



Resident Spotlight

If you know Bear Creek, then you must know this month's spotlighted couple Gladys & Don! The pair has a very special story that actually began right here in this community! Don is our resident ambassador and Gladys is his delightful counterpart. The two enjoy bowling and participating in the Creative Notions art



program. In the summer you can find them sharing their love for nature and reminiscing outside in the Gazebo. Gladys and Don even share a mutual friend. One of Gladys' friends actually babysat one of Don's nine children!



Employee Spotlight

February Resident Birthdays:

February 8th- Charles

February 20th- Dominick

February 22nd- Gladys

February 24th- Vinnie



February | 2019

COMMUNITY CONNECTION

A NEWSLETTER FOR THE BEAR CREEK RESIDENTS



The Community That Treats You Like Family!

Stay Connected!

Walking with a friend in the dark is better than walking alone in the light. – Helen Keller

When we think of overcoming obstacles, it's hard to argue that anyone had more to overcome than Helen Keller. Yet Helen was human, and she didn't go it alone.

There have been multiple studies on loneliness and isolation — and its potentially adverse health impact. Consequences can include increased stress (resulting in the release of cortisol) and even premature death. But there are ways to cope! Try these activities to give you a spark.

Combatting Loneliness

1. **Eat out:** Enjoy a meal and reunite with a friend.
2. **Adopt a pet:** It recharges your nurturing instincts.
3. **Join a club:** You'll meet friends who share similar interests.
4. **Visit neighbors:** Many people are looking to reconnect.
5. **Put on your walking shoes:** Malls are an ever-popular destination.

It's not always easy growing older. But at Kaplan, we are here to support you and your well-being.

Sources:

<https://www.psychologytoday.com/us/blog/out-the-ooze/201611/the-perils-social-isolation>

<https://theconversation.com/loneliness-is-bad-for-your-health-90901>

<http://blogs.einstein.yu.edu/how-loneliness-affects-the-mind-and-body/>

<https://www.bayalarmmedical.com/medical-alert-blog/6-powerful-ways-help-seniors-avoid-isolation/>



Activity Highlight

It's hard to believe we're already a whole month into the New Year! Despite having a mild winter so far, we are still hoping that groundhog sees his shadow on February 2nd! Love is in the air here at Bear Creek so keep your eyes peeled on the monthly activity calendar for all the fun and exciting events we have to offer for the month of February! We would also like to wish all of the sweethearts out there a very Happy Valentine's Day!



www.BearCreekAssistedLiving.com
609-918-1075

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West Windsor, NJ 08550

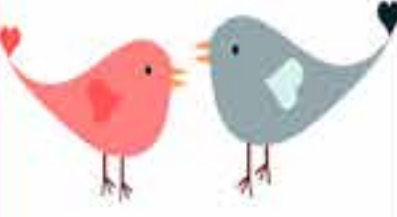







Refer a friend... get \$1,500!

Contact us for details.

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February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
9:40 St. David The King RC Church 3 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax 7:00 Superbowl Party!	9:45 Morning Zodiac Chat 4 10:00 Fun & Fitness Exercise 10:30 You Be the Judge 1:45 Tai Chih with Siobhan 3:15 Meet & Greet 3:30 Newscurrents Discussion 6:45 Evening Bingo	10:00 Morning Zodiac Chat 5 10:30 YOGA with Faye! 11:00 MindGames 12:00 Chinese New Year Lunch Bunch 1:45 Bus Trip to WalMart 3:15 Meet & Greet 3:30 Dice & Dimes 7:00 Evening Bingo	9:45 Morning Chat & Updates 6 10:00 Exercise with Stephanie 10:30 Mind Games 10:30 Outing to ShopRite 2:00 Creative Notions Art Program 3:15 Meet & Greet 3:30 Blackjack Tournament! 6:45 Evening Bingo	8:45 Mornings with Dorothy 7 10:00 Communion Services 10:30 Resident Council Meeting 2:00 Jeopardy with Rachal! 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 6:45 Evening Bingo 7:00 Inter-generational Programming: Crafting with the Middle School	9:45 Morning Zodiac Chat 8 10:00 "Having a Ball" Exercise 10:30 Bus Trip to CVS 2:00 Creating with Clay 2:00 Manicures in the Salon 3:15 Popcorn Meet & Greet! 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Rest & Relax	10:00 Saturday Morning Wisdom 2 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 3:30 BC Crafters Corner 7:00 Rest & Relax
9:40 St. David The King RC Church 10 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax	9:45 Morning Zodiac Chat 11 10:00 Fun & Fitness Exercise 10:30 You Be the Judge 3:00 Newscurrents Discussion 3:15 Meet & Greet 3:30 National Jello Week: Making Fruit Jello 6:45 Evening Bingo	10:00 Morning Zodiac Chat 12 10:30 Morning Stretch 10:45 MindGames 1:45 Movie Outing to Picture Show Cinema 3:15 Meet & Greet 3:30 Dice & Dimes 7:00 Evening Bingo	9:45 Morning Chat & Updates 13 10:00 Exercise with Stephanie 10:30 Mind Games 10:30 Outing to the Dollar Tree 2:00 HRG Lectures with Paul 3:15 Meet & Greet 3:30 Blackjack Tournament! 6:45 Evening Bingo	8:45 Mornings with Dorothy 14 10:00 Communion Services 10:30 Sittersize Exercise 3:00 Bible Study with Fran 3:00 Sweetheart Social w. Lisa A. 3:15 Thirsty Thursday Meet & Greet 6:45 Evening Bingo	9:45 Morning Zodiac Chat 15 10:00 "Having a Ball" Exercise 10:30 Bus Trip to CVS 11:00 Mind Games 1:45 New Release Movie Matinee 2:00 Manicures in the Salon 3:15 Popcorn Meet & Greet! 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Rest & Relax	10:00 Saturday Morning Wisdom 16 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 3:30 BC Crafters Corner 7:00 Rest & Relax
9:40 St. David The King RC Church 17 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax	9:45 Morning Zodiac Chat 18 10:00 Fun & Fitness Exercise 10:30 You Be the Judge 3:00 Newscurrents Discussion 3:15 Meet & Greet 3:30 Mind Games 6:45 Evening Bingo	10:00 Morning Zodiac Chat 19 10:30 YOGA with Faye! 10:45 MindGames 1:45 Outing to TJ Maxx 3:15 Meet & Greet 3:30 Dice & Dimes 7:00 Evening Bingo	9:45 Morning Chat & Updates 20 10:00 Exercise with Stephanie 10:30 Mind Games 11:30 Brunch Outing to Perkins 3:15 Meet & Greet 3:30 Blackjack Tournament! 6:45 Evening Bingo	8:45 Mornings with Dorothy 21 10:00 Communion Services 10:30 Sittersize Exercise 2:00 Music by Karl 3:00 Bible Study with Fran 3:00 Jeopardy with Rachal! 3:15 Thirsty Thursday Meet & Greet 6:45 Evening Bingo	7:30 Waffle Day Breakfast 22 9:45 Morning Zodiac Chat 10:00 "Having a Ball" Exercise 10:30 Bus Trip to CVS 11:00 Mind Games 1:45 New Release Movie Matinee 2:00 Manicures in the Salon 3:15 Popcorn Meet & Greet! 4:00 Celebrate Shabbat 4:00 Pray the Rosary 6:45 Rest & Relax	9:30 Dollar Store Deals 23 10:00 Saturday Morning Wisdom 10:45 Bowling in the Halls 2:00 Afternoon Bingo 3:15 Cookies & Milk Meet & Greet 3:30 BC Crafters Corner 7:00 Rest & Relax
9:40 St. David The King RC Church 24 10:30 St. Paul Lutheran Service 10:45 Podcasts in the Library 2:00 Afternoon Bingo 3:15 Ice Cream Social 6:45 Rest & Relax	9:45 Morning Zodiac Chat 25 10:00 Fun & Fitness Exercise 10:30 Food Council Meeting 3:00 Newscurrents Discussion 3:15 Meet & Greet 3:30 Mind Games 6:45 Evening Bingo	10:00 Morning Zodiac Chat 26 10:30 Morning Stretch 10:45 MindGames 12:00 Captain's Table 2:00 Birthday Bash with Lenny K. 3:15 Meet & Greet 3:30 Dice & Dimes 7:00 Evening Bingo	9:45 Morning Chat & Updates 27 10:00 Exercise with Stephanie 10:30 Mind Games 2:00 Outing to McCaffrey's 3:15 Meet & Greet 3:30 Blackjack Tournament! 6:45 Evening Bingo	8:45 Mornings with Dorothy 28 10:00 Communion Services 10:30 YOGA with Faye! 3:00 Bible Study with Fran 3:15 Thirsty Thursday Meet & Greet 6:45 Evening Bingo 7:00 Atlantic City Poker Club	