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## Newsletter | November 2017

### Recognizing Signs of Depression in Your Loved One

Going into fall leads to less daylight and earlier darkness. This change can onset seasonal depression in some people. That being said, it is important to look for warning signs.

Aging brings changes to older adults' lifestyles. With stressful life events such as the death of a spouse, worrying about having enough money for retirement, and dealing with chronic health conditions, it's understandable that some seniors may feel down from time to time.

However, depression is not a normal part of the aging process. Depression interferes with daily life and may have an impact on seniors' energy levels, sleeping habits, appetites and more. Many older adults may not even realize what they're feeling is more serious than just sadness or negativity. It can be tough to break out of the rut depression brings, but with the right support and treatment, your loved one can get back to enjoying a happy, fulfilling life.

Because of the negative health effects associated with depression, it's important to be able to identify the signs of clinical depression. These signs include:

- Loss of interest in activities previously enjoyed
- Social isolation or no desire to spend time with friends or family
- Sudden weight loss or loss of appetite
- Changes in sleep habits: trouble falling or staying asleep or sleeping more than normal
- Neglecting to take care of themselves, forgetting to take meds or change their clothes

- Lack of energy and motivation
- Having difficulty concentrating or staying focused
- Slower movements or speech
- Behaving out of character, being moody or irritable
- Loss of self-esteem

It's important to recognize that depression is also a side effect of some common medical conditions in seniors like stroke, diabetes, dementia, heart disease, multiple sclerosis and some cancers.

### ACTIVITY HIGHLIGHT

November is the time of year when we are thankful for so many things! In the Activity Department, we are especially grateful for the many amazing residents who spend time with us talking, laughing and creating! We are so thankful and blessed to know each and every one of you! This month in Activities, we'll make a "thankful" tree, exercise our right to VOTE in the election, remember our Veterans at the NJ Vietnam Veterans Museum, bake delicious Thanksgiving dessert favorites, celebrate Thanksgiving with a Sunday Brunch, and 'Travel' to Canada during DESTINATIONS! All this and more featured in November's Calendar! See you around the Community!







## Resident Of The MONTH



**Roselyn "Roz" Rider**

### Getting to know Roz!

What was your favorite vacation?

That's easy! Long Beach Island, NJ! I had a house there and it always felt like a vacation spot! It was a wonderful place to be!

Of what are you most proud?

My kids of course, Karen and Kevin. I am really proud of Karen. She is a nurse and I can always rely on her. She helps me so much and has always been there for me,

Tell us about your husband:

His name was John. We met at the shore when my family would go to the Atlantic City area shoretowns. He was a lifeguard!

What's your favorite food?

oh, I miss fresh seafood! I mean really fresh, as in, just caught at the shore! That is delicious!

Where would you travel and why?

I loved Ireland! I have been there before especially since I'm part Irish! My husband and I traveled to many countries; Germany, England, France, South America, but I would return to Ireland!



**Sunday Brunch is Back!**  
**Thanksgiving Brunch Buffet**  
**Sunday, November 19<sup>th</sup>,**  
**12:00pm to 2:00pm**

**Annual Winter Holiday Party!**  
**Thursday, December 7<sup>th</sup>,**  
**6:00pm to 8:00pm**

With our Compliments!  
Delicious food, drinks, desserts and more!

Bring an ornament to share, ride in a horse drawn carriage!  
RSVP by 11/30/17

### Resident Birthday's in October :

Gerry R..... 11/8

Donald H ..... 11/19

Florian "Ed" B..... 11/23

**Birthday Bash:**  
**Tuesday, November 28<sup>th</sup>**  
**2:30pm**

### Employee of the Month for November:

**My Sister Juliet**

Nursing Department  
Certified Nursing Assistant  
Congratulations!



## Staff Directory of DEPARTMENT HEADS

**Executive Director**

**David Denenberg**

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**Director of Resident Services**

**Devi Patel**

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**Director of Business Development**

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**Director of Marketing**

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**Carmela Silodor**

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**Carolyn Craig**

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**Building Services Director**

**Jim Delre**

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**Concierge Supervisor**

**Denise Mummolo**

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# BEAR CREEK

A SENIOR LIVING COMMUNITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>November</b></p> <p>9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 10:30 Bus to Lutheran Church Sunday Services 1:30 Scene Ride with Kathleen 1:45 Sunday Matinee 2:00 Game Time with Volunteers 3:15 Ice Cream Cone Meet &amp; Greet 6:45 Evening Bingo with Volunteer</p>	<p>5</p> <p>9:30 Morning Coffee Chat 1:30 Bus Trip to Wal-Mart 1:45 Tai Chi Chih with Siobhan 2:45 PM MindGames 3:15 Narl Nachos Day Meet &amp; Greet 3:45 BC Gamers - UNO! 6:45 Evening Bingo!</p>	<p>6</p> <p>9:30 BC Walkers-Inside Stroll 10:00 Sittersize Exercise 10:00 Election Day Trip to Vote 10:30 YOGA with Faye! 1:30 Bus Trip to ShopRite 2:00 BC Crafters - Thankful Tree 3:15 Meet &amp; Greet 3:15 Meet &amp; Greet 6:45 Evening Bingo!</p>	<p>7</p> <p>9:30 Morning Trivia! 10:00 Stretchy Bands Exercise 11:30 Lunch Out - Olive Garden 1:45 Matinee Cinema 2:00 HRG Lectures with Paul 3:15 Meet &amp; Greet! 3:45 BC Gamers 6:45 Evening Bingo!</p>	<p>8</p> <p>9:30 Chatting with Dorothy 9:30 BC Happy Wishers Club 10:00 Communion Services 10:30 BC Veterans Military Chat 1:30 NJ Vietnam Veterans Memorial Trip 2:15 PM MindGames 3:15 Bible Study with Fran 6:45 Bingo / Poker with the Gang</p>	<p>9</p> <p>9:30 Morning Zodiac Chat 10:00 Princeton Friends School Kids 10:15 Sittersize Exercise 1:30 Bus Trip to CVS 1:45 Classic Cinema 2:00 Rummikub Anyone? 3:15 Popcorn Meet &amp; Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Evening Bingo!</p>	<p>10</p> <p>9:30 Morning Zodiac Chat 10:00 Princeton Friends School Kids 10:15 Sittersize Exercise 1:30 Bus Trip to CVS 1:45 Classic Cinema 2:00 Rummikub Anyone? 3:15 Popcorn Meet &amp; Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Evening Bingo!</p>
<p>11</p> <p>9:30 Morning Zodiac Chat 10:00 Princeton Friends School Kids 10:15 Sittersize Exercise 1:30 Bus Trip to CVS 1:45 Classic Cinema 2:00 Rummikub Anyone? 3:15 Popcorn Meet &amp; Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Evening Bingo!</p>	<p>12</p> <p>9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 10:30 Bus to Lutheran Church Sunday Services 1:45 Sunday Matinee 2:00 Game Time with Volunteers 3:15 Cookies Meet &amp; Greet 6:45 Evening Bingo with Volunteer</p>	<p>13</p> <p>9:30 Morning Coffee Chat 10:45 MindGames 11:00 AVON Sales with Debbie 1:30 Bus Trip to Dollar Tree 2:00 Art of the Masters Workshop 3:15 Smoothies Meet &amp; Greet 3:45 Indoor Lawn Games Fun 6:45 Evening Bingo!</p>	<p>14</p> <p>9:30 BC Walkers-Inside Stroll 10:00 Sittersize Exercise 10:45 Manicure Salon Style 2:00 Wonder with Wendel 3:15 Meet &amp; Greet 3:45 PM MindGames 6:45 Evening Bingo!</p>	<p>15</p> <p>9:30 Morning Trivia! 9:45 Fast Food Take Out Orders! 10:00 Stretchy Bands Exercise 12:00 Narl! Fast Food Day Take Out 1:45 Matinee Cinema 3:15 Meet &amp; Greet! 3:45 BC Gamers 6:45 Evening Bingo!</p>	<p>16</p> <p>9:30 Chatting with Dorothy 10:00 Communion Services 10:00 Stretchy Bands Exercise 10:30 BC Bakers Thanksgiving Desserts 2:00 Jewish Chat with Rabbi Eric 3:15 Bible Study with Fran 6:45 Evening Bingo 7:00 Poker Game with AC Dealer FLY</p>	<p>17</p> <p>9:30 Morning Zodiac Chat 10:00 Bus Trip to CVS 10:15 Sittersize Exercise 2:00 FLY Dollars Auction! 3:15 Popcorn Meet &amp; Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Evening Bingo!</p>
<p>18</p> <p>9:30 Dollar Store Deals 10:00 Holiday Village Set Up with Res. Don Li &amp; Family 10:45 Bowling in the Halls 2:00 Holiday Village Display Set Up 3:15 Holiday Village Display with Refreshments 7:00 Poker with the Gang</p>	<p>19</p> <p>9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 10:30 Bus to Lutheran Church Sunday Services 12:00 Thanksgiving Branch Buffet 1:45 Sunday Matinee 2:00 Game Time with Volunteers 3:15 Cookies Meet &amp; Greet 6:45 Evening Bingo with Volunteer</p>	<p>20</p> <p>9:30 Morning Coffee Chat 10:00 Sittersize Exercise 10:45 BC Bakers Thanksgiving Desserts FLY 1:30 Harvest Trip to M Farm Market 3:15 Meet &amp; Greet 3:45 Indoor Lawn Games Fun 6:45 Evening Bingo!</p>	<p>21</p> <p>9:30 BC Walkers-Inside Stroll 10:00 Sittersize Exercise 10:30 YOGA with Faye! 10:30 Bus Trip to ShopRite 1:45 America State by State 2:30 Mix and Mingle with Jerry 6:45 Evening Bingo!</p>	<p>22</p> <p>9:30 Morning Trivia! 10:00 Stretchy Bands Exercise 10:45 MindGames - Thankful Words 1:45 Matinee Cinema 2:30 BC Bakers Thanksgiving Dessert Party! 3:15 Welcome Social Meet &amp; Greet! 6:45 Evening Bingo!</p>	<p>23</p> <p>9:30 Chatting with Dorothy 10:00 Communion Services 10:30 Jewish Chat with Rabbi Eric 3:15 Bible Study with Fran 6:45 Evening Bingo 7:00 Poker Game with AC Dealer FLY</p>	<p>24</p> <p>9:30 Morning Zodiac Chat 10:30 National Day of Listening-Story Corps FLY 1:45 Classic Cinema 2:00 Rummikub Anyone? 3:15 Popcorn Meet &amp; Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Evening Bingo!</p>
<p>25</p> <p>9:15 Saturday Banking Trip 10:00 Balloon Volleyball Net N All 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies &amp; Milk Meet &amp; Greet 7:00 Poker with the Gang</p>	<p>26</p> <p>9:30 Bus to Catholic Church Sunday Services 10:00 Worship Service Live Simulcast 10:30 Bus to Lutheran Church Sunday Services 1:45 Sunday Matinee 2:00 Game Time with Volunteers 3:15 Ice Cream Cone Meet &amp; Greet 6:45 Evening Bingo with Volunteer</p>	<p>27</p> <p>9:30 Morning Coffee Chat 10:30 MindGames 10:45 DESTINATIONS - Canada-Beverly Hills 1:30 Bus Trip to Ross 3:15 BC Crafters-Homemade Holiday Cards FLY 3:15 DESTINATIONS Meet &amp; Greet 5:30 Snackbook Farms Light Show Trip 6:45 Evening Bingo!</p>	<p>28</p> <p>9:30 BC Walkers-Inside Stroll 10:00 Sittersize Exercise 10:30 Bus Trip to McCaffrey's 10:45 Manicure Salon Style 1:45 DESTINATIONS-Canada Travel Meet &amp; Greet 2:30 Birthday Bash with Mary's Melody 6:45 Evening Bingo!</p>	<p>29</p> <p>9:30 Morning Trivia! 10:00 Stretchy Bands Exercise 10:45 Dear Abby Chat 1:45 Matinee Cinema 1:45 BC Crafters - Homemade Holiday Ornament 3:15 Welcome Social Meet &amp; Greet! 3:45 BC Gamers 6:45 Evening Bingo!</p>	<p>30</p> <p>9:30 Chatting with Dorothy 9:30 BC Happy Wishers Club 10:00 Communion Services 10:30 Stretchy Bands Exercise 2:00 PM MindGames 3:15 Bible Study with Fran 6:45 Bingo / Poker with the Gang</p>	<p>31</p> <p>9:30 Morning Zodiac Chat 10:00 Princeton Friends School Kids 10:15 Sittersize Exercise 1:30 Bus Trip to CVS 1:45 Classic Cinema 2:00 Rummikub Anyone? 3:15 Popcorn Meet &amp; Greet! 4:00 Pray the Rosary / Celebrate Shabbos 6:45 Evening Bingo!</p>



# Favorite Thanksgiving Side ... Maple-Roasted Root Vegetables #FallFest

Thanksgiving is the mother of all meals in America. The one day when tradition trumps food trends and the tables are groaning under the weight of all the food. Many people have to recreate exactly the same Thanksgiving meal year after year, most being absolutely unbending on the menu. They MUST have the same overcooked turkey, sweet potatoes with marshmallows and the green bean casserole. But, why not consider introducing a new side dish this year...

## Ingredients

- 1 fennel bulb, fronds discarded, cored and sliced
- 2 sweet potatoes, peeled and cubed
- 5 carrots, tops trimmed, and chopped
- 3 Russet potatoes, peeled and cubed
- 4 Peruvian purple potatoes (or Yukon Gold potatoes if you can't find them)
- 4 red potatoes, cubed
- 1 large onion, peeled and cubed
- 3 tbsp organic olive oil
- 3 tbsp pure maple syrup
- 1 tbsp fresh or dried rosemary
- Kosher salt and freshly ground black pepper
- 2 tbsp maple-vinegar, optional

## Instructions

Set a rack in the center of the oven and preheat to 350°F.

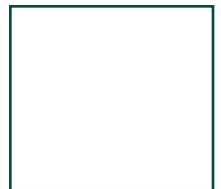
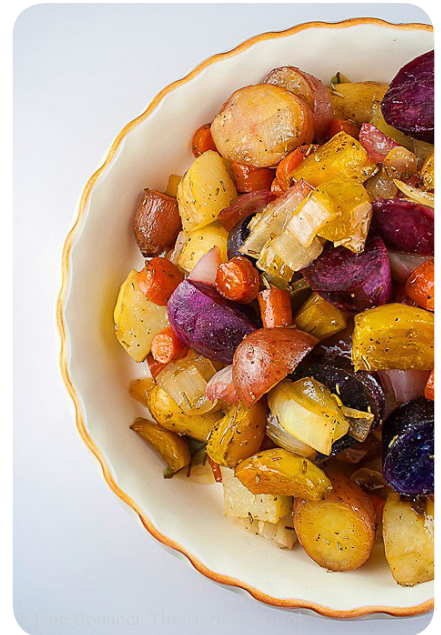
Rinse all the vegetables in clean water and place on a cutting board. Chop or cube as directed and place in a large, shallow roasting pan. Drizzle the oil and maple syrup over the top and sprinkle with the rosemary, salt and pepper. Add the maple vinegar if using. Toss the vegetables until everything is mixed and coated with the oil and maple syrup.

Place pan in the hot oven and roast for 20 minutes. Carefully stir the vegetables and continue roasting for another 30 to 45 minutes or until a fork can be easily inserted in the largest pieces.

Remove from the oven, toss again, and serve hot.

If made ahead, cool and store in a covered container in the refrigerator. Reheat before serving. Can be made up to two days in advance.

Serves 8-10



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