

NOVEMBER 2018

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



Celebrating November

Novel Writing Month

Gratitude Month

**Inspirational Role Models
Month**

All Saints' Day
November 1

Election Day (U.S.)
November 4

Love Your Red Hair Day
November 5

Veterans Day
November 11

World Kindness Day
November 13

Mickey Mouse Day
November 18

Thanksgiving Day: U.S.
November 22

Cider Monday
November 26

Bring On The Turkey!

How can it already be November? October flew by but not before we had some fun with Halloween inspired crafts, snacks, games and music throughout last month! The week before Halloween brought pumpkin decorating! They all turned out great and some of them are pictured below!



Will you be watching the annual Macy's Thanksgiving Day parade this year? Did you know that the first parade was not to intended to celebrate Thanksgiving but to celebrate the new Macy's store that opened in 1924? R.H. Macy & Co. wanted to usher in the Christmas shopping season and featured a parade. During the first three years, the parade featured live animals from the Central Park Zoo. However, the children were so scared by the animals that they decided to feature some "lighter" entertainment: giant balloons in the shape of beloved cartoon characters. The first inflatable star was Felix the Cat. Between 1929 and 1932, the balloons were released into the air at the finish of the parade. They could float to the ground anywhere in Manhattan, and the lucky ones who found them could return the tag attached to the lost balloon to Macy's for a \$25 gift certificate. This year marks the 92nd annual parade for Macy's. Will you be watching?

"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 3rd! Daylight Savings Ends!

It's time to change out your seasonal wardrobe! Like it or not, the cold temperatures (and snow) will be upon us before we know it! Tell you families to bring in fall/winter clothes and take home your summer clothes!

Happy Thanksgiving!

Jenny Kupcho
Director of Life Enrichment

Health & Wellness: Hugs Matter



Remember the saying “An apple a day keeps the doctor away”? We all know that apples are good for you, but even better than an apple is a hug! That’s right, a hug packs a wallop when it comes to our health. Science has

concluded that hugs don’t just feed good – they actually help us be healthy!

How does it work? The very act of hugging releases chemicals from our brains into our bloodstream. These chemicals are oxytocin (creates feelings of social bonding, love, pain-relieving, antidepressant-like effects), serotonin (known as the “happy hormone”) and dopamine (the “pleasure hormone”). Hugging also lowers the levels of cortisol in our bodies which activates our stress response.

If you have high levels of cortisol in your body, you have an increased risk of anxiety, depression, stress, digestive problems, headaches, sleep problems, weight gain and many others. But hugs can help lower levels of cortisol, help the immune system and lower blood pressure.

Of course, not everyone likes to hug or be hugged. Other people may have social anxiety and physical touch is not reassuring. Different cultures have different physical space boundaries, and even within the culture, individuals may vary. We all ways to be respectful of one another culturally as well as personally, so it’s very important not to assume that everyone wants a hug. Always, always ask first.

Hugs are healthy. Whether we’re hugging another person, an animal, a pillow, or ourselves, we benefit our bodies and minds when we hug. So be sure to give and receive hugs every day!

“If you’re angry at a loved one, hug that person. And mean it. You may not want to hug – which is all the more reason to do so. It’s hard to stay angry when someone shows they love you, and that’s precisely what happens when we hug each other.” ~ Walter Anderson, *The Confidence Course: Seven Steps to Self-Fulfillment*

Dear Santa...



With about seven weeks to go before Christmas (EEK!), we are asking you to start thinking about what you would like or what you need for Christmas. Our elves are starting to create lists but we **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. In past years, 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 services to protect our freedom.



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

Join us for some patriotic fun surrounding Veterans Day including an “Aim for the Stars” target toss, patriotic music with Dewayne Keyes, Field of Poppies craft and a red, white and blue bomb pop popsicle social.

Please take a moment and say “thank you” as we honor all veterans who have served our country in our lives.

Special Happenings This Month

Check out these events headed your way:

St. Dennis 3rd Graders Visit – They are starting off the month on **Friday, Nov. 2nd at 9:45am!** We will be completing a torn paper scarecrow craft!

Bingo with Madison East Kiwanis – It's the 1st Friday of the month so it must be BINGO night! Get there early on **Friday, November 2nd at 6:45pm.** The more the merrier!

Music with Dewayne Keyes – The harmonica man and sidekick Doug will be here on **Friday, November 9th at 10:30am.** Don't miss out on their stories and great music that will celebrate our veterans and our country!

In-House Lunch Group – Join us for tacos on **Tuesday, November 13th at Noon!** See "Lunch Group" on this page for more details.

Music with Randy Kiel – Let the good times roll with more great music from the 50s, 60s & 70s! Join us on **Wednesday, Nov. 14th at 10:30am.**

Zoo To You Program – See and learn about some of the animals from the Henry Vilas Zoo on **Friday, November 16th at 10:30am.** This will take place in the room across from therapy.

Balloon Volleyball & Music – The Tzu Chi group will give us some upper body exercise with music on **Saturday, November 17th at 10:30am!**

Massage Therapy with Gail – She's back on **Thursday, November 15th at 1pm** to meet with 3-4 Residents for 15-20 minutes each. This is a free massage to work on your shoulders, neck, arms or hands. Interested? Sign up today!

Music with the American Family Choir – We had so much fun with their songs and costumes that we asked them to come back! Don't be late on **Monday, November 19th at 10:30am!**

Painting Event with Jodi – We are hoping you love this new local artist! Jodi will teach us how to paint a winter scene step-by-step on **Wednesday, November 28th from 2-4pm.** All painting abilities are welcome at this free event!

Lunch Outing to KFC – The bus is scheduled for **Friday, November 30th at 11:30am.** See "November Outing" on this page for more details.

November 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, November 16th, 2018 at 3:00pm
Main Dining Room

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

Celebrity Birthdays:

Burt Lancaster (actor) – November 2, 1913
Roy Rogers (cowboy) – November 5, 1911
Art Garfunkel (singer) – November 5, 1941
Leonardo DiCaprio (actor) – Nov. 11, 1974
Grace Kelly (actress) – November 12, 1929
Rock Hudson (actor) – November 17, 1925
Calvin Klein (designer) – November 19, 1942
Ken Griffey Jr. (baseball player) – Nov. 22, 1943
Jamie Lee Curtis (actress) – November 22, 1958
Joe DiMaggio (athlete) – November 25, 1914
Tina Turner (singer) – November 26, 1939
Samuel Clemens (writer) – November 30, 1835

November Outing: Lunch at KFC



A reminder that space is **extremely** limited on all outings (7-8 residents only) due to the bus configuration. With our bus we can take only 3 wheelchairs. The outing for November is:

Lunch at KFC: On Friday, November 30th at 11:30a we will be heading out to lunch at Kentucky Fried Chicken. You must sign-up for this outing and the cost for the outing is your meal. A "\$5 fill-ups" menu is available there.

November Lunch Group: Tacos



Back by popular demand! Many of you have asked to do another taco in-house lunch group and we have put it on the calendar for this month! Sign up quickly as space is limited to 12 residents! There is not a cost for this meal. Tacos will be served on **Tuesday, November 13th at Noon.**



Cranium Crunches: Up in the “Air”

Use the clues to reveal words that contain *air*.

1. Head locks
2. Tinker Bell for example
3. A couple
4. Escalator alternative
5. Wild animals' resting place
6. Romantic fling
7. Plane terminal
8. Food containing milk
9. Mend
10. Pizzazz
11. Cream-filled pastry
12. Place to sit
13. Wright invention
14. State or country festival
15. Auto safety device
16. Angora fabric
17. Area between tee and green
18. Card game for one
19. What you might become overnight after winning the lottery
20. A seat mounted on tires used by disabled persons

Answers:

- | | |
|------------|-----------------|
| 1. Hair | 11. Eclair |
| 2. Fairy | 12. Chair |
| 3. Pair | 13. Airplane |
| 4. Stairs | 14. Fair |
| 5. Lair | 15. Airbags |
| 6. Affair | 16. Mohair |
| 7. Airport | 17. Fairway |
| 8. Dairy | 18. Solitaire |
| 9. Repair | 19. Millionaire |
| 10. Flair | 20. Wheelchair |

Resident Council Minutes: October 2018 Meeting

If you missed our October meeting, here's what was discussed:

Activities: Christmas “wish lists” will be handed out in November; Front Lobby TV will be up and running soon with events, weather, menu, etc.; Currently planning 2019 events & entertainment

Dietary: Fall menu started 10/21/18; Residents at times will receive food that they did not select from menu; Looking into 2 condiment trays for meal carts (breakfast and lunch/dinner); Suggestions provided for foods/snacks

Housekeeping: Looking into room/hallway spray or freshener for staff to use when needed

Others: Names of hallways wanted on each wing to lessen confusion of wing names

Our next meeting is scheduled for **Monday, November 19th at 1:15pm**. We follow this general format each month. 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.