

DECEMBER 2018

Belmont Health + Rehabilitation Center * 110 Belmont Road, Madison, WI 53714 * 608-249-7391



Celebrating December

Safe Toys and Gifts Month

Write a Friend Month

Spiritual Literacy Month

Hanukkah

December 2–10

Pretend to Be a Time

Traveler Day

December 8

International Mountain Day

December 11

Winter Solstice

Crossword Puzzle Day

December 21

Christmas Day

December 25

Kwanzaa Begins

December 26

Make Up Your Mind Day

December 31

It's Beginning To Look A Lot Like Christmas...

The Christmas holiday season is always an exciting and busy time for everyone – and Belmont is no exception! At the end of November, the trees and decorations went up and our Residents got in the holiday spirit by helping decorate the Christmas tree!



We also welcomed Jodi Sampson at the end of November for a step-by-step painting event. She helped us create our own winter scene complete with falling snow, a cardinal and snowman! We will be having her back in spring to create another masterpiece! Some of the art pieces are on display around the building!



December will be an event-packed month with many holiday-themed music, games, crafts and food! There's always a lot of things going on and we welcome everyone to join us! If you are looking for something to do in your room or have ideas for the calendar, please reach out to Jenny or Fawn in the Life Enrichment department!

We hope to see you at our Resident Christmas party on Wednesday, December 19th! We will start off the day with music by Jesse Walker at 10:30am and party at 2pm!

Happy Holidays!

Jenny Kupcho, Director of Life Enrichment

Health and Wellness: Falling

Q: What can we do to help a loved one who is struggling at home and has had a couple of falls?



A: This situation is a fairly common occurrence for family members to deal with especially when you have an elderly relative who is living alone. There are a few very simple things you can do to increase the safety in their own home.

To begin with, pick up all throw rugs or loose mats that are on the floor. Mats and throw rugs increase the risk of tripping because of loose edges and changes in the walking surface. It is especially a risk if your family member tends to shuffle or not pick up their feet adequately.

Secondly, look throughout the house to make sure that there are no electrical cords or phone cords being strung across an open area. Make sure that they are all contained close to the wall.

A third area to address is the layout of their rooms. It is very often helpful to rearrange furniture to allow for direct pathways to the most frequently used spot in a given room. This should be done for all rooms of the house. If your family member has to walk around pieces of furniture to get to their favorite chair or bed, they will be increasing their risk of falling.

Finally, make sure to have them seen by a physician. There may be a medical reason that is causing them to fall and it is very important to get this checked out along with the other approaches.

♪♪ Here Comes Santa Claus ♪♪

The day of our annual Resident Christmas Party is approaching fast! But those of you who have been here in the past know that the fun really starts in the morning.



Singer Jesse Walker will be here to get us started with holiday songs at 10:30am (but get there early as seats go fast AND he usually starts early)!

After lunch, the party continues from 2-4pm. We will offer photos with Santa, holiday appetizers and snacks and gifts for each resident. If you are unable to attend, Santa usually has time and goes room to room with gifts. Please join us for all the festivities on **Wednesday, December 19th!**

Holiday Recipe Time

"Bring a dish to pass" is usually something you hear during the holidays. Here is a simple and quick recipe to try as your "dish to pass."

Eggnog Dip

Ingredients:

- 1 (3.4-ounce) pkg instant vanilla pudding mix
- 1 cup eggnog
- 1 (8-oz) container of whipped topping
- Pinch of ground nutmeg
- Graham crackers or ginger snaps



Directions:

- Combine pudding mix & egg nog
- Fold in whipped topping and nutmeg
- Cover and chill until thick
- Serve with graham crackers or ginger snaps.

Makes 18-20 servings

This Month's Special Happenings

Check out these fun programs headed your way:

Music with Janet Lieb – Don't miss out on the musical performance by Janet on **Wednesday, December 5th at 10:30am!** She'll be getting us in the Christmas spirit and starting off the month!

St. Dennis 3rd Graders Visit – All hands on deck for the kids on **Friday, December 7th at 9:45am!** We will be creating a winter craft!

Bingo with Madison East Kiwanis Club – Join us on **Friday, December 7th at 6:45pm** for some friendly games of Bingo tonight! All are welcome!

Caroling by Messiah Lutheran Church – Listen from your room to the sounds of carolers in the hallway on **Sunday, December 9th at 1:00pm!**

Music with Northern Comfort Band – We welcome this group back on **Friday, December 14th at 10:30am** to sing some favorite songs!

Balloon Volleyball and Music – Join us for the Tzu Chi Group's last visit before their mini-winter break. Join us for some light upper body exercise and music on **Saturday, Dec. 15th at 10:00am!**

New Beginnings Alliance Church Carolers – Listen from your room to the sounds of carolers in the hallway on **Sunday, Dec. 16th at 1:00pm!**

Resident Council & Food Meeting – See the last page for more details.

Music with Jesse Walker – He'll start us off on the right foot for our Christmas party later this afternoon. Start your day with Jesse on **Wednesday, December 19th at 10:30am.**

Resident Christmas Party – The party is on **Wednesday, Dec. 19th from 2-4pm.** Join us for treats, gifts and photos with Santa! If you can't attend, Santa will stop by your room!

Music with Michael Gruber – Bringing our Christmas music season to a close will be music with Michael on **Thursday, December 27th at 10:30am.** Come out and join us!

Outing: Olin Park Holiday Lights – See "Outing" section on this page for more details.

Music with Katie, Jon & Friends – The gang is back on **December 22nd at 10:30am** for some musical fun!

December 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, December 21st, 2018 at 3:00pm
Main Dining Room

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

Celebrity Birthdays:

Bette Midler (entertainer) – December 1, 1945
Aaron Rodgers (quarterback) – December 2, 1983
Walt Disney (animator) – December 5, 1901
Dave Brubeck (musician) – December 6, 1920
Judi Dench (actress) – December 9, 1934
Rita Moreno (actress) – December 11, 1931
Betty Grable (actress) – December 18, 1916
Chris Evert (tennis pro) – December 21, 1954
Howard Hughes (magnate) – December 24, 1905
Clara Barton (nurse) – December 25, 1821
Denzel Washington (actor) – Dec. 28, 1954
Tiger Woods (golfer) – December 30, 1975
Donna Summer (singer) – December 31, 1948

December Outing: Christmas Lights at Olin Park



Our annual December outing to see the holiday lights at Olin Park is scheduled and on the calendar! We will be staying warm on the bus while enjoying the holiday lights at Olin Park and then take a ride around Capitol Square. Space on the bus is limited to a maximum of 8 Residents. We need at least 6 interested residents to attend or the outing will be canceled. Our rental bus can hold 3 wheelchairs unless you can transfer independently to a bus seat. Please speak with Jenny or Fawn in Life Enrichment if you are interested.

Olin Park Holiday Fantasy in Lights – Over 50 displays, including many new items, will be set up at the park for all to enjoy. This is a FREE outing! The bus leaves on **Thursday, December 27th at 6:00pm.** Sign up today!



Cranium Crunchers: Rhyme Time

Directions: The answers will always be 2 words that rhyme and will mean basically the same as the clue. (Ex: “angry father” = “mad dad”).

1. Cloudless Brew
2. Chubby Kitty
3. Boring Property
4. Black Rocks Dish
5. Buised Hog
6. Bottom Bruise
7. Breath Candy, Suggestion
8. Choice Hour
9. Distant Auto
10. Small Dog Mug
11. Cycle Climb
12. Fawns Crying
13. Fat Clay Block
14. Happy Father
15. Grizzly Home
16. Good Cost
17. Fuzzy Fruit Lecture
18. Kind Rodents
19. Head Policeman
20. Moody American
21. Lots of Turf
22. Lodge Light
23. Pale Rabbit
24. Pasta Pastry
25. Not a Fake Tire
26. Rock Area
27. The Boy's Test

Answers:

- | | |
|-----------------|--------------------|
| 1. Clear Beer | 15. Bear Lair |
| 2. Fat Cat | 16. Nice Price |
| 3. Bland Land | 17. Peach Speech |
| 4. Coal Bowl | 18. Nice Mice |
| 5. Sore Boar | 19. Top Cop |
| 6. Rump Bump | 20. Cranky Yankee |
| 7. Mint Hint | 21. Mass Grass |
| 8. Prime Time | 22. Camp Lamp |
| 9. Far Car | 23. Fair Hare |
| 10. Pup Cup | 24. Noodle Strudel |
| 11. Bike Hike | 25. Real Wheel |
| 12. Deer Tear | 26. Stone Zone |
| 13. Thick Brick | 27. His Quiz |
| 14. Glad Dad | |

Resident Council Minutes: November 2018 Meeting

Activities – New TV display up & running in front lobby; Christmas “wish lists” have been collected; Low interest in Nov. outing & may need to be postponed; Outings need to have a minimum of 6 residents that attend for outing **not** to be canceled

Menu – Would like to see more meat options w/breakfast (sausage, bacon), flavored breads (blueberry toast, raisin toast), side salads; Look into ordering more cups/juice glasses

Nursing – Reminders to staff regarding cell phone usage; No other concerns brought forth.

Housekeeping – No concerns brought forth.

Other – Money from your Resident Trust account is available from Cedar Wing nurse evenings and weekends; Open a Resident Trust account at the front desk

Our next meeting will be on **Monday, December 17th at 1:15pm.** See you there!

Resident Rights Review: Meaningful Participation in Care Community (continued from November)

A full copy of the Resident Rights are posted in the display case across from therapy. We have continued this Resident Right Review from the November 2018 newsletter.

You have the right:

- To retain and use personal possessions, including some furnishings and clothing as space permits unless to do so would infringe on the rights, health and safety of the individual and/or other residents.
- To be free from chemical and physical restraints not required medically.
- To voice complaints and grievances without discrimination or reprisal.
- To manage your own financial affairs or to request the care community to maintain an account and administer a resident's trust fund.