

JULY 2018

The Treemont Tattler

TREEMONT RETIREMENT COMMUNITY • 2501 WESTERLAND DR HOUSTON TX 77063 • 713-783-6820



Celebrating July

Ladies Breakfast

Tues, July 3 @ 7:30am

USO Dance

Sat, July 7 @ 6:30pm

Men's Breakfast

Tues, July 10 @ 7:30am

Chicos Fashion Show

Thurs, July 12 @ 2pm

Lunch & Learn

Fri, July 13 @ 12pm

The Magic Piano Show

Sat, July 14 @ 6:30pm

Ice Cream Social

Tues, July 17 @ 3pm

Painted Churches Tour

Mon, July 23 @ 9am

July Birthday Dinner

Tues, July 24 @ 5pm

Nutrition Session

Sun, July 29 @ 3:15pm

Wine Social

Mon, July 30 @ 6:15pm

FROM THE EXECUTIVE DIRECTOR:

OUR COMMUNITY UPDATE

Dear Treemonters:

Thank you all for coming to the Town Hall meeting a few weeks ago. I think we all learned a lot about each other and our community. The "Our Community Update" page will serve as an update to residents and family members on where we stand with certain operational issues and property improvement projects.

At our first Town hall meeting a couple of weeks ago, many residents wanted to know "what, when and how" on a variety of issues from dining room, building projects and improvements. Here is a brief update on some current projects.

- Handrails – We started replacing the old handrails with new stained rails and will consider more in new locations.
- Menu changes – Chef James has introduced several new items that will replace some of the less favorite or popular items. This should be rolling out soon.
- Gazebo upgrade – We will begin work to improve the gazebo area with new landscaping and paint. We are also considering installing a "dog park" in the same courtyard area. This will be a fenced playground for your pets to get some exercise. We will have park benches for residents to sit and enjoy the outdoors while "Fido" is playing.

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OUR COMMUNITY UPDATE

- Automatic Doors from Lobby to Back Patio – A bid has been approved to install an automatic door in the lobby near the dining room so residents can more easily exit to the back patio. We have awarded the contract to begin the work soon.
- Outdoor Patio Furniture – Two sets of patio furniture (table and 6 chairs) have been purchased. We expect delivery by mid-July if not before.
- Water Fountains Fixed – A contract has been approved to replace the water fountains in the following areas: 1st floor lobby and the 2nd floor hall.
- Wait staff training – James and Myra have resumed the employee training and in service meetings with all new hires and existing staff.
- Interior remodel and upgrades – Wall paper removal and painting continues in the lobby and corridors. This will be an ongoing project that will take several months to complete. Once the lobby is complete we will be replacing the carpeting and hopefully some furnishings after that.

Thank you once again for attending the Town Hall Meeting - we look forward to continued communication between our residents and staff members here at Treemont.

Sincerely,
Rodney W. Brooks
Executive Director

2018 BUS TRIP SCHEDULE

Many of you are eager to know where we'll be headed on our bus trips in the coming months. The schedule below is a tentative outline of scheduled trips.

July 23: Painted Churches Tour
Aug 29 - Houston Astros Game (1pm)
Sept 17: Casino Trip
Oct: Scarecrow Festival & Pumpkin Patch
Nov: Outlet Shopping / Moody Gardens
Dec: Christmas Lights Outing

The Oct, Nov, & Dec bus dates will be determined (by the county) on July 10th when they book buses for the next quarter. The trip destinations for these months are not set in stone, so if you have a great idea for a bus trip that would interest 20 people or more, contact Nikki so she can consider it for a trip!

This Month Only!

Some things only happen once, and this month, we have several special events you won't want to miss.

Mon 7/9 @ 11am: Voter Registration

[Update your voter registration to be able to vote in upcoming elections. If you've recently moved here, you'll need to update your registration!]

Thurs 7/12 @ 2pm: Chicos Fashion Show

[Come see the newest Chicos fashions, modeled by your Treemont neighbors! Fashions will be on display & available for purchase after the show.]

Fri 7/13 @ 12pm: Lunch & Learn

[An information session & free catered lunch sponsored by State Farm Life Insurance]

Thurs 7/19 @ 10am: Shingles Clinic

[Shingles vaccines will be offered for those who haven't yet had one. Bring your insurance card!]

Thurs 7/26 @ 11am: Taste of Greece

[Soak in some Greek culture by sampling Greek cuisine & enjoying traditional Greek music]

What's New at Treemont?

We've added a few things to the July calendar... here is a look at some new programs to check out!

Most of you know Richard Shanks, one of our very talented Treemont pianists. Richard would like to donate his time once a month to play for you all in a new evening program called **Richard's Magic Piano Show**, to be held Saturday, July 14th at 6:30pm. In future months, this program will be the first Saturday night of the month.

We'll be bringing resident favorite pianist Theresa Behenna in to play for the **Wine Social**, a new bi-monthly after-dinner event, to be held Monday, July 30th @ 6:15pm. We'll be serving a variety of wine and beer at this 1-hour musical event. Come enjoy a relaxing evening with friends and neighbors!

Nutrition continues to be an area of great interest for many of you, so we'll be having Dr. Martica Heaner back this month to continue her nutrition education. Please join us on Sunday, July 29th at 1:15pm for a special screening of 'Eating You Alive', a highly anticipated health documentary that looks to nutrition to help treat and prevent chronic illnesses. Dr. Heaner will hold another **Nutrition Information Session at 3:15pm** in the Activity Room afterward to answer your nutrition questions.

Treemont veterans will be familiar with our special summer **Bible Study**, held at 3:45pm every Monday and led by the very talented Rice University Professor Dr. Frank Jones.

New Movie Monday, where we show recently released films, takes place every Monday at 6:30pm in the Theater. Seating is limited (to the first 15 people who arrive) so come early and claim your spot! Popcorn is served if desired.

This month's **Virtual Trip** will be to Greece, where we'll learn about the history, culture, & fascinating mythology of the country before sitting down for a taste of some classic Greek fare.

TECHNOLOGY HELP

We are fortunate to have a number of young volunteers from Strake Jesuit High School here this month to help out around the community. Many of you have requested Technology Assistance, so be sure to check out the dates below and sign up at the front desk to take advantage of this opportunity to learn more about your phone, tablet, or computer.

This month's Tech Help dates will be:

Monday, July 2 (1-4pm)
Tuesday, July 3 (1-4pm)
Thursday, July 5 (1-4pm)
Friday, July 6 (1-4pm)
Monday, July 9 (1-4pm)
Tuesday, July 10 (1-4pm)
Thursday, July 12 (1-4pm)
Friday, July 13 (1-4pm)
Monday, July 16 (1-4pm)
Tuesday, July 24 (11am-2pm)
Monday, July 30 (1-4pm)

Please note: we cannot allow the volunteers in an apartment alone, so if you require technical assistance with a device in your apartment, please come see Nikki and she will schedule it.

Life's a Game



Many of you have expressed an interest in finding friends to play games with. While we don't have space on the calendar to list a timeslot for each type of game, we are creating a Game Binder, which will be located in the 1st floor library.

The Game Binder will list the names & contact information of residents who have indicated an interest in board or card games with others. We will use the information we received in the Activity Planning Survey in March to create these lists. If you are interested in finding friends to play with, please let the Activity Department know so they can ensure you are added to the list.

July Birthdays at Treemont

| | | |
|------------------|--------------------|------|
| 1 st | BETTY ADDINGTON | F105 |
| 4 th | GEORGIA DILLINGHAM | B102 |
| 5 th | THOMAS HOLLOWAY | B111 |
| 6 th | ISABELLE GOESER | E311 |
| | CHARLES REVILLA | A209 |
| | DOROTHY ANDREWS | D109 |
| 7 th | MAXINE WILSON | A321 |
| | LILY HSU | D215 |
| 8 th | FOSTER OLSON | A108 |
| 9 th | FRANCES MORRISON | C305 |
| | BETTY DIENER | D104 |
| | IRENE D'ATTILIO | B309 |
| 10 th | JIM BLANCHARD | C102 |
| 11 th | DORIS FAZEKAS | D114 |
| 14 th | MARTHA BROOKS | B305 |
| 15 th | LASZLO SZEKERES | D301 |
| | WILLIAM MUSHRUSH | D210 |
| 16 th | ELOISE MELSON | C207 |
| 17 th | JEANINE GOLDSMITH | C109 |
| 21 st | ALEC SMOKE | E116 |
| 22 nd | NANCY SEEGMILLER | A106 |
| | ALBERT PAGE | C301 |
| | AUDREY BURGESS | E102 |
| | JANE WATERS | F217 |
| | CHENG-CHI HSU | C304 |
| 23 rd | JAMES HUCKABAY | D311 |
| 24 th | ELLEN ERICKSEN | D312 |
| 25 th | DON GUIDRY | C103 |
| 26 th | DOROTHY KOBUS | F208 |
| 27 th | BETTY STUBBS | A322 |
| | HOWARD SIEGEL | F218 |
| 28 th | JOANNE STINSON | C104 |
| 29 th | MARGARET SOJKA | E307 |
| 30 th | RUTH WHITE | C303 |
| 31 st | PAUL JOHNSON | B207 |

Happy Birthday

Birthday Tidbits

In astrology, those born between July 1–21 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle. Those born between July 22–31 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause.

Carl Lewis (Olympian) – July 1, 1961
 Ann Landers (advice columnist) – July 4, 1918
 Ed Ames (singer) – July 9, 1927
 E. B. White (author) – July 11, 1899
 Woody Guthrie (folk singer) – July 14, 1912
 Ginger Rogers (actress) – July 16, 1911
 John Glenn (astronaut) – July 18, 1921
 Ernest Hemingway (writer) – July 21, 1899
 Don Drysdale (ballplayer) – July 23, 1936
 Mick Jagger (singer) – July 26, 1943
 Beatrix Potter (author) – July 28, 1866
 J. K. Rowling (author) – July 31, 1965

Update to the Resident Directory



We have completed our update of the Treemont resident directory. However, if you do not want your phone number made available to other residents, please notify Nikki or the

Front Desk by end of day Friday, July 13th so we can remove your phone number from the list before we distribute it in the community.

As it has been some time since the last update, we will deliver the updated resident directory to every apartment with the August calendar roll. Going forward, we will offer an updated directory on a quarterly basis. The next update will be available on October 15th and can be picked up in the Activities Department.