

OCTOBER 2018

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



Celebrating October

Country Music Month

Positive Attitude Month

Popcorn Poppin' Month

Spinning and Weaving Week

October 1-7

Guardian Angels Day

October 2

Columbus Day

October 8

Boss's Day

October 16

Sweetest Day

October 20

International Artists Day

October 25

Halloween

October 31

Happy Fall Y'all!

It's that time of year again! The leaves are starting to change, the weather is getting cooler and football season is in full swing! Every Fall season, Belmont takes a look at the satisfaction survey results and forms three committees: Resident Satisfaction, Family Satisfaction and Employee Satisfaction.

Based on the results of the satisfaction surveys that were sent to residents, families and staff, each satisfaction committee team will have two focus areas to help improve the overall satisfaction!

We are very excited to announce that Belmont increased satisfaction for all three groups this year!! Yay!!! Resident satisfaction went up 4%, Family satisfaction went up 1% and employee satisfaction went up 9%!

This year the satisfaction committees will focus on:

- Resident Satisfaction: Quality of Meals and Care/Concern of Staff
- Family Satisfaction: Competency of Staff and Care/Concern of Staff
- Employee Satisfaction: Quality of Resident Related Training and Care/Concern of Management

I encourage you all to be apart of the resident satisfaction committee to help improve Belmont! Dates and times will be posted so watch your activity calendars! Please also encourage your families also to participate!

Also, time is running out to register to vote for the upcoming fall election. See Jenny **BY** October 12th to register! It's a big year for Wisconsin elections including seats for governor, senator, representative and other offices. Rides will **not** be provided to election polls so register today to get an absentee ballot sent to Belmont!

Mar'que Anderson
Executive Director

Jenny Kupcho
Dir. of Life Enrichment

Health & Wellness: Squash

Think autumn, and pumpkins and squash come to mind – both for decorating and eating. Go to the store, and you'll see gourds, pumpkins and squash for sale. What's the difference? Which ones are edible? Which are ornamental?

All gourds, squash and pumpkins come from a 66 million-year-old plant family. Also in this family are zucchini, watermelon, cucumbers and more. It is one of the most eaten plant species. Most gourds are considered ornamental while squash is edible.



Acorn Squash – The acorn squash is one of the best-known squash. Characterized by its dark green color and deep ridges, it is easily grown. It has a sweet, nutty flavor and is often cut in half and baked, then filled with butter and brown sugar.



Butternut Squash – Another popular squash is the butternut squash. This has a buttery flavor and is an excellent source of vitamins C and A. It is popular and can be made into soup or be the filling in ravioli. It's quick and easy to prepare.



Hubbard Squash – This warty, hard gourd can weigh up to 50 pounds! The skin is difficult to cut but is rich in Vitamins A and C and fiber. Its sweet flavor is described as a cross between a sweet potato and a pumpkin.



Delicata Squash – Also known as winter squash, this has a delicate rind. Its flavor is a cross between fresh corn and pumpkin pie.



Pumpkins – All pumpkins are edible; however, the Halloween pumpkin is bred for display and not for consumption (except the seeds). The best cooking pumpkin is the Cinderella pumpkin as it boasts thick, sweet, custardy flesh.

Did You Know: Jack-O-Lantern Trivia



Pumpkins have been grown in North America for 5,000 years. While they are native to Central America and Mexico, the tradition of carving pumpkins began in Ireland. The practice of carving jack-o'-lanterns began with an Irish folktale about "Stingy Jack."

Legend says that Stingy Jack invited the Devil to have a drink, tricked him into transforming into a coin and then put the coin into his pocket next to a silver cross. The Devil, so near a cross, could not change back and Jack made the Devil promise not to claim his soul should he die. When Jack did die, God would not allow someone who caroused with the Devil into heaven. In the end, Jack was sent into the dark of night with nothing but a lamp fashioned from a carved-out turnip, lit with a lump of glowing coal. For this reason, the Irish have long carved images of "Jack of the Lantern" from turnips and, later, potatoes or beets. The scary, glowing faces were used to frighten away Stingy Jack and any other evil spirits.

When Irish immigrants came to North America, they discovered pumpkins were a great new vessel for their jack-o'-lanterns. Today, pumpkins are grown on every continent except Antarctica, and people around the world use them to carve jack-o'-lanterns.

October Snack Socials

Get to know others! Join us for these socials in October starting at 3pm in the dining room! All are welcome to attend!

YUM

Mondays in October: Popcorn

Friday, October 5th: Apple Slices w/Caramel

Friday, October 12th: Bewitched Pudding Cups

Wednesday October 17th: Caramel Corn Mix

Friday, October 19th: Ice Cream Sundaes

Friday, October 26th: Breadsticks w/Marinara

Wed., October 31st: Halloween-Themed Snacks

This Month's Special Happenings:

Check out these fun events headed your way:

Music with Banjo Steve – Stomp your feet and clap those hands! Join us for this new addition to our entertainment line-up! Banjo Steve will be here **Monday, October 1st at 10:30am**.

Bingo with Madison East Kiwanis – The group will be back on **Friday, October 5th at 6:45pm** to play Bingo with you. It's always a fun time!

In-House Lunch Group: Space is limited for this lunch event. We will once again be ordering from Little Caesar's Pizza on **Wednesday, October 10th at 12:00pm**. Sign up today!

Music with Cowboy Bob – In honor of National Farmer's Day, we welcome back Cowboy Bob on **Friday, October 12th at 10:30am**. It'll be a hee-hawing good time so don't miss out!

Voting for Registered Voters – If you are a registered voter at Belmont's address, you will receive an absentee ballot here. Our Special Voting Deputies from the City Clerk's office will be here on **Monday, October 15th from 1-3pm** and **Monday, October 29th from 9-11am**. See Jenny before October 12th to register to vote.

St. Dennis 3rd Graders – Mrs. Melo's 3rd grade class will be here for their first visit on **Friday, October 19th at 9:45am**. Join us as we welcome them to Belmont and make a Halloween craft.

Resident Council Meeting – Our next meeting will be **Friday, October 19th at 1:15pm**. This date has been changed to accommodate voting.

Music with Jesse Walker – Need we say more? Every other month one of our favorites is in the building. Jesse Walker, the man with the black hat, will be here on **Wednesday, October 24th at 10:30am** – seats go quickly so don't be late!

Music with Katie, Jon & Friends – They're back from summer vacation to play some fun music tunes with us! Come early and get a seat on **Saturday, October 27th at 10:30am**.

Music with Janet Lieb – We welcome Janet back on **Wednesday, October 31st at 10:30am** just in time for Halloween! She has some fun songs and stories planned for us. Come earlier dress up in Halloween costumes for the day!

October 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, October 19th, 2018 at 3:00pm
Main Dining Room

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

Celebrity Birthdays:

Julie Andrews (actress) – October 1, 1935
Groucho Marx (comedian) – October 2, 1890
Jesse Jackson (activist) – October 8, 1941
Eleanor Roosevelt (first lady) – October 11, 1884
Paul Simon (musician) – October 13, 1941
Angela Lansbury (actress) – October 16, 1925
Evel Knievel (daredevil) – October 17, 1938
Dizzy Gillespie (musician) – October 21, 1917
Johnny Carson (TV host) – October 23, 1925
Minnie Pearl (comedian) – October 25, 1912
Bill Gates (billionaire) – October 28, 1955
Dan Rather (journalist) – October 31, 1931
Jane Pauley (journalist) – October 31, 1950

In-House Lunch Group: Little Caesar's Pizza

Every time we do a pizza order-in-lunch, it is such a popular hit with you. So we're doing it again in October – in honor of National Pizza Month!

We will order in pizza from our new favorite of Little Caesar's (cheese or pepperoni) on **Wednesday, October 10th at 12:00pm**. We will also be offering strawberry applesauce, breadsticks, dessert and soda or flavored lemonade with the lunch meal.



There is **no** cost to you for this lunch; however, space is limited to 12-15 residents. If you wish to have lunch with us, please contact Jenny or Fawn in Life Enrichment. **Space is extremely limited! Sign up today!**



Cranium Crunchers: Creepy Trivia

Directions: In honor of Halloween, can you answer out the questions? Don't get creeped out!

1. The largest venomous snake in the world can grow up to 18 ½ feet long. What is it?
2. When angry, what mammal can outrun, outswim and be deadly to a human?
3. After touching the skin of this animal, a person can die within minutes. What is it?
4. One of the deadliest animals in the world transmits diseases to 2-3 million people each year. What is it?
5. What animal is more likely to attack humans in the 10 days following a full moon?
6. Phasmophobia is the fear of what?
7. A paint color called "bone black" is made from what?
8. There's about a soup can full of what in your stomach at any time?
9. What famous explorer recorded 3 mermaid sightings in his journal?
10. Some intestinal diseases are treated by swallowing live what?
11. What animal can sting you even when they are dead?
12. What poisonous plant can cause a slow heartrate and upset stomach if eaten?
13. What color is the blood of spiders?
14. Mummies have been found on every continent except which one?
15. A paint color called "mummy" was made from what?
16. What insect can live for a few weeks without their head?
17. This animal does have arms, legs or eyes but up to one million of them can live on one acre of land. What is it?

Answers:

- | | |
|-------------------------|-----------------------|
| 1. King Cobra | 10. Worm Eggs |
| 2. Hippo | 11. Jellyfish |
| 3. Poison Dart Frog | 12. Mistletoe |
| 4. Mosquito | 13. Clear |
| 5. Lion | 14. Antarctica |
| 6. Ghosts | 15. Ground-up Mummies |
| 7. Cow Bones | 16. Cockroaches |
| 8. Bacteria | |
| 9. Christopher Columbus | |

Resident Council Minutes: September 2018

Food/Menu: Fall menus to be implemented in October. Residents would like more soup varieties with menu cycle. Discussed having 2 condiment trays available to lessen CNAs going to kitchen for items (i.e. one tray for breakfast and one for lunch/supper).

Activities: Discussed possible outings for upcoming months (movies, concerts, Olive Garden, museums). Long discussion held on lack of Resident interest in attending the outings once scheduled and Residents not wanting to pay for their meal, tickets, etc.

Other: Discussed ideas for next year's picnic; Residents would like to see it again next year. See Jenny to register to vote by early October.

Our next meeting is scheduled for **Friday, October 19th at 1:15pm**. See you then!

Resident Rights Review: Decisions About Care (cont.)

A full copy of your Resident Rights are posted in the display case across from therapy. This Resident Right review is continued from Sept.:

You have the right:

- To be informed at the time of admission that he/she may be transferred or discharged upon the following terms: **a)** his/her consent; **b)** medical reasons; **c)** safety; **d)** safety of other residents or employees; **e)** non-payment; **f)** a less restrictive setting; or **g)** facility closing.
- Before transfer or discharge, a resident will be notified in writing the reason for the move. Thirty (30) day written notice of transfer or discharge will be given except in the following situations: **a)** transfer is made to a less restrictive setting; **b)** safety or health of individuals in the facility would be endangered; **c)** an immediate transfer or discharge is required by the resident's urgent medical need; **d)** a resident has not resided in the facility for 30 days; or **e)** the facility closes.