

SEPTEMBER 2018

The Treemont Tattler

TREEMONT RETIREMENT COMMUNITY 2501 WESTERLAND DRIVE HOUSTON TX 77063 (713)783-6820



Celebrating September

Richard's Magic Piano Show

Fri, Sept 1 @ 6:30pm

Ladies Breakfast

Tues, Sept 4 @ 7:30am

High Holiday Celebration

Thurs, Sept 6 @ 4pm

Little Lights Chorus

Fri, Sept 7 @ 9:30am

TED Talk

Mon, Sept 10 @ 2pm

Men's Breakfast

Tues, Sept 11 @ 7:30am

August Birthday Dinner

Tues, Aug 14 @ 4pm

Painting with a Twist

Thurs, Sept 13 @ 1:30pm

Chocolate Tasting

Fri, Sept 14 @ 3pm

Outlet Shopping Bus Trip

Mon, Sept 17 @ 9:30am

50's-themed Ice Cream Social

Tues, Sept 18 @ 3pm

Wine Social

Mon, Sept 24 @ 6:30pm

Taste of Russia

Thurs, Sept 27 @ 11am

A Message from your Activity Director

Dear Treemonters:

Fall is nearly here, and we couldn't be happier to see some cooler weather come our way. Until then, we'll keep you busy indoors to stay clear of the heat!

This month, we'll be offering a variety of musical performances outside of our normal Happy Hour. It's been awhile, but the **Little Lights Chorus** and **Deci-Belles Choir** will both be visiting us once again with vocal performances.

We'll also have some unique educational programs, like our **TED Talk** on Monday the 10th and our **Russian Language Lesson** on Thursday the 20th. If it's your palate that craves education, check out our **Chocolate Tasting** on Friday the 14th to sample a variety of chocolate, from the everyday to the most pure. And, if you've ever been curious about the delicacies of the Russian people, then join us for our **Taste of Russia** on Thursday the 27th to try them for yourself.

We'll be holding our next **Ambassador Meeting** on Monday the 10th. This meeting is open to all current and interested residents who would like to be the 'welcoming committee' of Treemont, so stop by and learn more if you're interested.

This month's **Ice Cream Social** on Tuesday the 18th takes us back to the 50's, with double dip ice cream and a live 50's style radio show. It will be a sing along and dance party, so warm up your singing voice and strap on those dancing shoes! We can't wait to see you there.

In keeping with our educational series on nutrition, we will have Dr. Ahmed here from Village Physicians on Wednesday the 26th to teach a brief (30 minute) **Nutrition for Seniors** program. This will be followed by time for your questions.

I'm looking forward to a very fun month & hope you are too!

Resident Accomplishments

Everyone faces setbacks; character is defined by our response. Should the setback come from health issue(s) that result in injury or surgery, Treemont has resources in place to aide in recovery. The real work comes from mentally preparing and then physically pursuing rehabilitation goals that make you safer and stronger. 'Our goal is that we minimize the chance that residents have to return to the hospital or the healthcare center after an inpatient stay,' according to Marion Hattix, the Admission Director at Treemont Health Care Center.

The most recent Certificate of Accomplishment Ceremony was held Monday August 20, 2018 in the main lobby of independent living. Residents were able to reconnect with the therapy and nursing staff that helped them transition back home. It was a great opportunity to reflect on their progress while enjoying drinks, fruit, and an epic cheese ball handcrafted for the event by Chef James and the kitchen staff. All Treemont residents are invited to attend with ceremonies being held throughout the year.

Through determination, hard work and with the encouragement from the professional staff at Treemont Health Care Center along with family and friends, we'd like to recognize the following residents for their accomplishments of returning home to Treemont Independent safer and stronger: **Mary Clements, Janis Gardner, Lida Huckabay, Anne Kruse, Irene McElroy, Virginia McHugh, Maryam Naser, Dana Petri, Alec Smoke, Charles Stone, Frank Vetter, and George Weisbecker.**



Saving the Planet

Recycling can be a little confusing. Every town and community accepts different items, and I've heard many questions about what can and cannot be recycled here at Treemont. Many are also unclear on where items need to be placed in the trash rooms.

Plastics and newspapers are the only items that can currently be recycled at Treemont. To participate in this recycling, just keep a separate bin in your apartment where you toss your plastics and newspapers, rinse out any plastics that had a food or liquid inside, and when you bring your trash to the trash room, place these recyclable items in the blue recycling bins. These bins have a recycling symbol on them, like the one shown below. Thank you for recycling!



Resident Directory

We must apologize for the delay in getting the new Resident Directory out to you! The update is complete, but we are still waiting for signatures from some residents.

Please note that Rodney has requested every resident sign our form. You may opt to include your phone number or request that we do not share it, but you must sign the form either way. We cannot release the directory until we have everyone's signature.

If you have not yet signed the permission form, or are unsure if you have, please feel free to ask Nikki or stop by her office on the 2nd floor to check. In the meantime, our volunteers will continue to knock on doors and make calls to try to get our final few signatures. We hope to have the directory out very soon!

The Treemont Traditional Medicare Incentive

As the Medicare open enrollment period nears, make the choice that works best for you!

Medicare open enrollment will be Sept. 15 to Dec. 7, 2018. Understanding your current Medicare Plan (Traditional Medicare or Medicare Advantage Plan), the benefits provided (co-pays and deductibles) and if Treemont and Senior Allegiance are within your network of providers is crucial as you make this important decision.

Treemont is offering residents a special incentive to Sign Up for Traditional Medicare. If you have a rehab/skilled nursing stay at Treemont Health Care Center (HCC), Traditional Medicare will pay for the first 20 days of care at no cost to you. Days 21 to 100 will require that you pay a daily co-pay for your care, while continuing to pay rent on your independent living apartment. Our incentive will waive your independent living rent during days 21 to 100 if you have Traditional Medicare and require a stay in the Treemont HCC. This will help to offset your co-pay costs. Note that for couples, where one person stays in the IL apartments, your rent will not be waived, but the \$500 second person fee will be. **This arrangement is only available for residents on Traditional Medicare, not for those on a Medicare Advantage Plan.**

How can you change from managed Medicare to Traditional Medicare? Call 1-800-Medicare (between October 15 to December 7) to tell them that you want to switch to traditional Medicare. Then notify your current Medicare Advantage plan that you want to stop using them. You will need to pick a carrier for Part D (Medications) or an Optional plan (Medigap) that covers your co-payments. Both Part D and Medigap options are through private carriers whose deductible and monthly costs vary greatly based on the plan chosen, so you'll want to do your research or ask your family and friends to help you choose the best option for your needs.

Questions? Contact Lisa Witt at (505) 797-8735, via email at LisaW@TreemontHC.com or visit www.treemont.com/blog/traditionalmedicare for more information.

It's Shopping Time

Ready for our next bus trip? It's going to be an exciting one, as we head down to the Tanger Outlets on Highway 45 for a morning in the shops.

The itinerary: we'll split up for a few hours of time on our own, before gathering and heading out to a nice lunch on the Kemah Boardwalk. And whether you're shopping for yourself or getting your Christmas list out of the way, the discount coupons we'll receive in our gift packs will help that budget stretch farther!

Monday, Sept 17
Depart @ 9:30am
Return @ 4pm

Cost: \$\$ for shopping & your lunch
Walking: Moderate

If interested, sign up at the front desk now! We will need at least 15 people to be able to go on the county bus. Walkers and non-electric wheelchairs welcome.

A Whole New World



Do you remember when you first moved to Treemont? It was probably a bit overwhelming, and maybe even downright intimidating. So many new faces, schedules to remember, places to get to... it's a whole new world, and it takes some time and some help to settle in and adjust to it.

We understand, and to help minimize the move-in blues, we've created the Treemont Ambassador Program. The Treemont Ambassadors are a 'welcoming committee' for the community. They help new residents learn the ropes, find their way around, and help them integrate socially. If you'd like to be an Ambassador, please let Nikki know, or come to the next Ambassador meeting, on Monday, September 10th at 3:30pm to learn more.

September Birthdays at Treemont

- 1st **FELIX MEYER**
- 3rd **KAREN NYPAVER**
ETHEL VAN TINE
- 4th **JAN GARDNER**
LOUIS BLANKENBAKER
- 7th **MARIO CONCHA**
- 9th **STEVE GOLVACH**
ELIZABETH JAHN
- 10th **SALLY MUMA**
- 14th **AVA DUNCAN**
- 15th **JOANNE DRISCOLL**
- 17th **KATHY SAMFORD**
- 18th **NANCY ALLDREDGE**
WILLIAM SPARKS
BARBARA FRANCES
JERRY LOVELL
- 19th **JUDY GRANT**
- 20th **PURVIS CREWS**
NANCY MARCUS
- 21st **JULIA CAIN**
- 23rd **DELORES SAGISSOR**
- 26th **FRANK BUSCH**
- 29th **RUBY PENNINGTON**

Happy Birthday

**Your Birthday Dinner will be held on Tues,
Sept 11th @ 4pm in the Green Room. RSVP
to Myra & come enjoy your steak,
champagne, & cake!**

September Birthdays

In astrology, Virgo's Virgins are those born between September 1–22. Virgos are one of the most careful signs of the zodiac. They pay attention to detail, analyze problems, and plan so as to leave nothing to chance. These amazing listeners give excellent advice. Those born from September 23–30 balance the scales of Libra. Libras strive for balance, avoid conflict, and desire fairness for everyone. To achieve this, they are sociable, strategic, charming, and diplomatic.

Boxcar Willie (singer) – September 1, 1931
Mort Walker (cartoonist) – September 3, 1923
Grandma Moses (painter) – September 7, 1860
Otis Redding (singer) – September 9, 1941
Arnold Palmer (golfer) – September 10, 1929
Agatha Christie (writer) – September 15, 1890
Peter Falk (actor) – September 16, 1927
H.G. Wells (writer) – September 21, 1866
Jim Henson (puppeteer) – September 24, 1936
Linda Hamilton (actress) – September 26, 1956
Ed Sullivan (TV host) – September 28, 1901
Johnny Mathis (singer) – September 30, 1935

Pet Therapy



If you're an animal lover, you'll want to check out our newest program, Pet Therapy. It's no secret that spending time

with animals helps improve physical and mental health. With that in mind, we're working with a local organization, Faithful Paws, to bring in volunteers and their certified therapy dogs once a month. Whether you prefer large dogs or small, to play or just to hold them in your lap, these dogs are up to the challenge. Come down and spend a relaxing, fun hour with them, then let their owners take them home and take care of the hard stuff!