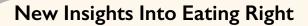
COMMUNITY CONNECTION



The Community That Treats You Like Family!



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.



Arlyne Marrow

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!



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!





Sun	Mon	Tue	Wed	Thu	Fri	Sat
\bigcirc	feb	ruai	y	114-01 0 THE 2 PER 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Schlergfolistial INTERTIAL MICHAE Research Te INTERTIAL MICHAE INTERTIAL M	SDE deut FrankEutig DC from Volyta Mark VI PC Colorby Varing Try 1903 troon Bugy 1960 dais BM EMent Silver 6 Silotar vir devärt;
100 ki Faifs Life or Drug 104 kinder Sepon 100 Alphana Fing 157 Mains Clorus 200 ki Dram Charles Si Cor 500 Ki Life area, Pary II V	CO How Verbro Western Code 5 - Visition Follows 10 - Se Trins De la Tro 10 - November 11 - Se Code 10 - Se Co	20. Stivellaste de Still 6 100 Situat Seates 129 Et Tyrus Diss 129 Mit Amir Bell 160 Marter Side Sel 20 Terrig Valder with Helder Stiff Helder Stocker 50 Glov Helder Stocker School Stocker	145 Munity, Price 7 100 Arcely, Price Bersie 100 Enhor Volleybu Mary All 115 Marce (Bersi 115 Marce (Bersie 115 Activate (Bersie) 115 Centralis (Barries) 115 Centralis (Barries) 115 Centralis (Barries)	Pi Crunicásia	Di Origa Editoria 1.50 de la procesa 1.50 de Vinte Obração Dial	9500ala des Beis D £000a om Vellykai Pa Vell £500almyini selfalls £50almyini selfall £00almyini selfall £106almyini desking £50almyini desking
:30 % textitlet, getötrjár 100 á ladálateta ched 100 Stanes Stane! 100 dienos Biny 140 Grinsvöres 150 Sartey Stales Genizáres 150 Sartey Argas di Valeisa	teti Bakon Valoria dala 186 Bakon Valoria dala 186 Bakon Valoria dala 186 Bakon Valoria dala 186 Valoria Marahany Van	ANADAMS INDUS Alla Tipolipi : Julio Signifi : Julio Signifi i i i i i i i i i i i i i i i i i i	\$43 Melaine Dey Titon 14 Extend Microslay Service (E.9 Microslave Divorsion Nigrogil 143 Melaine Charas 117 Melaine Secial Novil 243 Melaine Secial Novil 243 Evening Singel	#6 folion Wirek 180 Semmin Sedes	DE Briga Editorio DE Bolino CV	SOC Ferbau Hick Hading 7 BOM Silver Villey all Mer VII Belt Rayling in the sils SOC Affector Eingo SOS Chair a & VIII Viet & Great E & Mercriff the Gang
	5 9:50.00 V.PCO 10:5 A. a. last Ay Vincisina 10:5 - Lyb. UNias 1:5 Lat. 1: Ch. vin 5: Ab 2:00:16: TRATE / Span 2:5 Coa N. vincisina 2:5 Coa N. vincisina 6:5 Per legitique	Def Distriction Encoder Def Distriction Michaelys Def Distriction Michaelys Def Distriction State Spile 250 Broadly Behavior State 315 Michael Broad Side Record Strict	i 6. incokelor i 6. keriştina	1900an, referie 1801 WID & Alikas repl	1:6 Sad Hary Vosh Grond 25 Depen Not & God	SOUTH a store Cas. 24 DBO Balloon Volleyboll Volle 41 DBO Bas light deet blk SOU Affection English 250 Colles & Wall March Court CBO Marchill deeding
DOS REALS broser Grade DAS Michael support 1900 de nomárico 1908 de Sandes Crien 1908 de La Criene	69 Je. W. You Zeberk Chappy 65 Billion Zebek. I 100 Etheric Espek 120 Chematil I 120 Billion J. Sell Val 120 Billion Chematil Inc. 120 Billion of Electric St. 620 Vening Engl	1995 viations 1995 viations 1995 Viations 1997 Viates via Viation 1997 Viates via Viation	CBM ming mys 38 MOScody Ecololisade: KBH call English Va. LBH call English Va. LBH call English Va. LBH call English Va. MBM cannot be a Batter Hotel MBM they be a		Presidents Day	Selection of the select

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.



291 Village Road E. West Windsor, NJ 08550



www.BearCreekAssistedLiving.com 609-918-1075