

# January 2018

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



## Celebrating January

**Polka Music Month**

**Change Your Stars Month**

**Book Blitz Month**

**First Foot Day**

*January 1*

**World Braille Day**

*January 4*

**Bubble Bath Day**

*January 8*

**International Kite Day**

*January 14*

**Thank Your Mentor Day**

*January 18*

**Activity Professionals Week**

*January 21–27*

**Big Wig Day**

*January 26*

## Happy New Year!

It doesn't seem possible that 2018 is here already but as the temperatures are dipping lower and lower and the snow is finally starting to fall...it's hard to argue.

Our December flew by and we were blessed with many exciting and fun events. We hope you were able to spend time with your families and friends during the holiday season. If you received any new clothing at Christmas, please make sure it gets labeled with your name. We had a visit from Santa and most of us were able to get a picture with him this year! Check out some of the pictures that will soon be in the display case across from therapy.

December also brought a generous donation from Haskins Short & Brindley LLC who have "adopted" Belmont during the Christmas season for the past 2 years. This past December, they surprised us with a new popcorn trolley cart and a monetary donation to sponsor two additional Resident outings in the 2018 season. Several residents were there to welcome the donation and express our gratitude. Residents Peggy H. (left) and Inge N. (right) are pictured below accepting the donation.



Wishing you a happy, healthy and safe 2018 year! If there is something you wish to see on your activity calendar or something we can do to make your stay more comfortable, please don't hesitate to ask!

Jenny Kupcho  
Director of Life Enrichment

## Therapy Reminders

We thank you for choosing Belmont Health and Rehabilitation Center for your rehabilitation stay and all your rehab needs. Here are some general reminders regarding therapies:

### Therapy Team & Schedule:

Your therapy team is here to assist you with all your therapy needs. We are here to help you fully recover in areas that you have lost and/or any diminished areas. Some of the areas needing some 'sprucing up' may not be obvious to you.

### Leaving the Building:

Have some shopping to do? Want to go to a family gathering? You can leave the building for reasons other than medical appointments for there are some guidelines to follow:

1. Please make sure that you have completed all your therapy sessions for the day or have it arranged ahead of time with your therapist for them to be done when you get back. Your stay here may be being covered under Medicare or some other insurance and the reason is for therapy to return to your previous home. Those therapy sessions are critical to help you get there.
2. Please check in with the nurse to receive any medications you will need while out before you leave. The schedule of your medications is also very important in your recovery. The nurse will also verify that you have an order from the Physician to go out on pass.
3. You must sign out when you leave and sign in when you return at the binder at the front desk.
4. Please realize that there are limits on the amount of time you can be out of the building (more Medicare and insurance regulations). You will want to get the amount of time approved ahead of time. This can be done with your therapist, social worker, case manager or nurse.

Thank you for helping us with these regulations! Together we will get you on your way back home.

## General Reminders

### Menu:

A weekly menu is available if you wish to fill it out. On the menu, write your name, circle your meal selections and return to the kitchen staff. If you would like a snack scheduled daily (i.e. yogurt, ½ sandwich, graham crackers, fruit), please speak with our Dietary Manager.

### Clothing & Personal Items:

We strongly recommend having your clothing labeled to decrease the number of missing items. Please consider having your items labeled prior to you wearing them. Your CNA, nurse or Laundry Supervisor would be happy to help you with this.

### Beauty Shop:

We have a beautician that visits our facility a few times each month. Stop at the **Front Desk** to schedule an appointment and to find out the current prices.

## Activity Professionals Week January 21-27, 2018

We like to take each month and recognize the many departments that strive to bring you, our Residents, the best care. During the week of January 21<sup>st</sup>, Activity Professionals are recognized nationally for all the work they do to bring fun and meaningful activities into the lives of people in nursing homes, assisted livings, group homes and more. To our staff at Belmont, thank you for all you do to make life at Belmont fun and enjoyable!



**Thank  
You!!!**

## This Month's Special Happenings

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

**Bingo with Madison East Kiwanis** – Each month members from the Madison East Kiwanis Club play Bingo with us! **They will be here on Friday, January 5<sup>th</sup> at 6:45pm.** Join us!

**Music with Cowboy Bob** – We are filling this month's calendar with some great country western musicians this month! Cowboy Bob will be starting us off on **Wednesday, January 10<sup>th</sup> at 10:30am.**

**Massage Therapy with Gail** – Feeling tight in the shoulders, neck, arms or hands? Gail is here on **Thursday, January 11<sup>th</sup> from 1-2pm** and will see 3-4 Residents for 15-20 minutes each. If you are interested, sign up with Life Enrichment ASAP!

**Order-In-Lunch:** See "Order-In-Lunch: Pizza" section on this page for more information.

**St. Dennis 3<sup>rd</sup> Graders Visit** – They're back for the first of two egg drop science experiments on **Friday, January 19<sup>th</sup> at 9:45am.** Please join us!

**Resident Council & Food Meeting** – Our next meeting is on **Monday, January 22<sup>nd</sup> at 1:15pm.**

**Music with Chip Mesisner** – Join us for some country western favorites, folk tunes and maybe even some oldies with one of our favorite radio hosts! This is one you won't want to miss! Chip will be here on **Wednesday, January 24<sup>th</sup> at 10:30am.**

**Painting with Local Artist Sarah Hill** – We had a great time with Sarah in October that we are bringing her back more often! She will be helping us paint a winter scene with simple step-by-step instructions on **Thursday, January 25<sup>th</sup> at 2pm.**

**YouTube Fun with Tawana** – We had fun with all her YouTube finds in December! More is scheduled for this month on **Sat., January 27<sup>th</sup> at 10:30am.**

**Absentee Voting & Registration:** Special Voting Deputies from the City of Madison will be here on **Monday, January 29<sup>th</sup> from 9-11am** to assist with new voter registration and absentee ballots for the upcoming non-partisan primary (i.e. school board members, judges, etc). They will set up in the dining room across from therapy.

## January 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, January 19<sup>th</sup> at 3:00pm**  
**Main Dining Room**

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

### Celebrity Birthdays This Month:

J.R.R. Tolkien (author) – January 3, 1892  
Diane Keaton (actress) – January 5, 1946  
Katie Couric (news anchor) – January 7, 1957  
Elvis Presley (musician) – January 8, 1935  
Kate Middleton (duchess) – January 9, 1982  
Richard Nixon (president) – January 9, 1913  
George Foreman (boxer) – January 10, 1949  
Julia Louis-Dreyfus (actress) – January 13, 1961  
Faye Dunaway (actress) – January 14, 1941  
Betty White (actress) – January 17, 1922  
Dolly Parton (musician) – January 19, 1946  
Neil Diamond (singer) – January 24, 1941  
Oprah Winfrey (mogul) – January 29, 1954  
Jackie Robinson (ballplayer) – January 31, 1919  
Justin Timberlake (singer) – January 31, 1981

## Order-In-Lunch: Pizza

In lieu of heading out in the cold on a bus outing for lunch, we thought we'd bring lunch to you this month! We will be offering an order-in-lunch of pizza from Little Caesar's (cheese or pepperoni) on **Wednesday, January 17<sup>th</sup> at 12:00pm.** We will also be offering salad, strawberry applesauce and dessert 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: What's The Word?

Try to figure out the **ONE** word that the other words are describing. All the answers are well-known cities or states. Good luck!

**Example:** Boat stop; Goes up on birthdays

**Answer:** Anchor; Age = Anchorage

### Clues:

1. Mr. Sippy's wife
2. Superviosr; After nine
3. Opposite of girls; 5<sup>th</sup> Letter
4. Cleaning; 2,000 Pounds
5. Take to court; Stumbles
6. Vampire \_\_\_; 8, 9, \_\_\_; Cheek Cosmetic
7. Spleen & kidney cousin; Swimming \_\_\_
8. Light-skinned; Financial institutions
9. Growth on roofs; Bovine
10. Tin jar; Pigeon sound; 14<sup>th</sup> letter
11. Put father in a sack
12. Men's neck wear; Country
13. Sugary; 8, 9, \_\_\_
14. Noah's boat; Tock cousin
15. \$\$ Charge; After "F"
16. Past tense of "speak;" Tin jar

### Answers:

1. Mrs. Sippy = Mississippi
2. Boss; Ten = Boston
3. Boys; E = Boise
4. Washing Ton = Washington
5. Sue; Falls = Souix Falls
6. Bat; Ten; Rouge = Baton Rouge
7. Liver; Pool = Liverpool
8. Fair; Banks = Fairbanks
9. Moss; Cow = Moscow
10. Can; Coo; N = Cancun
11. Bag Dad = Baghdad
12. Tie; Land = Thailand
13. Sweet; Ten = Sweden
14. Ark; Tick = Arctic
15. Fee; "G" = Fiji
16. Spoke; Can = Spokane

## Resident Council Minutes: December 2017 Meeting

**Food/Menu:** Temps good overall; Specific likes & dislikes updated.

**Specific Depts.:** No concerns with nursing; Call light response time good; No concerns w/laundry or housekeeping.

**Laundry/BSG:** Neil to be completing a whole-house inventory/check in early January to make sure Resident clothing is labeled.

**Activities/Outings:** Resident Christmas party is 12/20; Olin Park outing is 12/21; Residents would like to watch news at breakfast in dining room – encouraged to ask CNAs to change TV channel for them.

**General & Positives:** Reggie A. has volunteered to serve along with Vicki S. as a Resident Council co-representative.

Our next meeting is on **Monday, January 22<sup>nd</sup> at 1:15pm**. All are welcome! See you then!

## Resident Rights Review: Dignity



A full copy of your Resident Rights are posted in the display case across from therapy. Each month in this newsletter, we will review one of your Resident Rights.

### You have the right:

- To be valued as an individual, to maintain and enhance your self-worth
- To be treated with courtesy, respect and dignity, free from humiliation, harassment or threats
- To be free from physical, sexual, mental, verbal and financial abuse
- To be free from chemical and physical restraints and involuntary seclusion
- To have an adequate and appropriate assessment and management of pain within the limits of medical standards and national guidelines.