



National Skilled Nursing Care Week: “Life Soulfully” from May 12-18, 2019

Belmont is excited to participate in the upcoming observance of National Skilled Nursing Care Week which will be held May 12-18, 2019. Established as an annual, week-long observance by the American Health Care Association (AHCA) in 1967, this week provides an opportunity to recognize the role of skilled nursing care centers in caring for America’s seniors and disabled.

Whether it’s planting, cooking, reading or listening to music, Belmont Health + Rehab Center helps our residents to improve their quality of life. What are you doing for yourself and others every day? What makes you happy? This year’s theme is “Life Soulfully” and we are excited to celebrate our residents, staff and volunteers!

Sunday: On Mother’s Day we will be celebrating all women residents today with flowers!

Monday: Today we encourage you to fill out a Staff Bingo sheet. Get to know our staff members as they do the same with Resident Bingo.

Tuesday: Join us for making beaded necklaces to send at Christmas time to children in Africa! They love receiving the colorful beads and often will swap colors with their friends!

Wednesday: Today is about finding our inner peace and beauty! We will be pampering ourselves with manicures and facials followed by soaking in some sunshine!

Thursday: Today is about the animals at the shelters! Help us make fleece tie blankets for the Humane Society!

Friday: We will be ending the week working with the next generation – the St. Dennis 3rd graders. Help them do a science experiment followed by some trivia if there’s time.

Celebrating May

Physical Fitness & Sports Month

Older Americans Month

Meditation Month

Be Kind to Animals Week
May 5–11

Teacher Day
May 7

Mother’s Day
May 12

Nylon Stockings Day
May 15

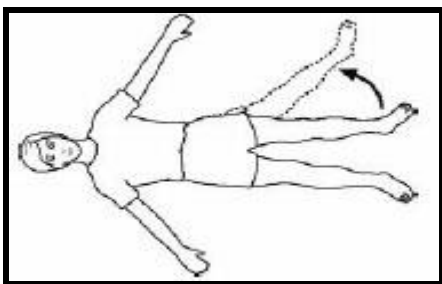
Memorial Day: U.S.
May 27

Paper Clip Day
May 29

Health & Wellness: Exercises

Last month we brought 2 exercises to do on your own during down time: Ankle Pumps and Heel Slides. This month, we bring you 3 more exercises to do on your own to promote strength.

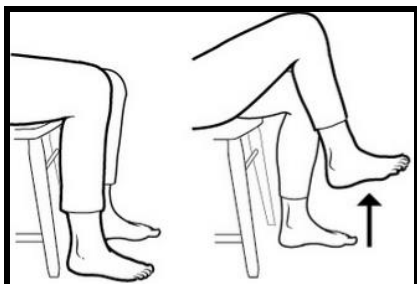
These are exercises you can try to do on your own in your room. Try to do each exercise at least 5 or 10 times on each leg. Don't underestimate their positive benefit! These exercises would be great to do when you are awake at night and can't sleep. They may even make you tired and help you fall asleep again. Happy exercising!!



1. **Abduction:** While lying in bed, keep your leg straight and slide your foot out to the side (like you are going to take your foot off the bed) and then return it to the starting position.



2. **Toe Ups:** While sitting, tap your toes on one foot and then lift your heel up. Then repeat on the other side (or do both at the same time).



3. **Marching:** While sitting, lift your legs up and down alternately so you are marching in a seated position. Do this for as long as you can (try for 30-60 seconds).

Did You Know: Cola Cure-All



People have been drinking Coca-Cola since May 8, 1888, when the soft drink was first served by Dr. John S. Pemberton at Jacob's Pharmacy in Atlanta, Georgia. Coca-Cola was first marketed as a medicinal cure-all beverage for ailments such as headaches, nerve disorders, addictions, and indigestion. By 1900, sales of Coca-Cola had reached 100 million annually. Perhaps this surge in popularity had to do with Coca-

Cola's brilliant marketing strategy of issuing tickets that could be redeemed at any location for a free glass—these tickets are considered the first coupons ever invented.

Did you know Coca-Cola can remove rust? Kill slugs and snails? Clean burnt pans? Neutralize a jellyfish sting? Remove a skunk smell? Remove gum from your hair? Join us on **May 8th at 10:00am** to learn more uses for Coca-Cola.

National Nurses Week: May 6-12, 2019



In 1933, the American Nurses Association declared May 6-12 as the national week to celebrate and elevate the nursing profession.

National Nurses Week is a time for everyone – individuals, employers, professionals, community leaders, and nurses – to recognize the vast contributions and positive impact of America's 4 million registered nurses. Each year, the celebration ends on May 12, Florence Nightingale's birthday.

Please take a moment to thank our nurses for all their dedication and care they provide for our Residents! On behalf of all of us, thank you to our nurses for all you do!

This Month's Special Happenings

Check out some of these programs this month:

Painting Event: A mix-up of calendars caused us to reschedule our spring painting event with artist Jodi. Join us on **Wed., May 1st at 2pm.**

Bingo with Madison East Kiwanis: The first Friday of the month means it's BINGO night! Get there early on **Friday, May 3rd at 6:45pm.**

Music with Brian Goetz: Brian has quickly captured our hearts with all the great music he brings. He'll be back on **Saturday, May 4th at 10:30am** to perform some favorites and originals!

In-House Lunch Group: See info box.

Massage Therapy with Gail: Sign up to receive a free 15-20 minute massage on **Thursday, May 9th at 1pm.** Interested? Sign up today!

Music with Janet Lieb: Her songs, stories, and 12-string guitar will be here on **Friday, May 10th at 10:30am!** Don't miss this one!

Music & Dancing: A short 30-minute concert will be performed by students from Hawthorne Elementary on **Tuesday, May 14th at 10am.**

St. Dennis 3rd Graders Visit: Don't miss their final visit on **Friday, May 17th at 9:45am** to do an egg drop and US trivia game!

Balloon Volleyball & Music w/Tzu Chi: Join us on **Sunday, May 19th at 10:00am** for light exercise and great music!

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, May 20th at 1:30pm.**

Music with Northern Comfort Band: We are looking forward to having them back for some country & folk favorites on **Wed, May 22nd at 10:30am.**

Music with the Bethel Victory Choir: It only happens 1-2 times a year so don't miss this concert on **Tuesday, May 28th at 10:30am!**

Henry Vilas "Zoo to You": The zoo animals come to Belmont on **Thursday, May 30th at 10:30am!** We will be across from therapy.

May 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, May 17th at 3:00pm
Main Dining Room

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

Celebrity Birthdays:

Dwayne "The Rock" Johnson – May 2, 1972
 Bing Crosby (singer) – May 3, 1903
 Audrey Hepburn (actress) – May 4, 1929
 Adele (singer) – May 5, 1988
 George Clooney (actor) – May 6, 1961
 Melissa Gilbert (actress) – May 8, 1964
 Billy Joel (singer) – May 9, 1949
 George Lucas (filmmaker) – May 14, 1944
 Cher (singer) – May 20, 1946
 Drew Carey (comedian) – May 23, 1958
 Patti LaBelle (singer) – May 24, 1944
 Sally Ride (astronaut) – May 26, 1951
 Peggy Lee (singer) – May 26, 1920
 Bob Hope (comedian) – May 29, 1903

This Month's In-House Lunch Group: Tacos



Taco Lunch: Make your own tacos in celebration for Cinco de Mayo on **Thursday, May 9th at 12:00pm.** We will meet in the dining room across from therapy. **There is no cost to you for this in-house lunch. Sign Up Today!**

May Snack Socials:

Get to know others! Join us for these socials in May starting at 3pm in the dining room!

Mondays in May: Popcorn

Friday, May 3rd: Chips & Salsa

Friday, May 10th: Red & Blue Jell-O Cups

Friday, May 17th: Ice Cream Sundaes

Friday, May 24th: Chips & Cheese

Friday, May 31st: Muffins & Fruit



Cranium Crunchers: Trivia Questions

Directions: Test your random trivia knowledge!

1. In the nursery rhyme “Hey, Diddle, Diddle,” what did the cow jump over?
2. If you have one quarter, four dimes, and one nickel, how much money do you have?
3. What famous U.S. marathon is held every year in April?
4. Who invented the first working telephone?
5. What do you call the upper part of your mouth?
6. What is half of 10,560?
7. What province in Canada is the farthest west?
8. What resort city on New Jersey’s Atlantic coast is known for its boardwalk, casinos and beaches?
9. What popular item had the slogan “plop, plop, fizz, fizz. Oh, what a relief it is”?
10. What is Little Miss Muffet famous for eating?
11. How many degrees is a right angle?
12. What color is the circle in the center of Japan’s flag?
13. What is the longest river in North America?

Answers:

1. The Moon
2. Seventy Cents
3. The Boston Marathon
4. Alexander Graham Bell
5. Palate
6. 5,280
7. British Columbia
8. Atlantic City
9. Alka-Seltzer
10. Curds and Whey
11. 90 Degrees
12. Red
13. Missouri River

Resident Council Meeting Minutes: April 2019

Here’s what you missed at our last meeting:

Menu/Food: Reviewed menu. Currently in new spring/summer menu cycle. Some favorites from fall/winter menu will be kept. Seasonal fruits will be added as available. Better variety seen with breakfast variety options.

Activities: Discussed upcoming outings, desired in-house lunch groups, gardening, fundraiser. Zoo To You program coming in May.

Special Events: Skilled Nursing Care Week to be celebrated in May. Resident/Family picnic to be held in August (date TBD).

Positives: “Everyone works very hard,” “Helpful with smiles.”

Our next meeting will be on **Monday, May 20th at 1:15pm**. All are welcome! See you then!

Resident Rights Review:

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.



TRANSFER OR DISCHARGE:

- To remain in the facility unless there is a valid, legal reason for your transfer or discharge.
- To receive a discharge notice and planning according to the licensing requirements of the facility.
- To receive planning and assistance to assure a safe transfer.
- To receive information about your right to appeal including contact information for your Long Term Care Ombudsman.
- To be offered to hold your bed if your transfer is temporary, such as for hospitalization or therapeutic leave.