

# JUNE 2019

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



## Celebrating June

### Beautiful in Your Skin Month

### Soul Food Month

### Lemonade Days

*June 1-9*

### World Bicycle Day

*June 3*

### Banana Split Days

*June 7-8*

### Roller Coaster Day

*June 13*

### Father's Day

*June 16*

### World Music Day

*June 21*

### Social Media Day

*June 30*

## National Nursing Assistants Week: June 13-20, 2019



This month we celebrate our CNAs! They are key players in the lives of the people in their care, and each nursing assistant is called to create an environment of caring for the resident or client and the worker as well.

Each day, more than 4.5 million caregivers provide hands-on care to our nation's elderly, frail or chronically challenged citizens in nursing homes, long-term care settings and at home. CNAs provide nearly 80-90% of the direct care received by clients while bringing patience, a caring attitude and wisdom to their practices. They listen, provide encouragement and support, help us with our daily tasks, and even dry our tears at times. Please take a moment and say "thank you" to your CNAs this month!

As the weather warms up, we will be moving some of our activity programs outdoors. We will also be planting flowers in the front of the building in early June! We will also start our grill-out lunches this month! It'll be a busy month full of music, games, sunshine (we hope) and conversation with friends!

Welcome Summer!

Jenny Kupcho  
Director of Life Enrichment



## Health & Wellness: The Spirit of Yoga



Did you know that the International Day of Yoga is on June 21<sup>st</sup>? This is a day honoring this ancient Indian practice dates back to 5,000 years ago and was devoted to uniting body, mind, and spirit.

As yoga has grown in popularity, most people have understood its practice as a series of stretches ranging from the easy to the physically challenging.

In many ways, yoga is a vigorous form of physical activity that demands athleticism and flexibility. Yoga, however, is much more than physical exercise. As one of its most famous practitioners, B. K. S. Iyengar, stated, “Yoga cultivates the way of maintaining a balanced attitude in day-to-day life.” It cultivates the way of maintaining a balanced attitude in daily life making yoga a spiritual as well as physical exercise.

Yoga was developed 5,000 years ago by mystics seeking harmony between their body and spirit as a way of achieving divine enlightenment. So while yoga may be practiced today as merely a physical exercise, this is just one side of the practice. Yoga also touches the soul.

Yoga postures, or poses, require focused attention and intention. Slow, careful breathing and an inward focus akin to meditation help yoga practitioners clear their minds of worry and become present in the now. Some even feel a greater sense of creativity, insight, imagination, and intuition. These are the gifts that yoga can give to our spirits, while our bodies enjoy the gifts of endurance, flexibility, and stamina.

Not everyone is interested in yoga as a spiritual practice, though. Luckily, there is no penalty for those who wish to use yoga solely as exercise.

## June 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, June 21<sup>st</sup> at 3:00pm  
Main Dining Room**

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

### Celebrity Birthdays:

Morgan Freeman (actor) – June 1, 1937  
Marilyn Monroe (actress) – June 1, 1926  
Angelina Jolie (actress) – June 4, 1975  
Tom Jones (singer) – June 7, 1940  
Frank Lloyd Wright (architect) – June 8, 1867  
Donald Trump (President) – June 14, 1946  
Neil Patrick Harris (actor) – June 15, 1973  
Igor Stravinsky (composer) – June 17, 1882  
Lionel Ritchie (singer) – June 20, 1950  
Meryl Streep (actress) – June 22, 1949  
John Elway (quarterback) – June 28, 1960

## Mail Call

Needing to mail a letter?  
There is now a small mailbox hung on the wall to the left of the receptionist desk. This is a locked mailbox that will be checked daily by staff members. All letters will then be placed in the outgoing mail the following day. Questions? See Susan at the front desk!



## June Snack Socials

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

**Mondays in May:** Popcorn

**Monday, June 10<sup>th</sup>:** Rootbeer Floats

**Friday, June 7<sup>th</sup>:** Strawberry Shortcake

**Friday, June 14<sup>th</sup>:** Pretzels & Cheese

**Friday, June 21<sup>st</sup>:** Ice Cream Sundaes

**Friday, June 28<sup>th</sup>:** Bomb Pops

## This Month's Special Happenings

Check out some of these programs this month! We hope you will join us!

**Music w/DeWayne Keyes:** The harmonica man will be here on **Monday, June 3<sup>rd</sup> at 10:30am** to share stories, tell jokes and (of course) sing some songs! Join us!

**Gardening:** As long as the weather is dry, we'll be planting flowers in the front of the building on **Wednesday, June 5<sup>th</sup> at 2pm**.

**Bingo w/Madison East Kiwanis:** The first Friday of the month is Bingo night at Belmont! The East Kiwanis group will be here on **Friday, June 7<sup>th</sup> at 6:45pm**. Good luck!

**Music w/Brian Goetz:** He will be here on **Saturday, June 8<sup>th</sup> at 10:30am** to play some originals and favorites! Don't sleep in today!

**Music w/Jesse Walker:** The man with the black hat will be singing up a storm on **Wednesday, June 12<sup>th</sup> at 10:30am**! Don't be late – seats go quickly!

**Balloon Volleyball & Music:** A little light exercise, music and fun will be had on **Sunday, June 16<sup>th</sup> at 10:00am**. The more the merrier for this group!

**Resident Council Meeting** – Your input and ideas are needed! Please attend on **Monday, June 17<sup>th</sup> at 1:30pm**.

**Lunch Group:** See info box on this page.

**Music w/Jon, Katie & Friends:** This group will be here on Saturday, June 22<sup>nd</sup> at 10:30am and will be bringing the kids, too!

**Outing to KFC:** See info box on this page.

**Music w/Michael Gruber:** What are you doing on **Wednesday, June 26<sup>th</sup> at 10:30am**? Hopefully you will be listening to the smooth voice of Michael and giving song requests!

## In-House Lunch Group: Grilled Hamburgers



What better way to welcome in the first day of summer than by firing up the grill!

On **Friday, June 21<sup>st</sup> at 12:00pm**, lunch will be served! We will meet in the dining room across from therapy.

**Space is very limited to 12 residents.** We will offer this lunch again during the warm summer months so everyone will have a chance to attend at least one lunch. There is no cost for this event! Sign up today!

## June Outing: Lunch at KFC

Sign up today so you are not left behind for this month's outing! We will once again be 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.



**Lunch Outing:** Head out on the bus just down the road from us and have lunch at Kentucky Fried Chicken! Order off of the \$5 Fill-Ups menu which includes a drink or you can order off of the main menu. The bus leaves on **Tuesday, June 25<sup>th</sup> at 11:30am**. **Please note that you are responsible for your own meal.**





## Cranium Crunchers: What Comes Next?

1. 17, 29, 41, 53, \_\_\_\_\_
2. 1, 2, 4, 7, 11, 16, 22, \_\_\_\_\_
3. 1, 4, 9, 16, 25, 36, 49, \_\_\_\_\_
4. 600, 591, 582, 573, \_\_\_\_\_
5. 105, 210, 420, \_\_\_\_\_
6. 26, 27, 31, 32, 36, \_\_\_\_\_
7. 299, 3, 299, 4, 299, 5, 299, \_\_\_\_\_
8. 345, 244, 143, \_\_\_\_\_
9. 2, 2, 4, 3, 3, 9, 4, 4, 16, 5, 5, \_\_\_\_\_
10. 10, 9.8, 9.6, 9.4, \_\_\_\_\_
11. 16, 18, 13, 15, 10, \_\_\_\_\_
12. 1000, 500, 250, \_\_\_\_\_

### Answers:

1. 65 (add 12)
2. 29 (add 1 and then add, 2, 3, 4, 5, 6 and 7)
3. 64 (the pattern is the square of the next number, i.e.  $1 \times 1$ ,  $2 \times 2$ ,  $3 \times 3$ ,  $4 \times 4$ )
4. 564 (subtract 9)
5. 840 (multiply by 2)
6. 37 (add 1 and then add 4)
7. 6 (add 1 to the number preceding 299)
8. 42 (subtract 101)
9. 25 (the preceding number is multiplied by itself, e.g.,  $5 \times 5 = 25$ )
10. 9.2 (subtract 0.2)
11. 12 (add 2 then subtract 5)
12. 125 (divide by 2)

## Resident Council Minutes: May 2019 Meeting

Here's what you missed at our last meeting:

**Menu/Food:** Reviewed menu. Resident stated enjoyment of recent additions to breakfast selections. No complaints were voiced with new Spring/Summer menu. More seasonal fruits and vegetables will be added to the menu as the summer months progress.

**Life Enrichment:** Residents would like to have a picnic again where they can invite their family members in for an afternoon of fun. No ideas given for different outings or activity programs they would like to see added to the calendar.

**Other:** We are currently looking for another Resident to serve as a co-representative during these meetings. Responsibilities would include listening to other Resident's ideas/concerns, attend meetings and being part of a solution. If interested, see Jenny in Life Enrichment.

Our next meeting is scheduled for **Monday, June 17<sup>th</sup> at 1:30pm**. See you there!

## Resident Rights Review

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

### SELF-DETERMINATION:

You have the right:

- To be offered choices and allows to make decisions important to you.
- To participate in the planning of your care and services.
- To accept or refuse care and treatment.
- To choose your health care providers, including your doctor and pharmacy.
- To manage your own personal finances, or to be kept informed of your finances if you choose to let someone else manage them for you.
- To expect the facility to accommodate individual needs and preferences.