



LETTER FROM THE ADMINISTRATOR

Happy New Year!

As I sit writing this letter, the ground is covered with snow, the wind is howling outside my office window and we are well into the Holiday Season. We've had carolers, family times, cookie baking and fun visits from our Brentwood Elf on the Shelf (aka CHUCK). I love to reflect on it all. I remember the good times – the fun times - we've had in the past 9 months since I joined Brentwood at Elkhart. It's also been a difficult year with many changes in staff and, sadly, we've had to say goodbye to some of our residents – those who moved out of Brentwood on to higher level needs of care and those who have passed away. That is truly the hard part of our jobs but even so, my staff and I

consider it a PRIVILEGE that we get to "walk you home" and that we get to be a part of your daily life during these "golden years".

I am very thankful for a good staff who desire to give their best to our residents each and every day. I am thankful for the residents and their families who work together with us to bring joy, independence and wellness to our community. We look forward with GREAT anticipation of what the New Year will bring. "Time is like a flowing river; no water passes beneath your feet twice. Much like a river, moments will never pass by you again so cherish EVERY moment that life gives you." We cherish EACH moment we have with YOU.

Have a WONDERFUL New Year everyone ... and may God

bring us peace, joy, comfort and encouragement as we journey TOGETHER through 2018.

Sincerely,

Fran



January 12

Betty C.

January 19

Betty E.

January 21

Betty C.

January 22

Dixie D.


Brentwood at
ELKHART

ACTIVITY HIGHLIGHTS



Christmas decorating begins!



Card Playing



Toys for Tots...A Huge Success!



Santa Stopped by Early



Lining Up for Meet & Greet!

Cheer Up Your Windows This Winter With a Garden!

When winter sets in and nips at your toes, don't let the winter blues stop your love for gardening outdoors... simply bring it in indoors!

Try this wonderful winter gardening remedy:

Your windowsill is the perfect place for starting a seasonal indoor garden that can sustain your gardener's soul, warm your heart and enhance meals with perfect seasonings.

Along with versatile herbs like basil, compact dill and Greek Oregano, you can also consider thyme, parsley, and coriander. These are likely to fill your winters with fragrance, greenery and taste when added to soups!

These plants only require regular watering and a few hours of sunlight, and are easy to grow even for those not blessed with a green thumb.

Perhaps some fresh flowers

can be your daily delight! With just a snip of a seed packet, pre-prepared potting soil, and a small amount of peat moss to help your plants thrive, you can grow nasturtiums, pansies and calendulas indoors!

Any greenery is sure to bring a smile to your face and color to the room! With just a little bit of sunshine, water and right soil-mixture flowering, indoor plants are a great for beating the winter blues!

RESIDENT OF THE MONTH



Jim J.

Jim was born in Huntington, In and retired from the Railroad after 47 ½ years. He has been married to his lovely wife Judy for 46+ years. They have 5 sons, 14 grandkids and 6 great grandkids. Jim loves the game of golf and helping others. If you have been around Jim for even a short time you already know that he is always helping or doing for others. What Jim enjoys most about living at Brentwood is the Freedom it gives him. **He and Judy are having "The time of their lives here!"**

A Note FROM ACTIVITIES

Happy New Year Everyone! I can't believe that it is 2018. I remember when we were preparing to "Ring" in the year 2000 and everyone was concerned about moving into the 21st Century would the computers crash, would we have water, food and money or would everything come to a screeching halt? Amazingly we passed into the 21st Century with little notice and here we are 18 years later...

January is always a good time to reflect on what has been and what the future will bring. For me last year I completed 2 full years as your Activities Director (what an honor it has been to be with you). As a Brentwood family we lost some loved ones but also gained new friends. It has been fun watching the building grow with new residents and energy. New Year Resolutions are always easy to make and easier to break but my hope for everyone at Brentwood this year is that we will embrace all that 2018 has to offer. Let's take advantage of every opportunity for Joy, Independence and Wellness.

Rock In 2018, Deb
Activities Director

EMPLOYEE OF THE MONTH



Kimberlyn M.

Kimberlyn is a student at Elkhart Central High School. When Kimberlyn is not serving food in our dining room she enjoys shopping, dancing and singing. Kimberlyn began working at Brentwood on 9/11/17. Kimberlyn is the oldest of 3 siblings and is Evelyn's daughter. **Congrats Kimberlyn on being The Employee Spotlight to being 2018!**

Tips to Relax Quickly

1. Give someone a hug. As long as it's from somebody you don't mind hugging, this can be very relaxing.
2. Breathe deep through your nose. Close your eyes and pay attention only to your breathing while doing this. Five slow deep breaths is like a mini-meditation.
3. Take a walk. Walking is one of the best relaxation techniques if you have at least 10 minutes to spare.



Brentwood at ELKHART

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TOM KNOPF



RIDGELINE
MANAGEMENT COMPANY

Newsletter Production by PorterOneDesign.com

JANUARY – WORD SEARCH

U	J	O	J	H	V	Z	E	D	G	C	A	I	W	G
W	R	W	P	B	A	L	S	B	L	R	H	J	H	R
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S	Y	D	B	J	T	Z	A	G	B	V	H	D	D	G

COOKIES
GARDEN
GLAUCOMA
GOALS
HAPPY

HERBS
NEW YEAR
OATMEAL
PUZZLE
RELAX

RESOLUTIONS
SKIN
SUCCESS
WHOLE GRAIN
WINTER