

# SEPTEMBER 2019

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



## Celebrating September

**Happy Cat Month**

**Sewing Month**

**International Enthusiasm  
Week**

*September 1–7*

**Labor Day (U.S.)**

*September 2*

**International Day of  
Democracy**

*September 15*

**World Alzheimer's Day**

*September 21*

**International Day of Sign  
Languages**

*September 23*

**World Heart Day**

*September 29*

## Happy Fall, Y'All!

It's that time of year again! Our annual Customer Satisfaction Surveys will soon be headed our way. This is an annual survey for our residents, families and staff, and Belmont wants to hear from everyone! We want you to tell us what we do really well and what areas could use some improvement. We are always striving to make Belmont a better place for our residents, families and staff! We truly appreciate your honest responses on these surveys. We can't fix a problem unless we know about a problem!

Your input on these is greatly appreciated. The surveys are kept confidential and are sent to an outside company to tally the results. Once the results are in, Belmont staff will form three satisfaction committees – Resident, Family and Employee. These committees will meet monthly to address opportunities for improvement! By forming these committees, we hope to increase our customer satisfaction and make Belmont a wonderful place to live!

With the Autumn season quickly approaching, the air will soon turn cooler and the shirt sleeves will get longer. September and October are great months to look through your closets and CLEAN! If something is too tight, too loose or has holes in them, it might be time to let go of those items and start a wish list for Christmas (it is just around the corner after all). Some of you also have fall and winter clothing stored at Belmont and change out your closets each year. If you need a staff member to bring your clothing to you from storage, please let us know. Christmas is around the corner...make room!

Make sure to check out the activity calendar for all the great things we have coming to you this month!

Jenny Kupcho  
Director of Life Enrichment

## Health & Wellness: Facts About Alzheimer's Disease



This month, we take a moment to recognize September as being national Alzheimer's month. The Memory Walk is the Alzheimer's Association's national signature event to help those coping with Alzheimer's and related dementias. Since 1989, the nation's largest event supporting Alzheimer's care and support services as raised more than \$300 million.

Formed in 1980, the Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research.

### Facts about Alzheimer's:

- It's the only cause of death in the top 10 in America that cannot be prevented, cured or slowed.
- Almost two-thirds of Americans with Alzheimer's disease are women.
- One in three seniors dies with Alzheimer's or another dementia.
- Alzheimer's disease is the sixth-leading cause of death in the United States.
- More than 5.7 million Americans are living with the disease.
- There are an estimated 16 million caregivers of people living with Alzheimer's and other dementias in the United States.
- In the United States, someone develops Alzheimer's ever 65 seconds.
- In 2018, Alzheimer's disease will cost the United States \$277 billion. This number is projected to rise to more than \$1.1 trillion in 2050.
- In 2017, 16 million caregivers of people living with Alzheimer's disease or other dementias provided an estimated 18.4 billion hours of unpaid care, a contribution to the nation valued at more than \$232 billion.

To learn more about the South Central Wisconsin Alzheimer's Association chapter, visit their website <https://www.alz.org/scwisc> or call them at 608-203-8502. Support groups are also available for families and caregivers.

## An Afternoon of Painting with Local Artist Jodi

Every time we invite Jodi, we have so much fun! She will be back on **Friday, September 13<sup>th</sup> at 2pm** to guide us in creating our own masterpieces on canvas! She will be teaching us how to paint an autumn scene.



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!

## General Reminders

### Activity Programs:

Have some down time between therapies? Want to meet new people? Consider participating in some of our activity programs! We also have in-room supplies for you including word search or other mind puzzles, large and small print books, coloring supplies, decks of playing cards and others. If there is an activity you wish to attend, please speak with your therapy team and they would be happy to make sure your therapy sessions are scheduled around the activity.



### Beauty Shop:

We have a beautician that visits our facility a few times each month. Stop at the Front Desk to schedule an appointment.

### Clothing & Personal Items:

Please consider having your clothing labeled with your name on them before wearing them or sending them to laundry. Any staff member would be happy to help you get this done.

## This Month's Special Happenings

We hope you will be able to join us for some of these fun events (and more) this month:

**Bingo with Madison East Kiwanis Club:** Our monthly game of BINGO will be held on **Friday, September 6<sup>th</sup> at 6:45pm**. Good luck!

**Massage Therapy:** Feeling tight in the shoulders, neck, arms or hands? Gail is here on **Tuesday, September 10<sup>th</sup> from 1-2pm** and will see 3 Residents for 20 minutes each. If you are interested, sign up with Life Enrichment ASAP!

**Painting Event:** No painting experience needed! See info box on page 2 for more details.

**Resident Council Meeting:** We hope you will join us on **Monday, September 16<sup>th</sup> at 1:30pm!** See the last page for details.

**Music with Michael Gruber:** What are you doing on **Wednesday, September 18<sup>th</sup> at 10:30am**? Hopefully you will be listening to the smooth voice of Michael and giving song requests!

**Balloon Volleyball & Music:** A little light exercise, music and fun will be had on **Sunday, September 22<sup>nd</sup> at 10:00am**. The more the merrier for this group!

**Ukelele Fun:** Karleen, one of our afternoon activity program volunteers & her grandson Adam will be here on **Tuesday, September 24<sup>th</sup> at 10:45am** to play their ukuleles for us! Have some fun with us and them today!

**Lunch Group:** See info box on this page for more details.

**Music with Northern Comfort Band:** Join us for some music the morning of **Friday, September 27<sup>th</sup> at 10:30am**. Don't sleep in today or you will miss some country & folk tune favorites!!

## September 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, September 20<sup>th</sup>, 2019 at 3:00pm**  
**Main Dining Room**

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

### Celebrity Birthdays:

Dr. Phil (TV host) – September 1, 1950  
Terry Bradshaw (sportscaster) – Sept. 2, 1948  
Beyonce Knowles (singer) – Sept. 4, 1981  
Paul Harvey (radio personality) – Sept. 4, 1918  
Col. Sanders (KFC Founder) – Sept. 9, 1890  
Adam Sandler (actor) – September 9, 1966  
Agatha Christie (writer) – September 15, 1890  
Lauren Bacall (actress) – September 16, 1924  
Greta Garbo (actress) – September 18, 1905  
Jimmy Fallon (comedian) – Sept. 19, 1974  
Faith Hill (singer) – September 21, 1967  
Jim Henson (puppeteer) – Sept. 24, 1936  
Shel Silverstein (poet) – Sept. 25, 1930  
Will Smith (actor/musician) – Sept. 25, 1968  
Serena Williams (tennis star) – Sept. 26, 1981

## In-House Lunch Group: Tacos

This is one of our most popular in-house lunch groups! This was a request from one of our Residents and we are excited to be able to schedule it this month!

Join us on **Wednesday, September 23<sup>rd</sup> at 12:00pm** for some homemade tacos!

There is **no** cost to you for this lunch; however, space is limited to 12-15 residents. If you wish to have lunch with us, please contact Jenny or Fawn in Life Enrichment. **Space is extremely limited! Sign up today!**





## Cranium Crunchers: Analogies

Determine the relationship between the first two italicized words. Then find the word with a similar relationship. Good luck!

1. *Dog* is to *puppy* as *kangaroo* is to \_\_\_\_\_
2. *Cherry* is to *red* as *robin's egg* is to \_\_\_\_\_
3. *Oak* is to *tree* as *daisy* is to \_\_\_\_\_
4. *Short* is to *tall* as *thin* is to \_\_\_\_\_
5. *Quart* is to *gallon* as *month* is to \_\_\_\_\_
6. *Chicago* is to *Illinois* as *Concord* is to \_\_\_\_\_
7. *Honest* is to *adjective* as *bus* is to \_\_\_\_\_
8. *Minister* is to *church* as *teacher* is to \_\_\_\_\_
9. *Cat* is to *meow* as *owl* is to \_\_\_\_\_
10. *Remote* is to *TV* as *mouse* is to \_\_\_\_\_
11. *Beethoven* is to *piano* as *Nero* is to \_\_\_\_\_
12. *Clock* is to *time* as *thermometer* is to \_\_\_\_\_
13. *Tropical* is to *hot* as *polar* is to \_\_\_\_\_
14. *Cut* is to *scissors* as *measure* is to \_\_\_\_\_
15. *Bird* is to *nest* as *bee* is to \_\_\_\_\_
16. *Fish* is to *school* as *wolf* is to \_\_\_\_\_
17. *Brazil* is to *South America* as *Italy* is to \_\_\_\_\_
18. *Salmon* is to *fish* as *emperor* is to \_\_\_\_\_
19. *Smell* is to *odor* as *sound* is to \_\_\_\_\_
20. *Frog* is to *hop* as *snake* is to \_\_\_\_\_

### Answers:

- |                  |                 |
|------------------|-----------------|
| 1. Joey          | 11. Fiddle      |
| 2. Blue          | 12. Temperature |
| 3. Flower        | 13. Cold        |
| 4. Fat or Thick  | 14. Ruler       |
| 5. Year          | 15. Hive        |
| 6. New Hampshire | 16. Pack        |
| 7. Noun          | 17. Europe      |
| 8. School        | 18. Penguin     |
| 9. Hoot          | 19. Noise       |
| 10. Computer     | 20. Slither     |

## September Snack Socials

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

**Mondays in Sept. (except 9/2):** Popcorn

**Friday, September 6<sup>th</sup>:** Cheese, Sausage & Crackers

**Friday, September 20<sup>th</sup>:** Ice Cream Sundaes

**Friday, September 27<sup>th</sup>:** Apples & Caramel

## Resident Council Update

We are looking for Residents to participate in our Resident Council meetings! These meetings are required to occur every month and recently have had very few residents interested in attending!

We would like to do a "Gifts in a Jar" fundraiser this fall but will need your help. All money raised would go back into purchasing more electronic equipment for our Residents to use or check-out during their stay here.

Please consider participating and attending our next scheduled meeting on **Monday, September 16<sup>th</sup> at 1:30pm.**

## Resident Rights Review: Decisions About Care

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

### You have the right:

- To participate in the planning of your care and medical treatment
- To self-administer medications if the care team has indicated it is safe to do so
- To participate or not participate in experimental research and clinical trials
- To receive an explanation regarding the care community's bed hold policy for hospitalization and therapeutic leave.