



LETTER FROM THE ADMINISTRATOR

LIFE is SWEET at Brentwood!

Valentine's Day is around the corner. Great things are coming. We're excited to announce **MOMENTS**, our new Memory Care Program geared toward residents and seniors with memory issues. We'll also focus more on our **Choose Your Neighbor Program**. Residents can save money on their monthly rent by referring a friend or relative who moves into Brentwood. Ask for details!

This can be a tough time of year. Daylight hours are decreased, the holidays have passed and while we may enjoy the beauty of gently falling snow, we may also experience boredom or depression. There are many people living alone at home right now who could benefit from what we offer at Brentwood - a beautiful, safe

and loving environment with amenities such as good meals, transportation to appointments, and activities to help keep seniors active. Every day we LOOK for ways to give our residents moments of JOY. We provide a variety of lifestyles to help residents find what they need. When people experience any of the symptoms listed below, **participating in activities** can really help.

- Becoming emotional or angry more quickly or frequently
- Insomnia or problems with sleep
- Feelings of sadness, sorrow or hopelessness
- Relying on unhealthy habits such as too much caffeine, smoking or drinking
- Not keeping up with an exer-

cise program

- Fatigue or loss of energy
- Withdrawing from hobbies and activities you've always enjoyed

Our activities Director, Deb, provides great opportunities to remain active if one chooses. Some new things are coming – a monthly "Men's Club", a Book Club and Bible Study, a SOUP-er Bowl Party, and a SWEETHEART Dance! **We want to help people experience independent senior at its FINEST at Brentwood at Elkhart.**

Always reaching for excellence,

Fran



February 01 Willie W.
February 14 Jim J.
February 19 Maryann J.
February 23 Martha C.
February 24 Helen P.

ACTIVITY HIGHLIGHTS



Check out these nails!



Apple B's



Senior Cardio Drumming Fun!



1st Annual Walker Decorating



EMPLOYEE OF THE MONTH

A *Note* _____ FROM ACTIVITIES

We have a full schedule planned for Activities this month. There will be the Sweetheart Dance, a Mardi Gras Celebration, Meet & Greet, Yummy food and I bet there will even be some chocolate!

As most of you know Jill has come on board as a part time activities assistant in addition to her concierge duties. Having Jill's assistance will allow us to bring you even more opportunities for Joy, Independence and Wellness!

We are always looking to get you involved in both inside and outside activities, if there are things you would like to do please see me and we will try to make it happen. We will also be starting up our "Men's Club" and Tom will be taking the lead so look for details soon on this great new adventure.

I would like to encourage everyone to "plug in" to something here at Brentwood. Being engaged is not only fun but will help to make you healthier, happier and keep you strong in mind and body and allow you to live a fuller life. Let's make 2018 the best year yet!

Deb
Activities Director

Jennifer

Jennifer is our February 2018 Employee Spotlight. Jennifer was born in Peru, IN and moved to Arkansas when she was 20 years old and lived there 20 years before moving to Elkhart in March 2017. Jennifer married her husband Steven in 1998 and they have a 14 year old daughter and an 8 year old son.

Jennifer loves the residents at Brentwood and says that the residents and staff make her

feel at home. When Jennifer is not taking care of Brentwood she loves spending time with her family. **Congratulations on being our Employee Spotlight and for everything you do to make Brentwood a Wonderful place to live and work.**



RESIDENT OF THE MONTH

Cathy B.



Cathy grew up in Stubin County on a farm with one younger and one older brother making her the "well adjusted middle child". Cathy went to Pleasant Lake School and was involved in band, cheer leading, high school plays and the 4-H Clubs. Cathy moved to Elkhart to attend Medical Technition School and after graduation worked for Dr. Miller & Dr. Paff.

Cathy has 2 daughters and a son. She has also lived in Bristol and Middlebury before moving to Brentwood. Cathy loves quilting which is her passion, she makes quilts for her family members. She also enjoys card playing especially Euchre and working on the puzzles. Cathy loves the structure at Brentwood and all of the staff. Cathy has made many friends since moving in. **Congrats Cathy on being our Resident Spotlight for February 2018!**



Brentwood at **ELKHART**

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FEBRUARY – WORD SEARCH

F	I	G	R	A	N	D	O	M	Q	S	M	O	Z	L
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V	K	P	L	O	V	E	W	O	N	A	E	F	L	G
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M	R	M	O	I	W	M	F	O	O	T	B	A	L	L

CUPID
DOG
EYE CARE
FEBRUARY
FOOTBALL

HEALTHY
HEART
KINDNESS
LOVE
PINK

RANDOM
RED
ROSES
SUPERBOWL
VALENTINE