

OCTOBER 2017

# Belmont Manor Newsletter

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



## Celebrating October with Our Special Trellis Room Events

### **Belmont Garden Club**

*October 2<sup>nd</sup> at 2:15*

### **Sukkot Celebration ~ Invitation of the 7 Imaginary Guests**

*October 5<sup>th</sup> at 2:30*

### **October Birthday Party**

*October 12<sup>th</sup> at 2:30*

### **Arthritis Awareness Day**

*October 13<sup>th</sup> at 2:30*

### **Wine & Cheese Social**

*October 20<sup>th</sup> at 2:30*

### **Nuts & Bolts Party: Celebrating Healthcare Custodial & Engineering Week**

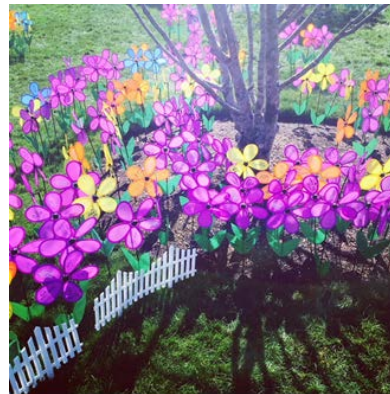
*October 26<sup>th</sup> at 2:00*

### **Halloween Party Staff Costume Contest!**

*October 31<sup>st</sup> at 2:30*

## **Boston Alzheimer's Walk 2017**

On Sunday, September 24<sup>th</sup>, over 20 Belmont Manor staff, their families and families of residents set out to walk in the "heat of summer" to raise awareness for such an important cause for all of us! We all had such a wonderful time!



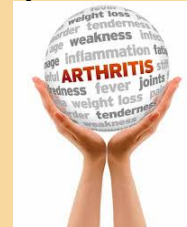
There were 4,375 people who participated with the Belmont Manor team in Boston's Walk to End Alzheimer's on September 24<sup>th</sup>!! Money is still being raised, but as of October 1<sup>st</sup>, they have raised a total of \$1,116,419.46!

## Celebrating Fall Prevention~!

Sachi Thanawala and the Therapy Department worked hard all week to offer creative inspiration for how staff and families can help prevent falls of the ones they care for each day. Fall prevention is a top priority here at Belmont Manor!

## Arthritis Awareness Day

In thinking about falls and physical wellbeing, a number of our residents suffer from the physical pain of arthritis. One resident often reminds me that she wishes she could applaud for the singers, but it is just too painful.



More than 50 million adults in America have some form of Arthritis. What can we do to help prevent it or help create more daily comfort? Come for our talk this month on keeping our joints healthy!

Friday, October, 13<sup>th</sup> at 2:30 PM in the Trellis Room.  
Refreshments and snacks provided.

## The Winning Team ~ St. 4!!

### Fall Prevention Week Scavenger Hunt

And we are reminded that good humor goes a long way towards making education that much more enjoyable!





## Our Special Care Unit "In Motion"

Every month, Rachel Brody, Activity Director for our SCDU, and Activity Assistant Evelyn, leads a dance social for the residents!



There is a kid alive inside all of us! St. 4 found this to be true, when they pulled out the hula hoops and everyone started dancing!



## Singing Grandpops Perform!

Two of our residents, Larry & Frank, are members of the Retired Men's Club of Arlington's performance group: The Singing Grandpops.



Mark Your Calendars...

Thursday October 26<sup>th</sup> at 2:00 PM

## Nuts & Bolts Party



Honoring all our Maintenance,  
Custodial, and Engeneering Staff

Come to say thank you to this amazing  
team and enjoy a sweet treat or two!

## Happy Birthday to Our Residents

10-12 Christine L.  
10-14 Fred B.  
10-18 Phyllis N.  
10-19 Mary C.  
10-19 Joan D.  
10-22 Helen H.  
10-23 Mary Pat R.  
10-25 Lillian F.  
10-27 Deborah B.  
10-29 Daniel W.  
10-30 Frances C.



## Happy Birthday to Our Staff

10-3 Ulisses T.  
10-4 Rodrigue D.  
10-4 Guirlene X.  
10-6 Cindy T.  
10-7 Chodon T.  
10-10 Michaely SC.  
10-11 Sheila B.  
10-12 Rebecca K.  
10-13 Roseline L.  
10-17 Donna F.  
10-17 Guerlyne J.  
10-18 Marie C. U.  
10-20 Grace N.  
10-21 Ulrich S. C.  
10-21 Frantze B.  
10-25 Wislande B.  
10-27 Helene V.  
10-27 Geraldine W.  
10-29 Luis V.P.

## October Birthdays

In astrology, those born from October 1 to 22 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm. Those born between October 23 and 31 are Scorpios. Scorpios are passionate, deep, and intense, qualities that help them counsel others in deep and meaningful ways. Resourceful and determined, Scorpios give their all when it comes to following their hearts.

Julie Andrews (actress) – October 1, 1935  
Ray Kroc (entrepreneur) – October 5, 1902  
Jesse Jackson (activist) – October 8, 1941  
Luciano Pavarotti (singer) – October 12, 1935  
e. e. cummings (poet) – October 14, 1894  
Evel Knievel (daredevil) – October 17, 1938  
Johnny Carson (TV host) – October 23, 1925  
Pablo Picasso (artist) – October 25, 1881  
Sylvia Plath (writer) – October 27, 1932  
Bill Gates (billionaire) – October 28, 1955

## Laughter is the Best Medicine~ “The Three Sisters”

Three elderly sisters, ages 92, 94 and 96, shared a house together. One evening, the 96 year old sister went upstairs to take a bath. As she put her foot into the tub, she paused. Then she yelled down to the other two sisters and asked, "Was I getting in the tub or out?"

"You darn fool," said the 94 year old. "I'll come up and see." When she got half way up the stairs she paused. "Was I going up the stairs or down?"

The 92 year old sister was sitting at the kitchen table drinking a cup of tea and thought, "I hope I never get that forgetful, knock on wood." She shook her head and called out, "I'll be up to help you both as soon as I see who's at the door."