

# February 2019

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



## Celebrating February

**Haiku Writing Month**

**Mend a Broken Heart Month**

**Library Lovers Month**

**Bubble Gum Day**  
*February 1*

**Groundhog Day**  
*February 2*

**Celebration of Love Week**  
*February 10–16*

**Valentine's Day**  
*February 14*

**Love Your Pet Day**  
*February 20*

**Tooth Fairy Day**  
*February 28*

## The Deep Freeze

The end of January brought a very bitter cold to the Midwest with temperatures reaching  $-50^{\circ}$  with the wind chill. With a few adjustments and extra layers, we were able to keep warm and survive this deep freeze.



This past January was a more challenging one with many residents being ill with norovirus symptoms. After a long quarantine, we were able to lift the quarantine and go back to our normal routines. We thank you for your patience and understanding as our main goal and focus is always to keep everyone healthy and to limit illness from spreading. Keep washing your hands to limit the spread of germs!



We have many great activity programs coming up for this month and we hope that you will check out some of them. A reminder that we do have coloring supplies,

word puzzles, decks of cards and other resources you can do while in your room – just let us know!

A reminder to check the front rotunda TV screen and daily posting in the back rotunda for the most up-to-date and accurate events that are occurring for the day (activity programs are subject to change). If there is an activity program you wish to attend, let someone know and they will be happy to help you there! Ideas are always welcome!

Stay warm!

Jenny Kupcho  
Director of Life Enrichment

## A Heartfelt Wellness Program: AFib



This month's Health & Wellness corner features the part of the body that keeps us ticking – the heart. The focus on this month's article is about a condition known as atrial fibrillation (or AFib), which is an irregular, often rapid, heartbeat. The likelihood for developing AFib increases with age.

AFib is one of the many types of abnormal heart rhythms. Approximately 9% over the age of 65 people have AFib. An estimated 33.5 million people around the world have AFib.

The heart is a muscle comprised of four chambers that are responsible for pumping blood throughout the body. When the heart is functioning normally, it contracts and relaxes to a regular beat. In AFib, normal electrical impulses are chaotic making the heart beat irregularly and more rapidly. More women than men will experience AFib.

In the U.S., AFib accounts for more than 750,000 hospitalizations each year. The price tag for the management of AFib in the U.S. is about \$6 billion each year.

People can manage AFib by making some lifestyle changes in their daily lives including:

- Eating a heart-healthy diet
- Physical activity and exercise
- No smoking
- Limiting alcohol and caffeine
- Maintaining a healthy weight
- Reducing stress

As always, speak with your doctor if you have questions about AFib or getting healthy!

*Article adapted from ActivityConnection.com*

## Chinese New Year: The Year of the Pig



*Xin nián kuài lè!* That means “Happy New Year” in Chinese. February 5 ushers in the Year of the Pig, a very auspicious year in Chinese culture. Why does the pig represent wealth and

good fortune? Perhaps the chubbiness of the pig indicates prosperity. Or maybe it is because wild boars are known to be fearless and will run into any situation, usually winning out.

The Chinese New Year's celebration lasts not for one day, but for two whole weeks! There are many traditions and superstitions to observe. For example, on New Year's Day, it is common to set off firecrackers, yet it is forbidden to sweep because you may sweep away good luck. Two days later people leave out crumbs of grain or crackers to share with rats. Celebrations continue to February 19, which culminates in the five-day-long popular Lantern Festival.

## Voting at Belmont

Are you interested in voting while at Belmont? Special Voting Deputies (SVDs) from the Dane County Clerk's Office come to our facility a few times each year to help us with absentee voting. They assist **registered** voters with their absentee ballot a few weeks **before** the election actually occurs.



Once registered, you will receive a visit from the SVDs and your absentee ballot **whenever** there is an election. It's up to you if you wish to vote for that election, *but* they will still attempt.

For those of you who are not registered and wish to be, please let us know. There are time limits on when new registration will be accepted per state laws. SVDs will be here in February to finish up voting in the Spring Primary on **Monday, February 11<sup>th</sup> from 9-11am**. They will return for the Spring Election in March.

## This Month's Special Happenings:

Check out these fun events (& more) this month!

**Bingo with Madison East Kiwanis:** The first Friday of every month is Bingo night! Don't miss out on the fun on **Friday, February 1<sup>st</sup> at 6:45pm.**

**Music with Janet Lieb:** Performing a wide variety of memorable music from the 40s to the 70s, Janet delights audiences while inviting sing-a-longs. Join in her singing and 12-string guitar on **Friday, February 8<sup>th</sup> at 10:30am** in the main dining room. See you then!

**Absentee Voting:** The Special Voting Deputies will be here to assist anyone registered to vote at this address with their absentee ballot for the non-partisan Spring Primary Election. They will be here on **Monday, February 11<sup>th</sup> from 9-11am.**

**Music with Jesse Walker:** He took the month of January off but will be back just in time for Valentine's Day (and his birthday)! Join us for some rock and roll, country and the classics on **Wednesday, February 13<sup>th</sup> at 10:30am.**

**Kennedy Elementary Visit:** The 4<sup>th</sup> grade class from Kennedy Elementary will be here on Valentine's Day, **February 14<sup>th</sup> at 10:30am** to make animals all out of hearts! All hands on deck!

**Resident Council Meeting:** Our next meeting is scheduled for **Monday, February 18<sup>th</sup> at 1:15pm.** The list of topics include Announcements, Events, Food/Menu and many others. We need YOU to bring your ideas and suggestions. All are welcome!

**Music with Susan Frankland:** We are welcoming a new musician and singer to our entertainment list this month. Susan will be here on **Wednesday, February 20<sup>th</sup> at 10:30am** to dazzle us with her singing ability. Plan on joining us and providing your feedback!

**St. Dennis Visits:** The 3<sup>rd</sup> grade class will be here on **Friday, February 22<sup>nd</sup> at 9:45am** to do a mosaic hearts craft. If there's time, we'll also test their knowledge (and ours) with some trivia.

**Music with Northern Comfort Band:** Rounding out the end of the month will be this fabulous band on **Wednesday, February 27<sup>th</sup> at 10:30am.** Don't miss them – they won't be back until May!

## February 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, February 15<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:

Clark Gable (actor) – February 1, 1901  
Norman Rockwell (painter) – February 3, 1894  
Charles Lindbergh (pilot) – February 4, 1902  
Babe Ruth (ballplayer) – February 6, 1895  
Jimmy Durante (actor) – February 10, 1893  
Galileo Galilei (astronomer) – February 15, 1564  
Michael Jordan (athlete) – February 17, 1963  
Cybill Shepherd (actress) – February 18, 1950  
Sidney Poitier (actor) – February 20, 1927  
Steve Jobs (innovator) – February 24, 1955  
Fats Domino (musician) – February 26, 1928  
Levi Strauss (inventor) – February 26, 1829

## Fun Facts about February

While we exchange cards and flowers each Valentine's Day, in Wales, a man will carve a wooden "love spoon" for his beloved and decorate it with symbols such as a key (to his heart). Meanwhile, in Iraq, lovers exchange red apples decorated with cloves, representing the story of Adam and Eve.



February's flower of the month is the violet which is also the state flower of Illinois, Wisconsin, New Jersey and Rhode Island. Violets also have many culinary uses and can be found in a salad, stuffing or to flavor desserts. Candied violets are often used to decorate wedding cakes or other desserts, giving them a bright pop of color.

In the Southern Hemisphere, February is a summer month – the equivalent of our August.



## Cranium Crunchers: Valentine's Day Double

**Directions:** Find the Valentine word that can be an ending to the first word listed and can be the beginning to the second word listed. For Example:  
BIRTHDAY \_\_\_\_\_ WRAP (Gift)

1. SWEET \_\_\_\_\_ ACHE

2. ROCK \_\_\_\_\_ CORN

3. BROKEN \_\_\_\_\_ HEAD

4. RAW \_\_\_\_\_ COMB

5. BITTER \_\_\_\_\_ PEA

6. DARK \_\_\_\_\_ MILK

7. TRUE \_\_\_\_\_ NOVEL

8. HOT \_\_\_\_\_ PANTHER

9. FUNNY \_\_\_\_\_ CARD

10. MAY \_\_\_\_\_ GIRL

11. CREDIT \_\_\_\_\_ STOCK

12. BLIND \_\_\_\_\_ NIGHT

13. CHARLIE \_\_\_\_\_ BUD

14. BROWN \_\_\_\_\_ PUFFS

15. T.V. \_\_\_\_\_ ROLLS

16. RUBY \_\_\_\_\_ ROVER

17. PUPPY \_\_\_\_\_ BUG



### Answers:

- |              |            |
|--------------|------------|
| 1. HEART     | 12. DATE   |
| 2. CANDY     | 13. ROSE   |
| 3. ARROW     | 14. SUGAR  |
| 4. HONEY     | 15. DINNER |
| 5. SWEET     | 16. RED    |
| 6. CHOCOLATE | 17. LOVE   |
| 7. ROMANCE   |            |
| 8. PINK      |            |
| 9. VALENTINE |            |
| 10. FLOWER   |            |
| 11. CARD     |            |

## Resident Council Minutes: January 2019 Meeting

**Food/Menu:** Food suggestions/ideas provided (breakfast sandwich, French toast breakfast casserole, new pie flavors/desserts); Residents provide input 1-3x/week to Dietary Manager; new cook and aide started recently.

**Specific Depts:** Had norovirus outbreak in January and is all clear at this time. Visitors encouraged to wash their hands

**General/Misc.:** Reminder that smoking at Belmont is a privilege. Belmont has the right to suspend smoking privileges due to weather or emergencies. Please abide by these rules so Resident can continue to smoke at Belmont.

**Activities:** No activity programs held starting 1/8/19 and resumed afternoon of 1/21/19 d/t norovirus. Activity Dept. will be hiring a new part-time employee to add more activity programs to the calendar (newly created position for 2019).

**Reminders:** Grievance forms should be filled out in a timely manner.

Our next meeting is on **Monday, February 18<sup>th</sup> at 1:15pm.** All are welcome! See you then!

## Resident Rights Review: Privacy

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 these Resident Rights.

### You have the right:

- To personal privacy during care and treatment
- To confidentiality concerning your personal and medical information
- To send and receive mail without interference
- To private and unrestricted visits with any person of your choice, in person and by telephone

