A photograph of the Bentley Assisted Living building, a modern brick structure with large glass windows and a covered entrance. Several people are sitting on a bench outside. A yellow starburst graphic is overlaid on the top right of the image.

Refer a friend...
Get \$1500!
Contact us for
details.

Bentley Assisted Living | Newsletter | January 2018

New Year, New Ways to Embrace a Healthier Life!

Every January 1st, 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.

A stylized icon of three people standing together, with the text 'ACTIVITY HIGHLIGHT' to their right.

ACTIVITY HIGHLIGHT

Annual Sweet Treats Night & Wreath Stroll

Thank you to everyone who joined us in celebrating the holidays at our annual Sweet Treats Night & first ever Wreath Stroll! We had our biggest turn out to date and were able to raise over \$500 for the Alzheimer's Association. Special thanks to all of our local businesses who donated wreaths and to all of our families who generously donated to this great cause!





Resident Of The MONTH



Selma Rooney

Selma has been a part of the "Bentley Family" since January 2016. Selma was born in Yonkers, New York to Florence and Martin Feeley. She also resided in Cliffside Park and Patterson before moving to Culver Lake where she raised her family. She married Arthur Rooney in 1951 and together they had four children and four grandchildren. Selma attended Englewood Hospital School of Nursing where she became an R.N. She began working at The Homestead Nursing Home as a part time nurse before returning to school for her L.N.H.A and becoming the Administrator for many years until her retirement in 1993. Selma's hobbies include walking, gardening, knitting, and watching foreign films.

Welcome to our New Residents:

**Bill Chapman &
Terry Barret!**



Hat Day

January 15th, 2018

We will be celebrating with Hat Day Tea Parties on both floors!
Please consider bringing in a hat for your loved one if they don't already have one!

Wine & Cheese Pairing Social

January 20th at 2:30 pm

In honor of Cheese Lovers Day join us for a sampling of local wine and cheese! Please RSVP to Amy at acullen@bentleyassistedliving.com

Resident Birthdays:

Katie January 1st

Corinne January 25th

Julia January 25th

Staff Birthdays:

Gail F January 17th

Fanny W January 21st

Steve R January 26th

Anne H January 27th



Staff Directory of DEPARTMENT HEADS

Executive Director

Desarae Tramontozzi

dtramontozzi@bentleyassistedliving.com

Director of Business & Human Relations

Dana Lunger

dlunger@bentleyassistedliving.com

Director of Sales & Marketing

Nathan Pangborn

npangborn@bentleyassistedliving.com

Director of Nursing

Robert Meichsner

rmeichsner@bentleyassistedliving.com

Director of Maintenance

Ralph Flatt

Activities Director & Corporate Life

Engagement Director

Amy Cullen

acullen@bentleyassistedliving.com

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 January 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



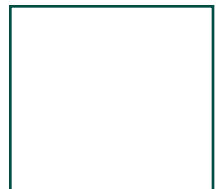
January 2018

Assisted Living

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 10:15 Sit to Be Fit 11:00 Bingo! 2:30 Word Games 3:30 Sundae Sunday Social 6:00 Music of Faith	<i>New Years Day</i> 10:15 Whoga 11:00 Scrabble Club 12:30 Calendar Distribution 2:00 Undecking the Halls 3:00 Holiday Happy Hour & Chats 6:00 Evening News Group	2 10:30 Creating with Clay! 2:00 Help with Undecking the Halls 3:15 Root Beer Float Social 7:00 Jeopardy Group	3 9:15 Bus Trip 11:15 Word Games 2:00 Hobby Month Chat 3:15 Current Events, Coffee, & Doughnuts 6:00 Card Game Club	<i>Trivia Day</i> 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:00 Glenn Kakowski Performs 3:30 Trivia and Treats 6:00 Puzzle Club	<i>National Bad Day</i> 10:15 Armchair Aerobics 11:00 Manicures & Hand Massages! 2:30 Wildlife Watchers-Bird Day 3:15 Card or Board Games and Coffee 6:00 Movie Night!	6 10:30 Fitness Fun 11:00 Bingo! 2:30 Short Stories by the Fire 3:30 Horse Racing 6:00 Board Game Group
7 10:15 Sit to Be Fit 11:00 Bingo! 2:30 Word Games 3:30 Sundae Sunday Social 6:00 Music of Faith	8 10:15 Whoga 11:00 Brain Games 2:00 Cooking Club 3:15 Cooking Creations & Coffee 6:00 Evening News Group	9 10:30 Chicken Soup Stories 11:15 Wheel of Fortune 2:30 Name that Tune 3:30 Adult Coloring Club 7:00 Jeopardy Group	<i>Houseplant Appreciation Day</i> 10 9:15 Bus Trip 11:15 Domino Group 2:00 Exervolve 3:15 Lifelong Learning-Master the Art of Indoor Gardening! 6:00 Card Game Club	HOT TEA MONTH 11 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:30 Arts & Crafts 3:15 Happy Hour- Hot Toddlies 6:00 Puzzle Club	12 10:15 Cooking Club- Soup Month 11:00 Manicures & Hand Massages! 1:00 Bible Study 2:00 Weird NJ Chat & Coffee 3:15 Cooking Creations Social 6:00 Movie Night!	13 10:30 Fitness Fun 11:00 Bingo! 2:30 Left, Right, Center \$ 6:00 Board Game Group
14 10:15 Sit to Be Fit 11:00 Bingo! 2:00 Bentley Bakers 3:15 Card Game Club 6:00 Music of Faith	<i>Martin Luther King Jr. Day</i> 15 10:15 Whoga 11:00 Historical Chat 2:00 Hat Day Tea 3:15 Kindness Counts Program 6:00 Evening News Group	16 10:00 Bring and Brag Social 10:30 Yoga with Linda 2:00 Entertainment by Kris Phipany 3:30 Root Beer Floats & Reminiscence 7:00 Jeopardy Group	<i>Happy Birthday Gail!</i> 17 9:15 Bus Trip 11:15 Word Games 2:00 Exervolve (RL) 3:00 Happy Hour 6:00 Card Game Club	<i>Thesaurus Day</i> 18 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:00 Brain Games 3:15 Scrabble & Snacks 6:00 Puzzle Club	<i>Papercraft Day</i> 19 10:15 Armchair Aerobics 11:00 Manicures & Hand Massages! 1:30 Art Appreciation-Happy Birthday Paul Cezanne 2:00 Movie Matinee & Snack Bar 6:00 Movie Night!	<i>Cheese Lovers Day</i> 20 10:30 Fitness Fun 11:00 Bingo! 2:00 Local Wine & Cheese Pairing 3:15 Shuffleboard & Sips 6:00 Board Game Group
<i>Happy Birthday Fanny!</i> 21 10:15 Sit to Be Fit 11:00 Bingo! 2:00 Hope Church Service 3:30 Sundae Sunday Social 6:00 Music of Faith	22 10:15 Whoga 11:00 Chat Pack 2:00 Life Story Project 3:15 Surprise Social 6:00 Evening News Group	<i>Pie Day</i> 23 10:30 Book Club 11:00 New Game- Slice of Pie 2:00 Carol Erickson Performs 3:30 Pie Day Social 7:00 Jeopardy Group	<i>Handwriting Day</i> 24 9:15 Bus Trip 11:15 Domino Group 2:00 Exervolve 3:15 Calligraphy Class 6:00 Card Game Club	<i>Compliment Day</i> 25 9:15 Catholic Services 9:45 Rosary 11:15 Exercise with Maryann 2:00 Word Games-Resident Choice 3:15 Compliment Card Creating 6:00 Puzzle Club	<i>Happy Birthday Anne!</i> 26 10:30 Destinations-Travel Games! 11:00 Manicures & Hand Massages! 11:45 Out to Lunch Bunch 1:00 Bible Study 2:30 Bentley Bowlers 6:00 Movie Night!	27 10:30 Fitness Fun 11:00 Bingo! 2:30 Left, Right, Center 3:15 Book Club 6:00 Board Game Group
HAT DAY 28 10:15 Sit to Be Fit 11:00 Bingo! 2:30 Current Events & Coffee 3:15 Wheel of Fortune 6:00 Music of Faith	<i>National Puzzle Day</i> 29 10:15 Whoga 11:00 Resident Council Meeting 2:00 Kitchen meets Crafting-Oatmeal Scrub 3:15 Destinations- Travel program 6:00 Evening News Group <i>Oatmeal Month</i>	30 10:30 Yoga with Linda 2:00 Name Ten Challenge 3:15 Build Your Own Sundae Social 7:00 Jeopardy Group	<i>Inspire Your Heart with Art Day</i> 31 9:15 Bus Trip 11:15 Domino Group 11:15 Art Day Lifelong Learning Seminar 2:30 Mixed Media Arts & Crafts Class 3:30 Resident Art Display 6:00 Card Game Club			

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.



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