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Bentley Assisted Living | 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

Thank you to everyone who attended our Annual Murder Mystery Dinner Event! We had our biggest turn out yet with over 75 people in attendance! We would like to thank Riddlesbrood Touring Theater Company who continue to bring us new and funny shows each year as well as our wonderful staff, who help us make this, and every event such a success!





Resident Of The MONTH



Lucille Frasers

Lucille has been a member of the Bentley Family since May of 2017. Lucille was born February 17th in Scranton, Pennsylvania to Elizabeth and Stanley Siarniak. Lucille lived in Kearney New Jersey for 50 years before moving to Stillwater. In January of 1952 Lucille married her husband Herbert Fraser and together they had 4 children, 6 grandchildren, and 4 great grandchildren. Lucille was employed for RCA as a spot welder. Her hobbies have included sewing, crocheting, arts and crafts, exercise, walking, and church. Lucille is very active in all of the activities offered at Bentley! When asked what her favorite part of being part of the Bentley Family is Lucille said "Everyone is just so nice!"

It's a Girl!

Congratulations to Melinda, our Rose Lane Coordinator on the birth of her second baby girl! Dawson Brooke Tanzola was born October 1st at 9:07 pm weighing 6lbs 11oz!



Ninth Annual Stuff the Bus Food Drive

November 1st – 16th, 2017

We will be collecting donations to support our local food pantry during its busiest season as part of the 102.3 WSUS Stuff the Bus Food Drive!

On November 17th we will stuff the Bentley Bus with all the donations as well as some residents to help; and will deliver it to the First Hope Bank Drop off location. Tune in that day and you just may hear us on the radio!

Please be sure to let us know your Thanksgiving plans for your loved one by Thursday November 16th.

Resident Birthdays:

Pat N. Nov 3rd
Mary R. Nov 6th
Billie W. Nov 19th
Clara S. Nov 23rd

Staff Birthdays:

Octavia R. Nov 15th
Cathy M. Nov 17th
Amy C. Nov 23rd



Staff Directory of DEPARTMENT HEADS

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Director of Maintenance

Ralph Flatt

Activities Director & Corporate Life

Engagement Director

Amy Cullen

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Dining Services Director

Marian Day

Director of Rose Lane Memory Care

Melinda Bellis

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FOLLOW AND REVIEW US ON FACEBOOK!

Don't forget to follow us on Facebook to keep up with all the fun! Also consider leaving us a review; any person who leaves a review in the month of November will be entered to win a \$25 gift card! Not seeing photos of your loved one on our Facebook page? Please speak with Amy and make sure you have completed a photo release!

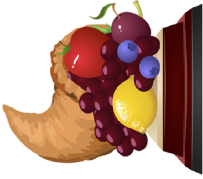
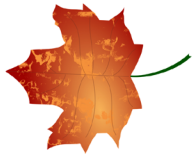





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November 2017

Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 10:15 Sit to Be Fit 11:00 Bingo! 2:30 Root Beer Floats & Reminiscence 3:15 Wheel of Fortune & Word Games 6:00 Music of Faith	 HAPPY BIRTHDAY MARY 10:15 Whoga 11:15 November Trivia 2:30 Build Your Own Nacho Bar 3:15 Scrabble and Snacks 6:00 Evening News Group	 10:30 Word in a Word 11:00 Fitness Fun 2:00 Frankie M Performance 3:15 Pumpkin Pie, Coffee, & Chats 7:00 Jeopardy Group	9:15 Bus Trip 1:30 Calendar Distribution 2:00 Exervolve 3:30 Happy Hour 6:00 Card Game Club	9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:00 Celebrity Spotlight 3:15 All About Activities & Auction Prize Request Meeting 6:00 Puzzle Club	HAPPY BIRTHDAY PATI 10:15 Hand Exercises to Help Arthritis 11:00 Manicures & Hand Massages! 1:00 Bible Study 3:00 Domino Club 6:00 Movie Night!	10:30 Fitness Fun 11:00 Bingo! 2:30 Short Stories & Sips 3:15 Left, Right, Center 6:00 Board Game Group
10:15 Sit to Be Fit 11:00 Bingo! 2:30 Chicken Soup Stories 3:15 Coffee, Doughnuts, & Current Events 6:00 Music of Faith	10:15 Whoga 11:15 Wheel of Fortune 2:00 Close Counts- New Game! 3:15 Autumn Crafting Class 6:00 Evening News Group	10:30 Yoga with Linda 2:00 Four Performs 3:15 Apple Crisp, Coffee, & Chats 7:00 Jeopardy Group	9:15 Bus Trip 11:15 Wheel of Fortune 2:00 Exervolve (RL) 3:30 Current Events, Coffee, & Cake 6:00 Card Game Club	9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:30 Fast Food Day Favorites & Trivia 6:00 Puzzle Club	10:30 Bus Trip- 102.3 Stuff The Bus Drop Off! 11:00 Manicures & Hand Massages! 1:00 Bible Study 3:00 Homemade Bread Day Social 6:00 Movie Night!	10:30 Girl Scout Group Visit! 1:30 Bentley Buck Auction 3:15 Treats & Trivia 6:00 Board Game Group
10:15 Sit to Be Fit 11:00 Bingo! 2:00 Hope Church Service 3:15 Sunday Sundae Social 6:00 Music of Faith	10:15 Whoga 11:45 Out to Lunch Bunch! Applebees 3:15 Jeopardy 6:00 Evening News Group	10:30 Book Club 11:00 Fitness Fun 2:00 Rob Ballonoff Performs 3:15 Pumpkin Mousse Social 7:00 Jeopardy Group	9:00 Catholic Services & Rosary 9:15 Bus Trip 11:15 Word Games 2:30 Destinations- Arm Chair Travel 3:30 Holiday Happy Hour 6:00 Card Game Club	HAPPY BIRTHDAY CLARA 10:00 Macys Thanksgiving Parade Viewing 11:15 Exercise with Maryann 1:30 Holiday Movie Matinee 6:00 Puzzle Club	10:15 Hand Exercises to Help Arthritis 11:00 Manicures & Hand Massages! 2:30 Life Story Projects 3:15 Bowling 6:00 Movie Night!	10:30 Fitness Fun 11:00 Bingo! 2:30 Card Game Club 3:15 Word Games 6:00 Board Game Group
10:15 Sit to Be Fit 11:00 Bingo! 2:30 Adult Coloring Club 3:15 Adult Coloring Club & Chats 6:00 Music of Faith	10:15 Whoga 11:00 Resident Council 2:30 Kindness Counts Project Planning 3:15 Reminiscence & Refreshments 6:00 Evening News Group	9:30 Frankford School 8th Grade "Choose Kind" Visit 2:00 Alexander & Rima Perform 3:15 Root Beer Floats Social 7:00 Jeopardy Group	9:15 Bus Trip 11:15 Wheel of Fortune 2:00 Exervolve 3:30 Happy Hour 6:00 Card Game Club	9:15 Catholic Services 9:45 Rosary 1:00 Frankford School 8th Grade "Choose Kind" Visit 6:00 Puzzle Club	 9:15 Catholic Services 9:45 Rosary 1:00 Frankford School 8th Grade "Choose Kind" Visit 6:00 Puzzle Club	

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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