

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BEAR CREEK RESIDENTS



The Community That Treats You Like Family!

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

February brings chilly weather outdoors, but the warmth of friendly faces inside! For the shortest month of the year, it’s packed full of fabulous events, like: the Winter Olympics, Mardi Gras, Black History Month, Valentines Day, Destinations, Purim Presidents’ Day and the Superbowl! We’ll celebrate all these occasions and more on the AL Calendar of events! See you around the Community!



REFER A FRIEND... GET \$1500!

Contact us for details.





Resident of the Month

5 Questions

Favorite vacation? Florida, my husband was stationed there!

Tell us about your husband: Herbert was the love of my life! We met when we were 10 and were married almost 70 years. We had our own business.

Most proud of? My children. They're amazing people! My daughter Lisa, and her wonderful husband Stewart.

Lisa taught school & Stewart is a dentist. I have 2 grandkids and 4 great grandkids!

Favorite food? Steak, lobster tails, shrimp.

Place to Travel? Spain! Great food, music and dancing!



Arlyne Marrow



Employee Spotlight

Diane Belardino has worked at Bear Creek for 3.5 years, since August of 2014.

Our resident's comments about Diane:

"She is always there to help", "very cheerful", "pure goodness and cares for us", "a good friend".

Congratulations Diane, we appreciate all you do!



Diane Belardino



Birthdays of the Month

02/08/18.....	Charles C.....	Resident
02/20/18.....	Dominic C.	Resident
02/22/18.....	Gladys L.....	Resident
02/24/18.....	Vinnie P.	Resident



Save the Date

Birthday Bash
Tuesday, Feb. 20 at 2:30pm!

St. Patrick's Day Party
Thursday, March 15th!

Passover Seder with Rabbi Eric
Wednesday, March 28th!



[illegible]

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>.



www.BearCreekAssistedLiving.com

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