

AUGUST 2017

Belmont Manor Newsletter

Belmont Manor Nursing & Rehabilitation Center, 34 Agassiz Avenue, Belmont, MA 02478



**Celebrating August with Our
Special Trellis Room Events**

Resident Council Meeting
August 1st at 2:30

Jaime's Broadway Performance
August 4th at 10:30

**Walk Through Nature: Virtual
Exercise**
August 11th at 10:30

Motion Man's Magic Show
August 11th at 2:30

Summer Hawaiian Luau
August 18 at 12:00 Noon

Classical Dinner Performance
August 21st at 5:00

Monthly Wellness Talk
August 23rd at 2:30

Art Matters Presentation
August 25th at 10:30

*Aloha! St.4 had a wonderful
family dinner this month with
delicious food and tropical music!*



Lot's of Smiling Faces!!



Donna's Thursday Stretch & Strengthen Class ~ Octaband



The Octaband was designed by dance/movement therapist, Donna Newman-Bluestein, inspired by her work with the senior community.



The Octaband offers a different way to exercise, offering strengthening, team building and individual expression. It was a huge success!



Join us on August 18th for a Aloha Summer Party & Cookout



Featuring the Big Kahuna and his lovely Hawaiian troupe! There will be singing, dancing, and a tropical themed cookout! Family & Friends please join us!! Sign up with the receptionist.

Our Staff are from all over the World



How to say "Good Morning" in...

- Portuguese ~ Bom Dia
- Spanish ~ Buenos Dias
- Haitian Creole ~ Bon Maten
- Chinese ~ Zao An
- English ~ Good Morning
- Swahili ~ Habari za asubuhi
- French ~ Bonjour
- Afrikaans ~ Goeie Môre
- Croatian ~ Dobro Jutro
- Nepali ~ Subha Prabhat
- Hindi ~ Namaskaar

Who or What...A Game of Trivia

Do you know who I am? Here are some clues:

1. I was born in New York City on May 3, 1919.
 2. My father was a founder of the study of ethnomusicology, and my mother was a concert violinist who also taught at the Juilliard School.
 3. I studied journalism at Harvard.
 4. I spent more than 70 years honing my "craft."
 5. I was acquainted with Jackson Pollock and Thomas Hart Benton.
 6. An advocate of civil rights, I marched in the Freedom Marches in Selma, Alabama, with Dr. Martin Luther King Jr.
 7. While enlisted in the Army during World War II, I wrote a letter of protest to the California chapter of the American Legion to protest the deportation of Japanese Americans.
 8. During the 1930s, I worked at the Archive of American Folk Song at the Library of Congress.
 9. In 1950, my band sold over two million records with the hit single "Goodnight, Irene."
 10. My spouse of nearly 70 years passed away in 2013.
 11. I supported passage of the Clean Water Act in 1972.
 12. I built a log cabin along the Hudson River in the early 1950s, and I lived there until my death.
 13. I performed with musical acts like the Weavers and the Almanac Singers.
 14. I described myself as a "banjo picker."
 15. In 1955, I was ordered to testify before the House Un-American Activities Committee.
 16. I forged my career path by hitchhiking and performing around the country.
 17. The FBI followed my activities from the 1940s through the 1970s.
 18. My musical instruments of choice include the five-string banjo, 12-string guitar, and wood flute.
 19. In the 1960s, I composed the popular song "Turn! Turn! Turn!," which is based on the biblical passage from Ecclesiastes.
 20. Along with my friend Woody Guthrie, I was instrumental in reviving folk music in the United States.
- Do you know who I am?

(Answer on the following page)

Rest and Relaxation

August 15 is the day to take it easy and chill out! It's Relaxation Day. Stress management is an important skill to have in this day and age. Often, before you can relax your body, you must quiet your mind. Slow, deep breaths and meditation are a very good way to start. Soothing music and even a warm bath can make this easier. For some, writing or journaling can be relaxing. Still others benefit from guided imagery, where a person suggests and describes a calming setting to imagine. Relaxing the body, ironically, sometimes requires exercise and movement. A walk, hike, or yoga can work your muscles into a state where they are more ready to rest. Alcohol and caffeine counteract rest. Warm milk or herbal tea are a better bet. When both the mind and body are relaxed, it's far easier to take that precious afternoon nap in the hammock.

Another Beautiful Summer Day at the Manor ~



An Afternoon of Classical Piano Music in the Sunshine

Happy Birthday to Our Residents

8-4 Annette C.
8-4 Terence T.
8-7 Suzanne H.
8-9 Maxine M.
8-13 Phyllis E.
8-13 Mary C.
8-15 Jean C.
8-16 Margaret M.
8-19 Barbara G.
8-21 Paula S.
8-23 John B.
8-24 Mary M.
8-25 Berton F.
8-29 Rose W.
8-31 Rita Q.



Happy Birthday to Our Staff

8-1 Fredrick K.
8-2 Blandine B.
8-4 Catherine E.
8-7 Evelyne R.
8-8 Halima V.
8-9 Betty Jo C.
8-9 Yahaya N.
8-10 Kristin V.
8-12 Domenic M.
8-16 Bernard B.
8-16 Nivedita S.
8-16 Catherine W.
8-20 Resty M.
8-25 Gloria N.
8-29 Jo-Ann A.
8-30 Maud F.
8-30 Marcelo D.

August Birthdays

In astrology, those born between August 1–22 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Leos are also generous and loyal, putting both their family and friends first. Those born between August 23–31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that attention to detail is put into the service of others, Virgos make perfect humanitarians.

Francis Scott Key (composer) – August 1, 1779
Louis Armstrong (musician) – August 4, 1901
Neil Armstrong (astronaut) – August 5, 1930
Allegra Kent (ballerina) – August 11, 1937
Mae West (actress) – August 17, 1893
Robert De Niro (actor) – August 17, 1943
Connie Chung (journalist) – August 20, 1946
Dorothy Parker (writer) – August 22, 1893
Leonard Bernstein (composer) – August 25, 1918
Leo Tolstoy (writer) – August 28, 1828
Van Morrison (musician) – August 31, 1945

Quote of the Month ~

By Ralph Waldo Emerson

"To laugh often and love much; to win the respect of intelligent persons and the affection of children; to earn the approbation of honest citizens and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to give of one's self; **to leave the world a bit better,** whether by a healthy child, a garden patch or a redeemed social condition; to have played and laughed with enthusiasm and sung with exultation; to know even one life has breathed easier because you have lived— **this is to have succeeded.**

~Ralph Waldo Emerson