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## Bentley Assisted Living | Newsletter | December 2017

### Tasty Shakshuka Recipe



With the holidays approaching—we want to take the time to celebrate both Christmas and Hannukah with our residents and families. In the spirit of the holidays we are sharing a wonderful recipe for an Israeli dish that many of you may have tried in the past, and for those that have not...well GIVE IT A TRY. IT WON'T DISAPPOINT!

When we say the word shakshuka, people often give me a strange look... like I've sneezed, or something. If you are not familiar with this delicious, easy and healthy Middle Eastern dish very popular in Israel, we are thrilled to introduce the concept to you.

#### Ingredients

- 3 tablespoons canola oil
- 2 medium yellow onions, chopped
- 1 large green bell pepper, cored, seeded, and chopped
- 1 large jalapeño chile, cored, seeded, and chopped
- 7 garlic cloves, finely chopped
- 1/4 cup tomato paste
- One 28-ounce can whole peeled tomatoes, crushed by hand
- 1 bay leaf
- 2 1/2 tablespoons sugar
- 1 1/2 tablespoons kosher salt
- 1 tablespoon sweet Hungarian paprika
- 1 tablespoon ground cumin

- 1 1/2 teaspoons freshly ground black pepper
- 1 teaspoon ground caraway
- 1/2 bunch Swiss chard, stemmed and chopped, or spinach
- 8 to 12 large eggs

#### Preparation

1. Heat oil in a large skillet. Add onions and sauté over medium heat until translucent, 5 to 10 minutes. Add bell peppers and jalapeño and cook just until softened, 3 to 5 minutes. Stir in garlic and tomato paste and sauté for another 2 minutes.
2. Slowly pour in tomatoes. Stir in bay leaf, sugar, salt, paprika, cumin, pepper, and caraway and let the mixture simmer for 20 minutes. Layer the Swiss chard leaves on top.
3. Crack the eggs into the tomato mixture. Cover and simmer for approximately 10 minutes or until the whites of the eggs are no longer translucent.

Serves 4 to 6

### ACTIVITY HIGHLIGHT

On November 28<sup>th</sup> and 30<sup>th</sup> we had two groups of Frankford School 8<sup>th</sup> Grade students visit in honor of their "Choose Kind" initiative from the book and new movie "Wonder". This also fit in well with our "Kindness Counts" program. The residents and students spent time getting to know one another and playing games the students brought with them to teach the residents. On their Thursday visit they also brought with them Dallas, a therapy dog! What an amazing group of students; the residents are still talking about their visit and new friends! We were so moved by their kindness we are currently reading "Wonder" in Book Club and look forward to seeing the movie!





## Resident Of The MONTH



**Connie Fogg Duffy**

Connie has been a member of the Bentley Family since August of 2014. Connie was born in Patterson, NJ on December 8th, 1914 to Mary and Gilbert LaVecchia. She will be celebrating her 103<sup>rd</sup> Birthday this month! Connie grew up with four siblings and attended East Side High School in Patterson, NJ. She worked as a secretary and English teacher. Connie was married to Thomas Roy Fogg with whom she had her son Gerald Fogg. She later married Bill Duffy. Connie also has four grandchildren. Connie was very involved in her community theater and has a love for dogs.



**High Point Harmonizers  
Performance**  
December 13<sup>th</sup>, 2017  
7:30 pm

**Sweet Treats Night &  
Wreath Stroll**  
December 14<sup>th</sup>, 2017  
6:00-8:00

RSVP to the concierge at 973-948-8884  
by Friday December 8th

### Resident Birthdays:

Marcia M. .... Dec 6<sup>th</sup>  
Connie F.D. (103!) ..... Dec 8<sup>th</sup>  
Annette Z ..... Dec 21<sup>st</sup>  
Dianne N. .... Dec 29<sup>th</sup>  
Madeline H. .... Dec 30<sup>th</sup>

### Staff Birthdays:

Eddie R. .... Dec 7<sup>th</sup>  
Linda P. .... Dec 14<sup>th</sup>  
Rozsa M. .... Dec 20<sup>th</sup>  
Melinda B.- ..... Dec 28<sup>th</sup>



## Staff Directory of DEPARTMENT HEADS

### Executive Director

**Desarae Tramontozzi**

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### Director of Business & Human Relations

**Dana Lunger**

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### Director of Sales & Marketing

**Nathan Pangborn**

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### Director of Nursing

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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**

mbellis@bentleyassistedliving.com

## 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 December 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!



Find us on  
**facebook**





# DECEMBER 2017

*Assisted Living*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 10:15 Sit to Be Fit 11:00 Bingo! 1:00 Our Lady Queen of Peace Caroling Group 3:15 Cookies, Coffee, & Current Events 6:00 Music of Faith	 <b>BIRTHDAY OF SCRABBLE</b> 10:15 Whoga 11:00 Holiday Decorating & Hot Cocoa 2:00 Scrabble Group 3:00 Cookie Day Snacks & Tree Lighting 6:00 Evening News Group	 10:00 Laurie and James Holiday Show 2:00 Book Club- Wonder 3:15 Root Beer Floats & Reminiscence 7:00 Jeopardy Group	 <b>HAPPY BIRTHDAY MARCHAI</b> 9:15 Bus Trip 11:15 Word Games 2:00 Exerxolve (RL) 2:30 Book Club 3:30 Holiday Happy Hour 6:00 Card Game Club	 <b>PEARL HARBOR REMEMBRANCE DAY</b> 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:00 Paparazzi Jewelry Shop & Sip 3:30 Kindness Counts 6:00 Puzzle Club	<b>ANTARCTICA DAY!</b> 11:00 Manicures & Hand Massages! 1:00 Bible Study 3:15 Arm Chair Travel Program- Antarctica Day 6:00 Movie Night!	<b>CHRISTMAS CARD DAY</b> 10:30 Fitness Fun 11:15 Bingo! 2:30 Name that Holiday Tune! 3:15 Left, Right, Center 6:00 Board Game Group
<b>GINGERBREAD DECORATING DAY</b> 10:15 Sit to Be Fit 11:00 Bingo! 2:30 Gingerbread House Workshop 3:15 Current Events, Cookies, & Cocoa 6:00 Music of Faith	11 10:00 Trunk of Treasures Talk 10:30 Creating with Clay! 2:00 New Holiday Game! 3:15 Scrabble and Snacks 6:00 Evening News Group	<b>HANUKKAH BEGINS</b> <b>NATIONAL COOKIE DAY</b> 10:30 Wheel of Fortune- Holiday Edition 11:15 Move to the Music 2:00 Ray Longchampt Holiday Show 3:00 Holiday Treats and Trivia 7:00 Jeopardy Group	13 9:15 Bus Trip 11:15 Domino Group 2:00 Exerxolve AL 3:45 Holiday Light Scenic Ride 7:30 High Point Harmonizers Performance	14 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:00 Puzzle Club 6:00 Annual Sweet Treats Night! & Wreath Stroll	15 10:30 Rob Ballonoff Holiday Show 1:00 Harmony in Motion 1:30 Bible Study 2:30 Holiday Movie Afternoon! 6:30 4H Krafty Krafters Visit	16 10:30 Fitness Fun 11:15 Bingo! 2:30 Manicures & Hand Massages! 3:15 Left Right Center \$ 6:00 Board Game Group
17 10:15 Sit to Be Fit 11:00 Bingo! 2:00 Hope Church Service 3:30 Sundae Sunday Social 6:00 Music of Faith	<b>BAKE COOKIES DAY</b> 10:15 Stretch & Flex with Amy 11:00 Resident Council Meeting 2:00 Book Club 3:00 Cooking Club 6:00 Evening News Group	19 9:30 Holiday Shopping- Marshalls & Home Goods 2:00 Stephen Fuller Holiday Show 3:15 Holiday Snack Social 7:00 Jeopardy Group	<b>NATIONAL SANGRIA DAY</b> 9:15 Bus Trip 11:15 Word Games 2:00 Brain Games 3:30 Holiday Happy Hour 6:00 Synergy Dance Company Holiday Recital	<b>HAPPY BIRTHDAY ANNETTE</b> 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:00 Puzzle Club 3:15 Holiday Tea 5:15 Frankford School Teachers Caroling at Dinner 6:30 Girl Scout Visit & Caroling	<b>UGLY SUCATER DAY</b> 10:15 Armchair Aerobics 11:00 Holiday Manicures & Hand Massages! 1:30 Holiday Movie Matinee 3:30 Scrabble Club 6:00 Movie Night!	23 10:30 Fitness Fun 11:15 Bingo! 2:30 Short Stories 3:30 Holiday Trivia and Name that Tune 6:00 Board Game Group
<b>NATIONAL EGG NOG DAY</b> <b>CHRISTMAS EVE</b> 10:15 Sit to Be Fit 11:00 Bingo! 2:00 Hope Church Service 3:15 Christmas Reminiscence & Refreshments 6:00 Music of Faith	<b>CHRISTMAS DAY</b> 10:15 Whoga 11:00 Holiday Brain Game 2:00 Christmas Movie Matinee 6:00 Evening News Group	<b>HUANZAA BEGINS</b> 10:00 Trunk of Treasures Talk 10:30 Yoga with Linda 2:00 Book Club 3:00 Crafting Corner 7:00 Jeopardy Group	<b>85TH ANNIVERSARY OF RADIO CITY</b> 9:15 Bus Trip-Walmart-extended time 11:15 Wheel of Fortune 2:00 Exerxolve 3:15 Lifelong Learning Seminar- Radio City Music Hall 6:00 Card Game Club	28 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:00 Flip Peters Performs 3:30 Happy Hour 6:00 Puzzle Club	<b>HAPPY BIRTHDAY DIANNE!</b> 10:15 Armchair Aerobics 11:00 Manicures & Hand Massages! 12:00 Out to Lunch Bunch- Riviera Maya 1:00 Bible Study 3:15 Bowling & Brews 6:00 Movie Night!	<b>HAPPY BIRTHDAY MADELINE!</b> 10:30 Fitness Fun 11:15 Bingo! 1:30 Ice Cream Making & Tasting 3:15 Bring and Brag 6:00 Board Game Group
<b>NEW YEARS EVE</b> 10:15 Sit to Be Fit 11:00 Bingo! 2:30 "Noon-years" Celebration 3:15 New Years Resolutions & Reminiscence 6:00 Music of Faith						

## A Letter From A Resident...

Finally it has come together for me. I found the words to describe how I feel about my home, my life, and my extended family. I am in my daughter's car being driven home after a grueling doctor's visit. I can't wait to arrive.

Your home? Someone might say, "You no longer have a home. You sold it." I respond, "I no longer own my house, but my home is where I live." My extended family lives with me- the residents and staff, people that inhabit my community during working days and nights. This is where I belong, where I can rest my head on my pillow at night; converse with other residents on the beautiful porch; paint or draw in the art room with others who have similar interests; where I can read books I borrow from the huge lending library or attend a group discussion if I so choose. My home is where I can be with my biological family when they come to visit, where they can get a drink or snack from the café and where my grandchildren and great grandchildren are always welcome to play with whatever toys are available. My home is where I can relax and put on my thinking cap for an insightful group chat being led by intelligent members of the Activities staff. It



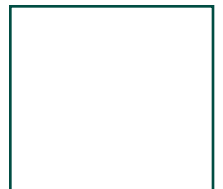
is where I have my meals served to me...meals that provide me with nourishment and companions to dine with. Not to mention, the wonderful trips we are taken on, to various restaurants, museums, etc.

This is but a brief redefining of my home where I am assisted to live.

**Resident, Kaplan Community 2017**



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