

# November 2017

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

## Bring on the Turkey!

The month of October flew by as we started with an Open House and Resident Art Show and ended with a parade of Halloween costumes with the 3<sup>rd</sup> graders from St. Dennis School. Now it's onto November...

We had many great compliments of the various artwork projects created by our Residents at our Open House and Art Show in October. Enjoys some of the photos below:



For many, "November" and "turkey" is synonymous with Thanksgiving. For the Pilgrims, vegetables were plentiful, especially corn, but it was made into cornmeal, which was then pounded and boiled into a porridge sweetened with molasses. Cranberries were also plentiful, but there was no sugar. At the first Thanksgiving, there were no potatoes as they did not yet exist in North America. While pumpkins were native, they were not made into pies, for the Pilgrims had no butter or wheat flour to make piecrust. What is more certain is that shellfish was abundant: mussels, clams, oysters, bass, and lobster were stars of the first Thanksgiving. Turkey eventually made their way to the holiday – thank goodness!

"Spring Ahead, Fall Back" – the time is upon us. Make sure to turn your clocks **BACK** 1 hour before you go to bed on Saturday, November 4<sup>th</sup>! Daylight Savings Ends!

Happy Thanksgiving!  
Jenny Kupcho  
Director of Life Enrichment

## Celebrating November

**Adopt-a-Turkey Month**

**Novel Writing Month**

**Aviation History Month**

**Daylight Saving Time Ends**  
*November 5*

**Election Day (U.S.)**  
*November 7*

**Veterans Day (U.S.)**  
*November 11*

**National Pickle Day**  
*November 14*

**Homemade Bread Day**  
*November 17*

**International Men's Day**  
*November 19*

**Thanksgiving Day (U.S.)**  
*November 23*

## Health & Wellness: Preventing Back Pain or Back Injury

Back pain is a common problem as the seasons cycle and we have larger amounts of work that is out of the ordinary. Spring brings us clean up from last fall and the new gardens while the summer brings the maintenance. In the autumn it is the leaves and the winter brings us snow shoveling. The actual problem is not the yard work but how we use our back muscles while doing those tasks.

There are many things that are important to maintain proper posture and protect your back from injury during these times of increased activity. There are many steps to lifting objects which will protect your back.

1. Make sure that you are close to the object that you are picking up so there will be no reaching involved.
2. Keep your feet shoulder width apart and one foot in front of the other. Then turn your toes pointing out just slightly to increase your base of support.
3. Tighten your stomach muscles before beginning the lifting action. This will help to stabilize your pelvis and protect your back.
4. Use your legs to get you to the level of the object and keep your shoulders up. Do not bend forward with your back.
5. Lift the object to your body. Get a good grip on it and then stand up using the muscles in your legs.

These steps are all the ideal things to do but reality doesn't always allow us to do this perfectly. There are a few other points to remember:

- Avoid twisting always! Move your feet when you need to turn.
- Push rather than pull object using your leg muscles more efficiently.
- Take frequent mini-breaks when staying in the same position for an extended period of time.
- Get help when something seems too heavy. Don't try to do too much.
- Be aware of your posture all day and maintain good positions as much as possible.
- See medical care if you have any back pain.

## Dear Santa...



With about seven weeks to go before Christmas (EEK!), we are asking you to start thinking about what you need or want for Christmas. Our elves are already starting to create lists but **need** your input.

Each year our Life Enrichment elves strive to bring each Resident a gift at Christmas time. We have several "Santa's Helpers" that select from our "Giving Tree" and then go shopping. We have some good guesses of what items our Residents like, need and want...but it is always a lot easier when the ideas come from you – our Residents!

A "Christmas Wish List" form will be available to our Residents and we strive to make your wish list come true. Last year, our Residents received gifts two-fold – from Belmont and an outside community business!

Please start thinking of items you would like and get those ideas to Life Enrichment (that's where the naughty and nice list is kept)!

## Veterans Day

Veterans Day is a time to remember and honor all those who served our country's military to protect our freedom.



A special thank you to our Residents at Belmont who have served:

Coleen M.	Gary D.
Don H.	Larry G.
Don J.	Paul P.

On Friday, November 10<sup>th</sup>, we will celebrate our Veterans a day early with "Aim for the Stars" target toss, Veterans Day facts, patriotic music with Janet Lieb and finishing off the day with red, white and blue bomb pop popsicles.

Please take a moment and say "thank you" and join us on this special day honoring all veterans who have been in our lives.

## This Month's Special Happenings

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

**Bingo w/Madison East Kiwanis** – On the first Friday of each month, the Madison East Kiwanis club visits to play BINGO with our residents. Join them on **Friday, November 3<sup>rd</sup> at 6:45pm!**

**Lunch Group** – Sign up quick for this month's in-house lunch group! In celebration of National Sandwich Day the week before, we will have mini-sub sandwiches, salad, and chips for Residents who sign up for this lunch group. This is limited to 12-15 Residents and will be on **Wednesday, November 8<sup>th</sup> at 12:00pm** (in the dining room across from therapy).

**Massage Therapy with Gail** – Shoulders ache? Neck aches? Hands stiff? Then you need to see Gail, our massage therapist! She will be here on **Thursday, November 9<sup>th</sup> at 1pm**. She is able to meet with 3-4 Residents only so sign up today!

**Music with Janet Lieb** – Janet is back on **Friday, November 10<sup>th</sup> at 10:30am** to bring us some patriotic music in honor of Veterans Day. All are welcome to sing along with as she plays her 12-string guitar and hear some background stories about the songs.

**Outing to Cottage Café** – See "November Outing" section on this page for more info.

**Balloon Volleyball & Music with Tzu Chi** – Join us for exercise and music on **Saturday, November 18<sup>th</sup> at 10:00am**. After a slight workout, we will be rewarded with music.

**Resident Council & Food Meeting** – Our next monthly meeting will be on **Monday, November 20<sup>th</sup> at 1:15pm**. Every Resident (rehab or long-term) is welcome to attend.

**Music with Jesse Walker** – "The man in black with the cowboy hat" is back on **Wednesday, November 22<sup>nd</sup> at 10:30am**. Sing along and tap your toes to the music of the 50s, 60s and even some country western songs! Don't miss it!

**Decorating the Christmas Tree** – Get in the Christmas spirit and help us decorate the tree on **Thursday, November 30<sup>th</sup> at 10:30am!**

## November Birthdays

Each month we wish to extend a very "happy birthday" to our Residents. Join us for our monthly birthday celebration this month on:

**Friday, November 17<sup>th</sup> at 3:00pm**  
**Main Dining Room**

Enjoy ice cream sundaes as we celebrate this month's birthdays. All are welcome!

### Celebrity Birthdays This Month:

Burt Lancaster (actor) – November 2, 1913  
Art Garfunkel (singer) – November 5, 1941  
Maria Shriver (journalist) – November 6, 1955  
Leonardo DiCaprio (actor) – November 11, 1974  
Neil Young (musician) – November 12, 1945  
Burgess Meredith (actor) – November 16, 1907  
Martin Scorsese (director) – November 17, 1942  
Mickey Mouse (cartoon) – November 18, 1928  
Calvin Klein (designer) – November 19, 1942  
Ken Griffey Jr. (athlete) – November 21, 1969  
Tina Turner (singer) – November 26, 1939  
Mark Twain (writer) – November 30, 1835

## November Outing: Cottage Café

We will be offering a lunch outing to the Cottage Café on **Wednesday, November 15<sup>th</sup> at 11:30am**. This is limited to 7-8 residents and you are responsible for the cost of your meal.

Serving the Madison area for over 30 years, the Cottage Café offers old-fashioned home cooking including breakfast which is served all day. Prices are affordable and reasonable. If you want to know what's on the menu, see Jenny. If interested, let us know ASAP!

## November Snack Socials:

Looking for a light snack and to meet some new friends or chat with those you already know? Join us for these light snacks offered in the main dining room:

**Mondays in November:** Popcorn at 3pm

**Friday, November 3<sup>rd</sup>:** Chex Mix

**Friday, November 10<sup>th</sup>:** Bomb Pops

**Friday, November 17<sup>th</sup>:** Ice Cream Sundaes



## Cranium Crunchers: Same Name

A man's or woman's first name is the answer to each clue. The name may not be spelled the same (i.e. merry/Mary) but it will sound the same.

1. A place to exercise and work out.
2. Something to hang on the wall.
3. You do this to something that is empty.
4. A tool to help change a tire.
5. Something you have to pay is a \_\_\_\_\_.
6. What the farmer did with his shovel.
7. The first word in a Christmas greeting.
8. A sweet, alcoholic after-dinner drink.
9. What lawyers are good at doing.
10. To tote something is to \_\_\_\_\_ it.
11. A beach is very \_\_\_\_\_.
12. The 11<sup>th</sup> letter of the alphabet.
13. What you have if you trust and believe in something.
14. A precious, red gem.
15. You are this if you are wealthy.
16. A pencil makes this on paper.
17. A legal document that disperses your possessions.
18. A strong wind is this.
19. A beam of light from the sun.
20. The position to assume if you pray.
21. Don't get wet if you do this for apples.
22. A disk of hamburger to fry.
23. A little round spot like a period at the end of a sentence is a \_\_\_\_\_.
24. A type of cloth.
25. Something that is covered with fur is this.
26. If you are blunt, truthful, and to the point you are \_\_\_\_\_.

### Answers:

- |                     |                   |
|---------------------|-------------------|
| 1. Gym (Jim)        | 14. Ruby          |
| 2. Art              | 15. Rich          |
| 3. Fill (Phil)      | 16. Mark          |
| 4. Jack             | 17. Will          |
| 5. Bill             | 18. Gale (Gail)   |
| 6. Dug (Doug)       | 19. Ray           |
| 7. Merry (Mary)     | 20. Kneal (Neal)  |
| 8. Sherrie (Sherry) | 21. Bob           |
| 9. Sue              | 22. Patty         |
| 10. Carry (Carrie)  | 23. Dot           |
| 11. Sandy           | 24. Terry         |
| 12. K (Kay)         | 25. Hairy (Harry) |
| 13. Faith           | 26. Frank         |

## Resident Council Minutes: October 2017 Meeting

In case you missed our meeting in October, here's what we discussed:

**Food/Menu** – Food temps and use of warming pellets. Currently in week 3 of Fall/Winter menu; no complaints voiced so far. Requests for more fresh fruit (new apple varieties and pears here soon).

**Life Enrichment** – No suggestions on outings. No concerns or ideas brought forth. Art Show was successful; possibly having it every year.

**New Faces** – Tawana (Dir. Of Admissions) and Neil (BSG Housekeeping Supervisor)

**General & Positives** – Looking for another Resident co-representative for Resident Council (see Jenny). "Activities are good." "You're all cool. I like all of you."

Our next meeting is scheduled for **Monday, November 20<sup>th</sup> at 1:15pm**. See you then!

## Resident Rights Review: Meaningful Participation in the Care Community

A full copy of your Resident Rights can be found in your resident handbook and are also posted in the display case across from therapy. Each month, we will review one Resident Right.

### You have the right:

- To organize and/or participate in resident groups. Staff or visitors may attend meetings at the group's invitation (i.e. Resident Council).
- To receive equal access to quality care regardless of diagnosis, severity, condition or payment source.
- To receive visitors as long as this does not infringe on the rights and safety of other residents in the care community.
- To make choices about aspects of life significant to you including activities, schedules, plan of care, and others.