

# APRIL 2019

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



## Celebrating April

**Global Astronomy Month**

**Poetry Month**

**Jazz Appreciation Month**

**Golden Rule Week**

*April 1-7*

**No Housework Day**

*April 7*

**Barbershop Quartet Day**

*April 11*

**Scrabble Day**

*April 13*

**Tax Day**

*April 15*

**Easter**

*April 21*

**Earth Day**

*April 22*

**Hug an Australian Day**

*April 26*

## Welcome!

March was a busy time for us as we said goodbye and good luck to three of our nursing management staff members: Ginger Davies, Stephanie Rundle and Kristin Seiling. We wish them the best of luck in their new journey.

But with this change, we are excited to welcome three new members to the Belmont nursing leadership team. At the end of March, our two new case managers began their new roles at Belmont. Here's a little more about them:



**Tana Smith:** Tana has worked all different departments in long-term care. At Belmont, she has worked as a CNA, an RN and now a nurse case manager. In her spare time, she enjoys playing and watching volleyball, reading, and watching her husband of 18 years bowl. Of course, her 3 kids and many pets also keep her on her toes! Tana will oversee Birch, Pine and Willow wings.



**Terra Kane:** Terra began her nursing career as a CNA and has worked at St. Mary's Hospital as well as a local hospice provider prior to coming to Belmont. In her spare time, she enjoys spending as much time outdoors as she can with her 2 sons and dogs. One of her favorite foods is pizza so if you know a good pizza joint, let her know! Terra will oversee Aspen, Cedar and Elm wings.

Feel free to introduce yourself to them and welcome them to Belmont! Our new Director of Nursing, Danielle Sigler, starts April 8<sup>th</sup> (see page two).

Happy Spring (FINALLY)!

Jenny Kupcho, Dir. of Life Enrichment

## New Director of Nursing: Danielle Sigler



Happy Spring  
Everyone!

My name is Danielle Sigler and I am excited to be a part of your team as your Director of Nursing.

I currently reside in the troll capital of the world of Mount Horeb, Wisconsin. I am originally from

Alaska but have decided to make Wisconsin home for myself, my 2 children, our 2 dogs and 1 hamster. I enjoy kayaking, skiing, camping, traveling, going to Badger games, exploring Door County with my children and recently I joined a bowling league. When I'm not working, I rescue and foster dogs that are in high kill shelters and match them with their new families. This has been a passion of our family for a few years now and to date we have fostered 12 dogs in 2 years.

My nursing career started out in Long Term Care. I loved being a part of each resident's journey as a CNA, LPN, RN and eventually Director of Nursing. I worked in acute care at UW-Hospital for a few years before taking my most recent job as a Hospice Registered Nurse Case Manager for a wonderful Hospice company.

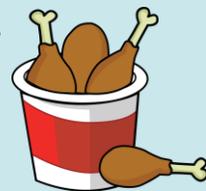
Being a nurse is such an honor and I thank you for welcoming me into your community. My door is always open and I look forward to getting to know each of you.

Sincerely,  
Danielle Sigler



## In-House Lunch Group: KFC

We are excited to offer an order-in-lunch meal from KFC this month on **Tuesday, April 9<sup>th</sup> at 12pm**. You **MUST** sign up for this event as space is limited to 10-12 residents only. If more residents are interested, another lunch event can be added in the future. **Sign-up by Monday, April 8<sup>th</sup>**.



The meal will consist of fried chicken, mashed potatoes, coleslaw and biscuits. We will also provide a beverage and dessert.

## April Outing: Ice Cream at the Chocolate Ice Cream Shoppe

Mark your calendars for this month's outing to Chocolate Shoppe Ice Cream. This company has been named as "Best of Madison" in the ice cream category for 4 consecutive years!



If you are interested, the bus will be leaving on **Friday, April 26<sup>th</sup> at 1:30pm**. If you are interested in attending, please let Jenny or Fawn know. Space is limited to 8 people on the bus with only 3 spaces for wheelchairs. Other ice cream outings will be added in the upcoming months. **All Residents are responsible for purchasing their own treat! Sign up today!**

## April Snack Socials

Looking for a light snack and to meet some new friends or chat with those you already know? Join us in the dining room at 3pm for these snacks in April:

**Mondays in March:** Popcorn

**Friday, April 5<sup>th</sup>:** Cinnamon Rolls

**Friday, April 12<sup>th</sup>:** Mini-Grilled Cheese

**Friday, April 19<sup>th</sup>:** Ice Cream Sundaes

**Friday, April 26<sup>th</sup>:** Pretzels & Cheese

## This Month's Special Events

Join us for these events and more in April:

**Music with Cowboy Bob:** Come for a root-tootin' howlin' good time with some country music on **Wednesday, April 3<sup>rd</sup> at 10:30am!**

**Bingo with Madison East Kiwanis:** Feeling lucky tonight? Test your luck with a game of Bingo tonight on **Friday, April 5<sup>th</sup> at 6:45pm.**

**Resident Council & Food Meeting:** It doesn't matter if you are here for a short or long stay, your opinions and ideas matter! We'll be meeting in the Library on **Monday, April 8<sup>th</sup> at 1:30pm.**

**In-House Lunch Group:** Sign up soon as this one will fill up quickly! Don't miss out on a free lunch from KFC on **Tuesday, April 9<sup>th</sup> at 12pm.**

**Music with Randy Kiel:** On Friday, April 12<sup>th</sup> at 10:30am, sing along with Randy to some great toe-tapping tunes! Make sure to bring some song requests!

**Music with Brian Goetz:** Brian was here in March and everyone enjoyed him so much that he wants to come back monthly! He'll be here on **Saturday, April 13<sup>th</sup> at 10:30am!**

**Music with Jesse Walker:** The man with the black hat is back to do sing songs from the 50s, 60s and beyond as well as play the spoons on **Wednesday, April 17<sup>th</sup> at 10:30am.**

**Balloon Volleyball & Chinese Dancers:** The Tzu Chi group will be here on **Sunday, April 21<sup>st</sup> at 10:00am.** They will start with some light upper body exercise and also be treated with cultural Chinese dances. Don't miss this one!

**Painting Event with Jodi:** No experience needed! See info box on this page.

**St. Dennis 3<sup>rd</sup> Graders Visit:** Can you believe our time with this year's 3<sup>rd</sup> graders is almost over? Join us on **Friday, April 26<sup>th</sup> at 9:45am** for an Easter-type craft and a dice game.

**Outing to the Chocolate Ice Cream Shoppe:** What's your favorite flavor? Vanilla? Rocky Road? Bubblegum? Find out on a bus trip on **Friday, April 26<sup>th</sup> at 1:30pm.** Sign up soon! See page 2 for more details.

## April 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, April 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:

Buddy Ebsen (actor) – April 2, 1908  
Marlin Brando (actor) – April 3, 1924  
Maya Angelou (poet) – April 4, 1928  
David Letterman (TV host) – April 12, 1947  
Jennifer Garner (actress) – April 17, 1972  
Glen Campbell (singer) – April 22, 1936  
Barbra Streisand (singer) – April 24, 1942  
Ella Fitzgerald (singer) – April 25, 1917  
Carol Burnett (comedienne) – April 26, 1933  
Jerry Seinfeld (comedian) – April 29, 1954  
Willie Nelson (musician) – April 29, 1933

# Happy Birthday

## Painting Event with Jodi

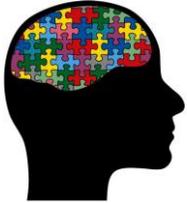
We had so much fun with Jodi back in November, that we wanted to bring her back! This time, Jodi will teach us how to paint a springtime scene step-by-step on **Wednesday, April 24<sup>th</sup> at 2pm.**



Painting experience is not needed. Jodi works with us step-by-step and give each of us the confidence to work the paintbrush to create a masterpiece for you to take with you!

This is a free event for our residents!

# Join Us!



## Cranium Crunchers: Random Trivia

**Directions:** Test your random trivia knowledge!

1. What famous country singing star starred in the movie "9 to 5"?
2. What actor with the initials M.R. starred in many film with Judy Garland?
3. Scarlet is a shade of what color?
4. In which country would you find Havana?
5. What is the chemical formula for water?
6. Antarctic, Pacific, Atlantic, Indian and Arctic are all types of what?
7. President Andrew Jackson was known as "Old" what?
8. What city is known as the Windy City?
9. What country is known for its windmills?
10. How many years of bad luck will you have if you break a mirror?
11. Who was known as the "Lady of the Lamp"?
12. Who was the comic strip character that had a dog named Sandy?
13. In the nursery rhyme, what did Little Miss Muffet sit on?
14. What movie star was known as "Ski Nose"?
15. What flavor of ice cream is the most popular in America?
16. Which president had the nickname "Rail-splitter"?
17. How many hearts does an octopus have?
18. What U.S. state is the closest to Africa?

### Answers:

- |                     |                          |
|---------------------|--------------------------|
| 1. Dolly Parton     | 10. Seven                |
| 2. Mickey Rooney    | 11. Florence Nightingale |
| 3. Red              | 12. Little Orphan Annie  |
| 4. Cuba             | 13. A tuffet             |
| 5. H <sub>2</sub> O | 14. Bob Hope             |
| 6. Oceans           | 15. Vanilla              |
| 7. Hickory          | 16. Abraham Lincoln      |
| 8. Chicago          | 17. Three                |
| 9. Netherlands      | 18. Maine                |

## Resident Council Minutes: March 2019 Meeting

Here's what you missed at our last meeting:

**Food/Menu:** Breakfast ideas (bagels w/cream cheese, variety of muffins, syrup-items), more soups & variety of soups, chicken cordon bleu or a stuffed chicken breast.

**Activities/Outings:** Activity ideas (movies, horseshoes). Discussed a Resident Picnic in August again (highly enjoyed the last one). Actively searching for a PT activity assistant to provide more activity programs in the evenings and every other weekend.

**Nursing & Housekeeping:** "They work so hard at keeping everything clean." No concerns.

**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, April 8<sup>th</sup> at 1:30pm** in the Library. Please plan on attending. All are welcome! See you then!

## Resident Rights Review: Access



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

### You have the right:

- To retain and use personal possessions.
- To participate in social, religious and community activities.
- To contact your Ombudsman
- To be fully informed of the services available and related costs.
- To equal access to quality care for all residents.
- To receive notice in advance of any plans to change your room or roommate.
- To look at your records and receive copies at a reasonable cost.