

# MARCH 2019

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



## Celebrating March

**Irish-American Heritage  
Month**

**Optimism Month**

**Craft Month**

**Celebrate Your Name Week**  
*March 3–9*

**Mardi Gras**  
*March 5*

**International Women's Day**  
*March 8*

**Pi Day**  
*March 14*

**St. Patrick's Day**  
*March 17*

**Make Up Your Own Holiday  
Day**  
*March 26*

## March – Roaring In Like a Lion



As March arrives, many of us are looking forward to warmer temperatures and no more snow. The groundhog did say there would be an early Spring this year, right?

Before you go to bed on **Saturday, March 9<sup>th</sup>**, make sure you “spring forward” by moving your clocks **AHEAD** 1 hour (you will lose 1 hour of sleep). Daylight savings time begins!

Also starting in March, watch your calendars closely as the Tzu Chi's day of the week has changed! They will now be here on the 3<sup>rd</sup> **Sunday** of each month instead of the traditional Saturday. The group will continue to do some light upper body exercise for trunk control and stability as well as range of motion with your arms all with a balloon. After about 30 minutes of light exercise, they end with karaoke, dance group, recitals or other fun musical experiences.

We have a lot of fun coming your way this month! March will be **FILLED** with music including 2 new performers to Belmont! We hope you are able to join us for some music, food, crafts, trivia and games surrounding Mardi Gras, St. Patrick's Day, Brewers Home Opener and many more events! Also the bus outings are starting this month!

Stay warm!

Jenny Kupcho  
Director of Life Enrichment



## Health & Wellness: St. Patrick's Day Inspired Recipes

Enjoy some fun and easy snack and dessert recipes for you or your families to make! These all have a fun St. Patrick's Day twist to them!

### Lucky Charms Treats

#### Ingredients:

- 5 Tbsp butter
- 10 oz. bag of marshmallows
- 6 cups Lucky Charms cereal
- 8 oz. Almond-Flavored Candy Coating
- Green Food Coloring



#### Directions:

- Spray 13x9-inch pan with spray
- Melt butter & marshmallows in a saucepan over medium-low heat. Remove from heat & stir in cereal. Pour into the pan & press down to fit evenly. Cool about 30 minutes.
- Microwave candy coating as directed & stir in food coloring.
- Cut cooled cereal mixture into bars & dip bottom of each bar into the candy coating. Place coating side up on sheet of waxed paper & let set before serving.

### St. Patty's Pineapple Lemon-Lime Punch

#### Ingredients:

- 2 quarts cold water
- 1 cup sugar
- 2 (13-oz) packages of unsweetened lemon-lime Kool-Aid
- 1 (46-oz) can pineapple juice, cold
- 1 (12-oz) frozen lemonade concentrate, thawed
- 1-quart ginger ale, cold



#### Directions:

- Combine water, Kool-Aid, and sugar in a large punch bowl. Stir in pineapple juice and lemonade concentrate. Cover and chill until ready to serve.
- Add ginger ale just before serving. Pour into ice-filled glasses.

## Voting in the Upcoming Election

Special Voting Deputies (SVDs) will be here to assist **registered** voters with their absentee ballot in March. You will be voting for the Spring Election which is for Madison Mayor, School Board and other city offices. Dates the SVDs will be here in March are:

**Monday, March 11<sup>th</sup> from 9-11am**

**Monday, March 18<sup>th</sup> from 9-11am**

Everyone registered to vote at Belmont will be offered an absentee ballot whether they wish to vote in this election or not.



## March 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, March 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:

Ron Howard (actor/director) – March 1, 1954  
Dr. Seuss (author) – March 2, 1904  
Jean Harlow (actress) – March 3, 1911  
Bobby Fischer (chess champ) – March 9, 1943  
Carrie Underwood (singer) – March 10, 1983  
Liza Minnelli (entertainer) – March 12, 1946  
Albert Einstein (scientist) – March 14, 1879  
Fannie Farmer (culinary expert) – March 23, 1857  
Aretha Frankling (singer) – March 25, 1942  
Alan Arkin (actor) – March 26, 1934  
Reba McEntire (singer) – March 28, 1955  
Sam Walton (businessman) – March 29, 1918  
Liz Claiborne (designer) – March 31, 1929

**Happy Birthday**

## This Month's Special Events:

Check out some of these events this month:

**Music with Katie & Friends:** This musical group is back on **Saturday, March 2<sup>nd</sup> at 10:30am**. They're families are growing – come listen & see!

**Music with Michael Gruber:** We always enjoy having him here with upbeat and familiar songs! Join us on **Wednesday, March 6<sup>th</sup> at 10:30am!**

**Voting for Registered Voters:** Absentee ballots for registered voters will be here on **Mondays March 11<sup>th</sup> and 18<sup>th</sup> from 9-11am**. See "Voting" on page 2 of the newsletter for more information.

**Massage Therapy with Gail:** Gail will be back on **Thursday, March 14<sup>th</sup> from 1-2pm** to meet with 3-4 Residents for 15-20 minutes each. This is a free massage we offer to you to work on your shoulders, neck, arms or hands. Sign up today!

**St. Dennis 3<sup>rd</sup> Graders Visit:** Mrs. Melo's 3<sup>rd</sup> graders will be here on **Friday, March 15<sup>th</sup> at 9:45am** to do a fun "pot-o-gold twirler" craft for us to hang around the building just in time for St. Patrick's Day! All hands on deck for this group!

**Music with Dewayne Keyes:** On **Monday, March 18<sup>th</sup> at 10:30am**, the harmonica man himself is back with some stories and songs to share with us! We hope you can make it.

**Music with Dewayne Keyes:** Our next meeting is **Monday, March 18<sup>th</sup> at 1:15pm**. See the last page of the newsletter for more details.

**Lunch Outing to KFC:** See "March Outing" for more information about the bus ride to KFC!

**Music with Brian Goetz:** We welcome a new volunteer singer and guitar player to Belmont this month! Brian will be here on **Saturday, March 23<sup>rd</sup> at 10:30am**. If he feels this is a good fit for him (and us), he'll be here monthly! Join us!

**Music with Susan Frankland:** Due to her canceling in February because of the weather, we were able to reschedule her for **Monday, March 25<sup>th</sup> at 10:30am**. Susan is a new singer to us so please come and give us your feedback!

**In-House Lunch Group:** Sign up today for this month's lunch group. See "Lunch Group" on this page for more details.

## In-House Lunch Group: Hot Dogs



In celebration of the Brewer's home opener, we will be offering an in-house lunch group on **Thursday, March 26<sup>th</sup> at 12:00pm**. This lunch group will be a few days before the actual home opener but why not get in the spirit early!?!?

We will be serving a lunch meal of hot dogs, potato salad, fruit and dessert. Sign up today with Jenny or Fawn in Life Enrichment as space is limited to 12 residents!

## March Outing: Lunch at KFC



We are firing up the bus for our next round of outings. Winter has been VERY long and being cooped up inside is starting to make us stir crazy! We are starting this year's outings with one of our favorites – lunch at KFC.

**Space is limited** to make sure to let Jenny or Fawn in Life Enrichment know if you are interested. Not everyone interested will be able to attend but we will make sure more trips to KFC are offered in the future.

**Lunch Outing:** Head out on the bus with us to Kentucky Fried Chicken just down the road from us. They have a \$5 Fill-Ups menu that includes a drink or you can order off of the main menu. The bus leaves on **Friday, March 22<sup>nd</sup> at 11:30am**. **Please note that you are responsible for your own meal.**





## Cranium Crunchers: Pass It On

**Directions:** After answering each clue, use the last letter of the answer for the first letter of the next answer. The first answer is given.

1. Marching Band Instrument
2. Category for Dogs, Birds or Bears
3. Flock Member
4. LeBron's Sport
5. Colorful Beetle
6. Hand Covering
7. Arm Joint
8. No-Cal Drink
9. Another name for street
10. Garden Soil
11. Paycheck Deduction
12. Percussion Instrument
13. Our Planet
14. Word of Welcome
15. Church Instrument
16. Telephone-Book Item
17. Musical Beat
18. Spring Month

### Answers:

- |               |                  |
|---------------|------------------|
| 1. Tuba       | 13. Earth        |
| 2. Animal     | 14. Hello        |
| 3. Lamb       | 15. Organ        |
| 4. Basketball | 16. Number       |
| 5. Ladybug    | 17. Rhythm       |
| 6. Glove      | 18. March or May |
| 7. Elbow      |                  |
| 8. Water      |                  |
| 9. Road       |                  |
| 10. Dirt      |                  |
| 11. Tax       |                  |
| 12. Xylophone |                  |

## Resident Council Minutes: February 2019

Here's what you missed at our last meeting:

**Food/Menu:** Menu suggestions provided (soup, breakfast sandwich, chicken cordon bleu, stuffed chicken breast); no complaints!

**Activities/Outings:** Outing options/ideas brought forth (movies, KFC, zoo, pizza). Actively searching for a PT activity assistant to provide more activity programs in the evenings and every other weekend.

**Nursing & Housekeeping:** No concerns brought forth. Ginger Davies' (Dir. of Nursing) last day will be March 8<sup>th</sup>, 2019.

**Positives:** "Laurie and the Housekeeping staff are doing a fabulous job."

**Reminders:** Please bring forth concerns or grievances immediately to staff members so that a resolution can be done quickly.

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

## Resident Rights: Grievances

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

### You have the right:

- To voice grievances about care or services without discrimination
- To expect the facility to promptly investigate and try to resolve your concerns
- To contact the Ombudsman to advocate on your behalf, free from discrimination or reprisal, if you feel any of your rights have been violated.

# GRIEVANCES

