interested.

## Lunch Group: Hot Dogs

In celebration of baseball starting and April being National Baseball Month, we will be offering an in-house lunch group on **Wednesday, April 25<sup>th</sup> at Noon**. We will be serving a lunch meal of hot dogs, potato salad, melon and dessert. Sign up today with Jenny or Fawn in Life Enrichment as space is limited to 10-12 residents!





## Cranium Crunchers: Multiple Definitions

**Directions:** Give a word that fits all of the definitions in each group.

1. What a rearing horse does; a dollar; a male deer
2. A winged insect; A fishing lure; To move through the air with the aid of wings
3. A support to anchor artificial teeth; A thin piece of metal on which an engraving is cut; Shallow dish from which food is eaten
4. The main stem of a tree; The long snout of an elephant; The large compartment in the rear of an automobile
5. Language or dialect; Flap under the laces of shoes; A muscular structure in the mouth
6. Propeller of an electric fan; A leaf of grass; The metal part of ice skates
7. Small enclosure for domestic animals; A device for writing; Slang name for place where prisoners are incarcerated
8. A prizefighter; Men's loose fitting undershorts; Dog with stocky body, short hair and pug face
9. A stalk of threshed grain; Tube used for beverages; What broke the camel's back
10. A twig; A piece of gum; To pierce with a pin
11. To preside over a meeting; A piece of furniture
12. The prongs of an instrument used to arrange hair; Cutting edge of a saw; Bon-like structured used for chewing

**Answers:**

- |           |           |
|-----------|-----------|
| 1. Buck   | 7. Pen    |
| 2. Fly    | 8. Boxer  |
| 3. Plate  | 9. Straw  |
| 4. Trunk  | 10. Stick |
| 5. Tongue | 11. Chair |
| 6. Blade  | 12. Teeth |

## Resident Council Minutes: March 2018

**Food/Menu:** Desires updated meal times as some meals are late; Desires large print menu on daily boards by kitchen & therapy (not taped up weekly menu); temps good overall; good variety on expanded menu.

**Laundry/BSG:** No concerns. "Clothes come back timely & clean." "My room is clean."

**Activities/Outings:** Resident computer station available and located in Birch Lounge; April outing(s) and lunch groups to be determined; painting event scheduled for 3/22/18. No suggestions for outings or programs.

**General & Positives:** "No problems." "Everything is going well."

**Call Lights:** "Sometimes longer at meal times."

Our next meeting will be on **Monday, April 16<sup>th</sup>** at **1:15pm**. All are welcome! See you then!

## Resident Rights Review: Access



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.

**You have the right:**

- 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.