

# 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](http://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](http://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

### Flower Arranging

Our residents thoroughly enjoy arranging fresh flowers for our dining room on a weekly basis!



**REFER A FRIEND... GET \$1500!**

*Contact us for details.*



## Resident of the Month

Peg Topping was born in Margate Kent, England on April 7, 1923. While serving in Royal Navy in WWII, she met a very dapper American Calvary soldier at a dance. They married in 1944 and raised 4 children in NJ, settling in Boonton & she worked for Time Life. The family enjoyed a very memorable cross country trip with a camper & tents through 42 states, Canada and Mexico. She & George



*Marguerite "Peg" Topping*

both remarried and she retired to South Carolina. She always has a witty sense of humor and love activities. She enjoys visits from family.



## Employee Spotlight

A special congratulations to Kyralee Leffert from 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

02/09/18.....	Ruth Leuser.....	Resident
02/15/18.....	Edith Laws.....	Resident
02/18/18.....	Rosa Amster.....	Resident
02/24/18.....	Alexander Duthie.....	Resident
02/25/18.....	Richard Lischy.....	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 @ 3:30 pm  
Valentine's Party with Sal Torino  
Monday, February 19th @ 2:00 pm  
Destinations w/ Paul - Chile  
Tuesday, February 27th @ 3:00 pm  
Housewarming Social





Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2018

## Bentley Commons at Paragon Village Warren Hall

**10:00 Reminisce & Current Events**  
**11:15 Move & Groove**  
**2:00 Sunday Matinee**  
**4:00 Star of the Month**  
**"Jennifer Aniston"**  
**6:00**

**4**  
**9:15 Nice to See You**  
**10:00 Sunshine Club**  
**11:15 Fit Xpress**  
**2:00 Glamour Nails**  
**3:30 Grab the Chocolate**  
**7:00**

**5**  
**9:15 Morning Greeting**  
**10:00 Sunshine Club**  
**11:15 Whoga**  
**2:00 Bingo**  
**3:30 Valentine's Trivia**  
**6:30**

**7**  
**9:15 Happy Hump Day**  
**10:00 Bright Horizons**  
**10:30 Shake it Up**  
**11:00**  
**2:00 Movie Matinee**  
**4:00 Discuss and Recall**  
**6:30**

**8**  
**9:15 Meet & Greet**  
**10:00 Sunshine Club**  
**10:45 Prayer Group w/ Trish**  
**11:30 Sit and Be Fit**  
**2:00 Bingo**  
**3:30 Got Art?**  
**Dotted Heart Tree Painting**  
**6:30**

**9**  
**9:15 Nice to See You**  
**10:00 Sunshine Club**  
**11:15 Healthy Living**  
**2:00 HAPPY HOUR**  
**3:30**  
**7:00**

**10**  
**9:15 Meet & Greet**  
**10:00 Sunshine Club**  
**11:00 Fittersitters**  
**2:00 Bingo**  
**3:30 Word Mining**  
**7:00 Sat Movie**

**11**  
**10:00 Reminisce & Current Events**  
**11:15 Move & Groove**  
**2:00 Sunday Matinee**  
**4:00 Short Stories**  
**"Calling All Birds"**

**12**  
**9:15 Nice to See You**  
**10:00 Sunshine Club**  
**11:15 Fit Xpress**  
**2:00 Glamour Nails**  
**3:30 Famous Couples**  
**7:00**

**13**  
**9:15 Morning Greeting**  
**10:00 Sunshine Club**  
**10:45 Drum Circle**  
**11:30 Whoga**  
**2:00 Bingo**  
**3:30 Throw Me Something**  
**Mister TRIVIA**  
**6:30**

**14**  
**9:15 Happy Hump Day**  
**10:00 Sunshine Club**  
**10:30 Mass w/ Father Antonio**  
**2:00 Movie Matinee**  
**4:00 Discuss and Recall**  
**6:30**

**15**  
**9:15 Meet & Greet**  
**10:00 Sunshine Club**  
**10:45 Prayer Group w/ Trish**  
**11:30 Sit and Be Fit**  
**2:00 Bingo**  
**3:30 Crafters Cove**  
**Birdhouse Door Decor**  
**6:30**

**16**  
**9:15 Nice to See You**  
**10:00 Sunshine Club**  
**11:15 Healthy Living**  
**12:00 In House Lunch Bunch**  
**"Chinese"**  
**2:00 Chinese New Year**  
**Superstitions and Taboos**  
**3:30 HAPPY HOUR**  
**7:00**

**17**  
**9:15 Meet & Greet**  
**10:00 Sunshine Club**  
**11:00 Fittersitters**  
**2:00 Bingo**  
**3:30 Word Mining**  
**7:00 Sat Movie**

**18**  
**10:00 Reminisce & Current Events**  
**11:15 Move & Groove**  
**2:00 Sunday Matinee**  
**4:00 Short Stories**  
**"The Raven Said What?"**

**19**  
**9:15 Nice to See You**  
**10:00 Sunshine Club**  
**11:15 Fit Xpress**  
**2:00 Destinations w/ Paul Chile**  
**3:30 What President Am I?**  
**7:00**

**20**  
**9:15 Morning Greeting**  
**10:00 Sunshine Club**  
**10:45 Baking w/ Joanne**  
**11:30 Whoga**  
**2:00 Bingo**  
**3:30 Best Picture**  
**Hangman**  
**6:30**

**21**  
**9:15 Happy Hump Day**  
**10:00 Bright Horizons**  
**10:30 Shake it Up**  
**11:00**  
**2:00 Movie Matinee**  
**4:00 Discuss and Recall**  
**6:30**

**22**  
**9:15 Meet & Greet**  
**10:00 Sunshine Club**  
**10:45 Prayer Group w/ Trish**  
**11:30 Sit and Be Fit**  
**2:00 Bingo**  
**3:30 Resident Council**  
**6:30**

**23**  
**9:15 Nice to See You**  
**10:00 Sunshine Club**  
**11:15 Healthy Living**  
**2:00**  
**3:30 HAPPY HOUR**  
**7:00**

**24**  
**9:15 Meet & Greet**  
**10:00 Sunshine Club**  
**11:00 Fittersitters**  
**2:00 Bingo**  
**3:30**  
**7:00 Sat Movie**

**25**  
**10:00 Reminisce & Current Events**  
**11:15 Move & Groove**  
**2:00 Sunday Matinee**  
**4:00 Bird Trivia**

**26**  
**9:15 Nice to See You**  
**10:00 Sunshine Club**  
**11:15 Fit Xpress**  
**2:00 Glamour Nails**  
**3:30 Spelling Bee**  
**7:00**

**27**  
**9:15 Morning Greeting**  
**10:00 Sunshine Club**  
**11:15 Whoga**  
**2:00 Bingo**  
**3:00**  
**3:30**  
**6:30**

**28**  
**9:15 Happy Hump Day**  
**10:00 Sunshine Club**  
**10:30 Shake it Up**  
**11:00**  
**2:00 Movie Matinee**  
**4:00 Discuss and Recall**  
**6:30**

**CHILE**  


**29**  
**9:15 Nice to See You**  
**10:00 Sunshine Club**  
**11:15 Healthy Living**  
**2:00**  
**3:30 HAPPY HOUR**  
**7:00**

**30**  
**9:15 Meet & Greet**  
**10:00 Sunshine Club**  
**11:00 Fittersitters**  
**2:00 Bingo**  
**3:30**  
**7:00 Sat Movie**

Bobs Doo Drop Inn Store Hours: Tues 10am Thurs 2pm

Happy Birthday  
 18<sup>th</sup> Rosa Anister  
 25<sup>th</sup> Richard Lischy



Find us on Facebook

## 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>.



*A Premier Senior Living Community*

[www.BentleyAtParagonVillage.com](http://www.BentleyAtParagonVillage.com)

908-498-0122

427 Route 46 East  
Hackettstown, NJ 07840