

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BENTLEY AT PARAGON VILLAGE RESIDENTS

The Community That Treats You Like Family!



A Premier Senior Living Community

New Insights Into Eating Right

Tell me what you eat, and I will tell you what you are. ~ Anthelme Brillat-Savarin



“You are what you eat” was first coined in 1826 and remains true today. Despite an array of choices, all of us can be less than stellar when it comes to eating right. Still, experts agree that a plant-based diet lower in sugar offers numerous health benefits.

The Rainbow Diet

The more colors on your plate, including fruits and vegetables, the more likely you're obtaining the right nutrition. These nutrients can also act as powerful antioxidants that fight cancer. (Source: <https://thetruthaboutcancer.com/rainbow-diet-cancer/>.)

The Mediterranean Diet

The popular Mediterranean diet is one of the healthiest. This diet, which is plentiful in fish, whole grains, fruits, and vegetables, has better overall health benefits. It can even lower rates of dementia while supporting memory and attention levels, according to the specialists at *Frontiers in Nutrition* (www.frontiersin.org).

The MIND Diet

Short for Mediterranean-DASH Intervention for Neurodegenerative Delay, the MIND diet focuses on maintaining your mental well-being and cognitive areas as

you age. Consider a study of 1,000 seniors over eight years. Those who meticulously incorporated the diet into their lifestyles reduced their Alzheimer's risk by 53%. Those who moderately followed the diet decreased their risk by 35%. (Source: www.karger.com.)

Eating Right

A healthy diet offers a multitude of benefits – such as maintaining a healthier weight, having more energy, and keeping your mind sharp. Let us help with your dietary needs or plan a diet right for you.



Activity Highlight

January Thaw Lunch – In

John Kluchartis was one of many who enjoyed the freshly grilled hot dogs & all the fixins on a cold winter day!



REFER A FRIEND... GET \$1500!

Contact us for details.



Resident of the Month

Lynn Whalen was born in Pittsburgh, PA on September 17, 1946. She put herself through college & relocated to Vermont after graduating. Her love job was running the University of Vermont's Sugar Maple Research Lab where she published many scientific articles. But was most proud of her 2 daughters and her involvement with the Assoc. of Retarded Citizens where she was able to educate her



Lynn Whalen

community about being a parent of a Down Syndrome daughter. She enjoys all the perks here especially spending time with her only granddaughter & family.



Employee Spotlight

A special congratulations to Kyralee Leffert who works in dietary! Thank you for bringing so much joy to our residents with your positive spirit and energy! You are a huge asset to our team!



Kyralee Leffert



Birthdays of the Month

02/26/18..... Elsie Dahlberg..... Resident
 02/01/18..... Bob Angel..... Employee
 02/04/18..... Regina Swayze..... Employee
 02/08/18..... Margaret Kaliczynski..... Employee
 02/23/18..... Dan Poulter..... Employee
 02/25/18..... Shirley Block..... Employee



Save the Date

Friday, February 2nd All day
 Wear Red Day
 February is Heart Month
 Friday, February 9th @ 1:30 pm
 Valentine's Party with Sal Torino
 Tuesday, February 13th @ 9:30 am
 Breakfast Club
 Wednesday, February 14th @ 6:30 pm
 Di "Vine Design Paint & Sip



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2018

Bentley Commons at Paragon Village IL

<p>9-12 Church Transport</p> <p>1:30 Pinochle</p> <p>2:00 NEW Games</p> <p>7:00 Sunday Night Bingo</p>	<p>4 10:00 Sunshine Club</p> <p>11:00 Exercise</p> <p>1:30 Bible Study</p> <p>12:30 Movie Matinee- Warren Hall</p> <p>3:00 Wine & Cheese</p> <p>Happy Hour</p> <p>7:00 Movie Night</p>	<p>5 9:00 Breakfast Trip- Adam's Family Restaurant</p> <p>10:00 Today in History</p> <p>11:00 Exercise</p> <p>1:30 Bingo</p> <p>3:15 Cards</p> <p>7:00 Fun & Games</p>	<p>6 10:00 Sunshine Club</p> <p>10:30 Communion</p> <p>11:00 Exercise</p> <p>1:30 Ice Cream Social</p> <p>2:00 Story Sharing w/Ruth</p> <p>3:00 Creative art Expressions</p> <p>7:00 Movie Night</p>	<p>7 10:00 Sunshine Club</p> <p>11:00 Prayer Group- Tricia</p> <p>1:00 TAI CHI BALANCE</p> <p>1:30 Bingo</p> <p>3:15 Pokemo</p> <p>6:30 Visit with St Jude's Youth Group</p>	<p>8 10:00 Today in History</p> <p>11:00 Exercise</p> <p>11:30 Prayer Group- Tricia</p> <p>1:00 TAI CHI BALANCE</p> <p>1:30 Bingo</p> <p>3:15 Pokemo</p> <p>6:30 Visit with St Jude's Youth Group</p>	<p>9 10:00 Sunshine Club</p> <p>11:00 Exercise</p> <p>1:30 Valentine's Day Performance with Sal Torino</p> <p>3:00 Happy Hour</p> <p>4:00 Sing Along</p> <p>7:00 Movie Night</p>	<p>10 11:30 Bingo</p> <p>3:00 Banana Game</p> <p>7:00</p>
<p>9-12 Church Transport</p> <p>1:30 Pinochle</p> <p>2:00 NEW Games</p> <p>7:00 Sunday Night Bingo</p>	<p>11 10:00 Sunshine Club</p> <p>11:00 Exercise</p> <p>1:30 Bible Study</p> <p>1:30 Manicures</p> <p>3:00 Wine & Cheese</p> <p>Happy Hour</p> <p>7:00 Movie Night</p>	<p>12 9:30 Breakfast Club- Complimentary Pancakes</p> <p>11:00 Exercise</p> <p>1:30 Bingo</p> <p>3:15 Cards</p> <p>7:00 Fun & Games</p>	<p>13 10:00 Sunshine Club</p> <p>10:30 Mass & Ashes</p> <p>11:00 Exercise</p> <p>1:30 Valentine Social</p> <p>3:00 Valentine's Trivia</p> <p>6:30 "DIVINE Design"</p>	<p>14 10:00 Today in History</p> <p>11:00 Exercise</p> <p>11:30 Prayer Group- Tricia</p> <p>12:00 Lunch in-Chinese</p> <p>1:00 TAI CHI BALANCE</p> <p>1:30 Bingo</p> <p>3:15 Wii</p> <p>7:00 Fun & Games</p>	<p>15 10:00 Today in History</p> <p>11:00 Exercise</p> <p>11:30 Prayer Group- Tricia</p> <p>12:00 Lunch in-Chinese</p> <p>1:00 TAI CHI BALANCE</p> <p>1:30 Bingo</p> <p>3:15 Wii</p> <p>7:00 Fun & Games</p>	<p>16 10:00 Sunshine Club</p> <p>11:00 Exercise</p> <p>1:00 Fox Exercise</p> <p>1:30 Winter Wheel of Fortune</p> <p>3:00 Happy Hour</p> <p>4:00 Sing Along</p> <p>7:00 Movie Night</p>	<p>17 11:30 Bingo</p> <p>3:00 Banana Game</p> <p>7:00</p>
<p>9-12 Church Transport</p> <p>1:30 Pinochle</p> <p>2:00 NEW Games</p> <p>7:00 Sunday Night Bingo</p>	<p>18 10:00 Sunshine Club</p> <p>11:00 Exercise</p> <p>1:30 Bible Study</p> <p>1:30 Presidential Trivia</p> <p>3:00 Wine & Cheese</p> <p>Happy Hour</p> <p>7:00 Movie Night</p>	<p>19 10:00 Today in History</p> <p>11:00 Exercise</p> <p>11:30 Lunch Trip- Cracker Barrel</p> <p>1:30 Bingo</p> <p>3:15 Cards</p> <p>7:00 Fun & Games</p>	<p>20 10:00 Sunshine Club</p> <p>10:30 Communion</p> <p>11:00 Exercise</p> <p>1:30 Town Hall Meeting</p> <p>2:30 Story Sharing w/Ruth</p> <p>3:30 Brain Teasers</p> <p>7:00 Movie Night</p>	<p>21 10:00 Today in History</p> <p>11:00 Exercise</p> <p>11:30 Prayer Group- Tricia</p> <p>12:00 Lunch in-Pizza</p> <p>1:00 TAI CHI BALANCE</p> <p>1:30 Bingo</p> <p>3:15 The Good Old Days</p> <p>7:00 Fun & Games</p>	<p>22 10:00 Today in History</p> <p>11:00 Exercise</p> <p>11:30 Prayer Group- Tricia</p> <p>12:00 Lunch in-Pizza</p> <p>1:00 TAI CHI BALANCE</p> <p>1:30 Bingo</p> <p>3:15 The Good Old Days</p> <p>7:00 Fun & Games</p>	<p>23 10:00 Sunshine Club</p> <p>11:00 Exercise</p> <p>1:00 Fox Exercise</p> <p>1:30 Travel the World- Chile</p> <p>3:00 Happy Hour</p> <p>4:00 Sing Along</p> <p>7:00 Movie Night</p>	<p>24 11:30 Bingo</p> <p>3:00 Banana Game</p> <p>7:00</p>
<p>9-12 Church Transport</p> <p>1:30 Pinochle</p> <p>2:00 NEW Games</p> <p>7:00 Sunday Night Bingo</p>	<p>25 10:00 Sunshine Club</p> <p>11:00 Exercise</p> <p>1:30 Bible Study</p> <p>1:30 Manicures</p> <p>3:00 Wine & Cheese</p> <p>Happy Hour</p> <p>3:30 Dancing w/DonnaMarie</p> <p>7:00 Movie Night</p>	<p>26 10:00 Today in History</p> <p>11:00 Exercise</p> <p>1:30 Bingo</p> <p>3:15 Cards</p> <p>7:00 Fun & Games</p>	<p>27 10:00 Sunshine Club</p> <p>10:30 Communion</p> <p>11:00 Exercise</p> <p>1:30 House Warming</p> <p>3:00 Creative Art Expressions</p> <p>4:30 Dinner Trip-</p> <p>7:00 Movie Night</p>	<p>28 10:00 Today in History</p> <p>11:00 Exercise</p> <p>1:30 Bingo</p> <p>3:15 Cards</p> <p>7:00 Fun & Games</p>	<p>29 10:00 Today in History</p> <p>11:00 Exercise</p> <p>11:30 Prayer Group- Tricia</p> <p>12:00 Lunch in-Pizza</p> <p>1:00 TAI CHI BALANCE</p> <p>1:30 Bingo</p> <p>3:15 The Good Old Days</p> <p>7:00 Fun & Games</p>	<p>30 10:00 Sunshine Club</p> <p>11:00 Exercise</p> <p>1:00 Fox Exercise</p> <p>1:30 Travel the World- Chile</p> <p>3:00 Happy Hour</p> <p>4:00 Sing Along</p> <p>7:00 Movie Night</p>	<p>31 11:30 Bingo</p> <p>3:00 Banana Game</p> <p>7:00</p>



Happy Birthday
2/26 Elsie Dahlberg



Calendar events are subject to change.

Did you know...?

- “All you can eat” (AYCE) became a popular restaurant slogan during the 1930s. The food was typically inexpensive, basic fare and easy to serve.
- The term “Cordon bleu traces back to an 1827 cookbook, *Le Cordon bleu ou nouvelle cuisinière bourgeoise*, published in Paris.
- “An apple a day keeps the doctor away” has roots in a Pembrokeshire (Wales) proverb: *“Eat an apple on going to bed, and you’ll keep the doctor from earning his bread.”*
- “Salad days” doesn’t refer to eating greens but rather youthful innocence. It first appeared in Shakespeare’s *Anthony and Cleopatra*, 1606. (*“My salad days, When I was green in judgment...”*)
- “Why does bread always fall buttered side down?” It’s like Murphy’s Law. *“I never had a slice of bread, particularly large and wide, that did not fall upon the floor, and always on the buttered side!”* (*New York Monthly Magazine*, 1835.)

Read more at

<https://www.phrases.org.uk/meanings/food-and-drink-phrases.html>.



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www.BentleyAtParagonVillage.com

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