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## Newsletter | January 2018

### New Year, New Ways to Embrace a Healthier Life!

**E**very January 1<sup>st</sup>, we set our sights on shaping improvements in our daily lives – perhaps by making a healthy lifestyle change, such as in diet or exercise, spending time with friends or learning something new. There is always a new pinnacle to strive towards, whether the change is incremental or significant. It is, after all, what makes us unique.

#### Benefits of staying active:

- Be happier and less lonely
- Stay motivated with more energy
- Experience fewer mood swings and less depression
- Maintain a healthy weight
- Gain a stronger immune system
- Sleep better and even live longer!

#### Take steps for a healthier lifestyle.

How about taking a short walk? Or a class? Maybe take up a new hobby? Variety is the spice of life and staying active, both mentally and physically, is a key to continued vibrancy.

#### Make new friends.

Friends – those who relate and empathize with you, strengthen your entire support system. And being active naturally increases your network of friends.

#### Learn something new.

Try something you've always wanted to do or reconnect with an activity you already love. Look to one of our clubs or group activities, from painting and photography to technology, even Zumba or aerobics.

When you learn something new, you hone other areas of your brain. This is called neuroplasticity – the ability for your brain to change and grow throughout your life.

#### We're here to help you reach your goals.

There's nothing to stop you from reaching new heights. For help planning your personal goals, stop in and see us. We'll get you started on a healthier and happier New Year.



## ACTIVITY HIGHLIGHT

#### Creative Art Expressions

We thoroughly enjoyed making Holiday cards!





## Resident Of The MONTH



**Rita Goshorn**

Rita "Natale" Goshorn, obviously of Italian descent, was born on July 5, 1930 in Hoboken, NJ. She was one of seven children that were raised on Staten Island, NY where they were very active in the Catholic Church community. While working as a bookkeeper at Met Life she became pen pals with "Charley" in the Air Force. They eventually met on a blind date after the Koran War and were married on January 26, 1957. Their happy household included 4 children in 5 years with a Scottish terrier & a cat in the mix. She and her husband retired to Lake Wallenpapak, PA and loved to travel and spend time with family which grew to include 9 grandchildren. She recently moved into Paragon and really loves it here "Everyone is so friendly and kind here!". She enjoys many of the activities here including exercise, communion, bingo & happy hour while still knitting & doing puzzles in her spare time.



**Thursday, January 4<sup>th</sup> @ 3:15 pm**

**Horticultural Art**

**Wednesday, January 10<sup>th</sup> @ 6:30 pm**

**De "Vine" Design Paint & Sip**

**Friday, January 12<sup>th</sup> @ 1:30 pm**

**Winter Wonderland Party**

**w/ Entertainment**

**Monday, January 19<sup>th</sup> @ 1:30 pm**

**Destination Alaska**

**Monday, January 22<sup>nd</sup> @ 2:00 pm**

**Winter Memories w/ Mary Ellen**

**Wednesday, January 31<sup>st</sup> @ 1:30 pm**

**Housewarming Party**

### Residents Birthdays:

Victor Farina..... Jan 8<sup>th</sup>

Mary Parenty..... Jan 10<sup>th</sup>

Eileen Kirchman..... Jan 15<sup>th</sup>

Ann Langfelder ..... Jan 15<sup>th</sup>

Millie Naldoza ..... Jan 17<sup>th</sup>

Josephine Andrioli ..... Jan 19<sup>th</sup>



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## Staff Directory of DEPARTMENT HEADS

**Regional Director of Operations**

**Daniel Wolen**

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**Executive Director**

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**Wellness Director**

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**Director of Sales & Marketing**

**Colleen Baxter**

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**Director of Community Relations**

**Janel Doherty**

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**Director of Activities**

**Joan Cummins**

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**Margaret Kaliczynski**

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**Director of Business Administration**

**Lori Bertholf**

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**Food Service Director**

**Jude Kondra**

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**Facilities Director**

**Dan Poulter**

[dpoulter@ParagonVillage.com](mailto:dpoulter@ParagonVillage.com)



# BENTLEY COMMONS AT PARAGON VILLAGE

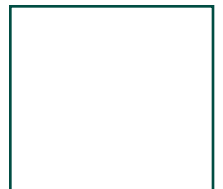
*A Premier Senior Living Community*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Happy New Year</b> 1/8 Victor Farina 1/10 Mary Parenty 1/15 Eileen Kirchman 1/15 Ann Langfelder 1/17 Millie Naldoza 1/19 Josephine Andrioli	<b>2018 HAPPY NEW YEAR</b> 10:00 Sunshine Club 11:00 Exercise 12:30 Matinee-Warren Hall Theater- August Rush 1:30 Bible Study 1:30 LCR Dice Game 3:00 Wine & Cheese Happy Hour 7:00 Movie Night	<b>1</b> 10:00 Today in History 11:00 Exercise 1:30 Bingo 3:15 Cards 7:00 Fun & Games	<b>2</b> 10:00 Sunshine Club 10:30 Communion 11:00 Exercise 1:30 Ice Cream Social 2:00 Story Sharing w/Ruth 3:00 Creative Art Expressions 7:00 Movie Night	<b>3</b> 10:00 Today in History 11:00 Exercise 11:30 Prayer Group- Tricia 1:00 TAI CHI BALANCE 1:30 Bingo 3:15 Horticultural Art 7:00 Fun & Games	<b>4</b> 10:00 Sunshine Club 11:00 Exercise 1:30 Art of Conversation w/ Paul 3:00 Happy Hour 4:00 Sing Along 7:00 Movie Night	<b>5</b> 1:30 Bingo 3:00 Banana Game 7:00
<b>7</b> 9-12 Church Transport 1:30 Pinochle 2:00 NEW Games 7:00 Sunday Night Bingo	<b>8</b> 10:00 Sunshine Club 11:00 Exercise 12:30 Matinee-Warren Hall Theater- August Rush 1:30 Bible Study 1:30 LCR Dice Game 3:00 Wine & Cheese Happy Hour 7:00 Movie Night	<b>9</b> 9:30 Breakfast Trip- Budd Lake Diner 11:00 Exercise 1:30 Bingo 3:15 Cards 7:00 Fun & Games	<b>10</b> 10:00 Sunshine Club 10:30 Catholic Mass 11:00 Exercise 1:30 Donuts & Coffee Social 3:00 Winter Wheel of Fortune 6:30 "DiVine" Design	<b>11</b> 10:00 Today in History 11:00 Exercise 11:30 Prayer Group- Tricia 12:00 Lunch in- Chinese 1:00 TAI CHI BALANCE 1:30 Bingo 3:15 Wii Bowling 7:00 Fun & Games	<b>12</b> 10:00 Sunshine Club 11:00 Exercise 1:30 John Bauer Entertains 3:00 Happy Hour 4:00 Sing Along 7:00 Movie Night	<b>13</b> 1:30 Bingo 3:00 Banana Game 7:00
<b>14</b> 9-12 Church Transport 1:30 Pinochle 2:00 NEW Games 7:00 Sunday Night Bingo	<b>15</b> 10:00 Sunshine Club 11:00 Exercise 1:30 Bible Study 1:30 Manicures 3:00 Wine & Cheese Happy Hour 7:00 Movie Night <small>(No Unit Lunch Day)</small>	<b>16</b> 10:00 Today in History 11:00 Exercise 11:30 Lunch Trip- Roxbury Diner 1:30 Bingo 3:15 Cards 7:00 Fun & Games	<b>17</b> 10:00 Sunshine Club 10:30 Communion 11:00 Exercise 1:30 Ice Cream Social 2:00 Story Sharing w/Ruth 3:15 Netflix Nature Film 7:00 Movie Night	<b>18</b> 10:00 Today in History 11:00 Exercise 11:30 Prayer Group- Tricia 1:00 TAI CHI BALANCE 1:30 Bingo 3:15 Horse Racing 7:00 Fun & Games	<b>19</b> 10:00 Sunshine Club 11:00 Exercise 1:30 Travel the World- 3:00 Happy Hour 7:00 Movie Night	<b>20</b> 1:30 Bingo 3:00 Banana Game 7:00
<b>21</b> 9-12 Church Transport 1:30 Pinochle 2:00 NEW Games 7:00 Sunday Night Bingo	<b>22</b> 10:00 Sunshine Club 11:00 Exercise 1:30 Bible Study 1:30 You be the Judge 3:00 Wine & Cheese Happy Hour 7:00 Movie Night	<b>23</b> 10:00 Today in History 11:00 Exercise 12:00 Winter Lunch Complimentary- Hot Dogs & More 1:30 Bingo 3:15 Cards 7:00 Fun & Games	<b>24</b> 10:00 Sunshine Club 10:30 Communion 11:00 Exercise 1:30 Ice Cream Social 2:30 Creative Art Expressions 4:30 Lunch Trip- Olive Garden 7:00 Movie Night	<b>25</b> 10:00 Today in History 11:00 Exercise 11:30 Prayer Group- Tricia 12:00 Lunch in- Pizza 1:00 TAI CHI BALANCE 1:30 Bingo 3:15 Wii Bowling 7:00 Fun & Games	<b>26</b> 10:00 Sunshine Club 11:00 Exercise 1:30 TV & Movie Trivia 3:00 Happy Hour 4:00 Sing Along 7:00 Movie Night	<b>27</b> 1:30 Bingo 3:00 Banana Game 7:00
<b>28</b> 9-12 Church Transport 1:30 Pinochle 2:00 NEW Games 7:00 Sunday Night Bingo	<b>29</b> 10:00 Sunshine Club 11:00 Exercise 1:30 Bible Study 1:30 Manicures 3:00 Wine & Cheese Happy Hour 3:30 Dancing w/ DonnaMarie 7:00 Movie Night	<b>30</b> 10:00 Today in History 11:00 Exercise 1:30 Bingo 3:15 Cards 7:00 Fun & Games	<b>31</b> 10:00 Sunshine Club 10:30 Communion 11:00 Exercise 1:30 House Warming 3:00 Brain Teasers 7:00 Movie Night	Australia Day <b>January 2018</b> <b>Bentley Commons at Paragon Village Independent Living</b>		

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## Did you know...?

- Walking just a quarter mile per day can lower your risk of dementia.
- Aerobic exercise can improve planning and organization skills.
- 45 minutes of exercise three times weekly can increase the volume of your brain.
- Physical activity can improve both short- and long-term memory and even make you think faster.
- People who learn a new skill also see improvements in memory.
- Activities like ping pong and jigsaw puzzles can stimulate your brain.
- A healthy diet high in lean protein can help you to recoup more quickly from illness or injury.
- The Mediterranean diet consisting of fresh fish, fruits, and vegetables may be beneficial in lowering rates of dementia.
- Staying physically active and increasing your stamina, you reduce the potential for a fall.



*A Premier Senior Living Community*

425 Route 46 East, Hackettstown,  
NJ 07840

[www.BentleyAtParagonVillage.com](http://www.BentleyAtParagonVillage.com)

908-498-0118

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