

BRENTWOOD AT NILES



LETTER FROM THE ADMINISTRATOR

It's getting colorful around here with all of the flowers and trees blooming, bringing cheer to our residents coming out of the winter blues. Our neighbors are returning home from warmer climates. Students are getting geared up for summer break. It is a bustling time of year, and we love it. **As you pass by, stop in and see what we are up to. There is always sometime fun going on and we want you to be a part of it!**

Best Wishes,

Amanda Quesenberry (formerly Canonica),
Administrator

Staff Spotlight: KRISTINA S.

Kristina S. was born and raised in Portland, Oregon. She attended David Douglas High School and moved to Michigan in October 2007. She has been with her fiancé for 8 years and has 4 children: 2 sons (Jeremiah, 13 and Terry, 3) and 2 step-daughters (Taylor, 15

and Chloe, 13). Kristina is very passionate when it comes to her job here at Brentwood at Niles. She loves working with the elderly and has worked here for 8 years. Kristina says, "It's very fulfilling to help and change the lives of our residents every day."



Happy Birthday

RESIDENTS

MAY 02	Betty C.
MAY 12	Lillian O.
MAY 23	Marion P.
MAY 30	Martha M.
MAY 24	Ruth C.

STAFF

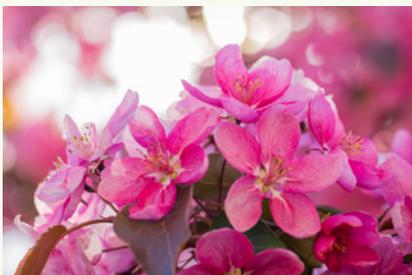
MAY 02	Marsha K.
MAY 19	Keely P.
MAY 20	Amanda R.
MAY 22	Catherine M.
MAY 24	Jamie H.
MAY 26	Amanda Q.
MAY 27	Amy B.

Gardening in a Box

Sometimes you may not have access to a wide open field to plant a garden in but you still want to enjoy gardening and eating fresh fruits and vegetables. Growing a garden inside can allow you to produce fresh fruits and vegetables any time of year because you can control the climate that the plants need to grow.

Growing your garden in a box is simple. Go to the store and find a square box, a round galvanized tub or anything like that where you can place soil in with a little depth. Gather all your seeds and planting supplies in order to grow your garden. Because of the limited space you will not be able to grow a complete row of vegetables but you will be able to put fresh vegetables on your table occasionally.

You may want to dehydrate your vegetables as they grow so that you can preserve them and eat them later when you have a craving for something from the garden. Even if you cannot grow a big garden there are other ways to get what you want from a garden without spending a lot of money.



RESIDENT SPOTLIGHT: ESTER P.

Ester P. came to live with us a few weeks ago. She is a Niles resident and knows many of the residents. She even found her former Sunday School teacher at Brentwood at Niles. Ester likes picnics and family reunions, she has a large family with 17 nieces and nephews. She is very patriotic and fondly remembers working long hours

at Uniroyal making shoes for our servicemen during the war. After working extra hours at the factory, Ester came home and wrote long letters to her brothers serving in the military. She wanted to keep them up to date on the home front. We look forward to getting to know her better. Welcome to the Brentwood family Ester!

On Memorial Day, May 29th, Take the Time to Remember

Memorial Day, which was formally known as Decoration Day, is annually observed every last Monday of May. Memorial Day commemorates all military men and women who died in combat defending our country. It is also the day where people who served the country are remembered, including those currently in the armed forces, surviving veterans, and those who served and died in all wars.

Historically, Memorial Day started in 1868, when the division of the Grand Army of the Republic demanded that their commander, General John A. Logan, adorn the graves of their fallen war compatriots with flowers. It was an event that began to recognize the Union soldiers, who died in the American Civil War.

We must remember that it can be important for each generation to understand the stories from previous generations in order to understand the horrors of war and the wonders of peace. If possible, take time this Memorial Day to visit local memorials, cemeteries or museums, have a family gathering, or attend a patriotic-themed parade in observance of this special day.



May is National High Blood Pressure Education Month



What Is Blood Pressure?

Blood pressure is the pressure of blood in contact with the walls of the arteries. It is registered as two numbers: pressure as the heart beats (the systolic pressure) and pressure as the heart relaxes between beats (the diastolic pressure). The measurement is expressed with systolic number over the diastolic number.

Here is an example: *120/80 millimeters of mercury (mmHg) is stated verbally as 120 over 80. Regular blood pressure is less than 120 mmHg systolic and less than 80 mmHg diastolic.*

High Blood Pressure (HBP)

High blood pressure, also known as hypertension, is a disease that step-ups your opportunity for getting heart disease, kidney disease or having a stroke. HBP is particularly life-threatening because it sometimes has no warning signs or symptoms. Irrespective of race, age, or gender, anybody can get high blood pressure. It is approximated that one in every four adults has high blood pressure. If high

blood pressure springs up, it normally lasts a lifetime. You can manage high blood pressure by choosing action.

Detection

Everyone should be having their blood pressure checked on a regular basis. Nearly all physicians will determine a person with high blood pressure with two or more readings that are taken on different times. An unchanging blood pressure reading of 140/90 mmHg or higher is regarded as high blood pressure.

Prevention

You can take steps to stop high blood pressure by embracing a healthy way of life. These steps include keeping a healthy weight, staying physically energetic, and conforming to a healthy diet plan that incorporates fruits, vegetables, and lowfat dairy foods. Also try selecting and cooking foods with less salt and sodium and reducing your alcohol intake. Learn about blood pressure lowering lifestyle habits such as:

- Quit smoking
- Reduce salt and sodium
- In your diet
- Maintain a healthy weight
- Follow a healthy eating pattern
- Limit alcohol intake
- Be physically active

Treatment

You should find it crucial to take steps to maintain your blood pressure. Following a healthy lifestyle is an efficient first step in both forbidding and mastering high blood pressure. If lifestyle modifications are not efficient in controlling your blood pressure, talking to your doctor about specific medications is recommended.

Red, White & Blue Tiramisu

Ingredients:

- 1 cup ricotta cheese
- 1 cup confectioners' sugar
- 1/4 cup sour cream
- 1/4 cup coffee liqueur
- 1 1/2 cups shortbread cookies (about 30 2-inch cookies)
- 1/2 (21 ounce) can strawberry pie filling
- 1/2 (21 ounce) can blueberry pie filling

Directions:

In large mixing bowl, combine ricotta cheese, confectioners' sugar, sour cream and coffee liqueur; mix well. Mixture will be very thin but will set up after chilling. Set aside.

Set aside a tablespoon of both the pie fillings to use later for garnish.

Break apart and crush cookies into the bottom of each parfait glass, until desired thickness is created.

To assemble dessert, spoon 2 tablespoons ricotta cheese mixture into each of 6 (8-ounce) parfait or stemmed glasses on top of cookie layer. Top each with 2 tablespoons strawberry filling. Repeat ricotta layer, then top with blueberry layer. Continue alternating layers. Top with remaining cheese mixture. Chill 2 to 3 hours.

Garnish with reserved strawberries and blueberries.

Makes 6 servings





Brentwood at NILES

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RIDGELINE
MANAGEMENT COMPANY

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MAY – WORD SEARCH

I	B	L	B	I	L	D	N	N	M	I	W	F	S	K
T	R	B	Q	J	S	T	F	O	M	G	T	A	G	O
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H	N	X	L	N	H	M	P	A	B	Z	A	B	N	L
B	A	R	B	E	C	U	E	A	C	S	R	E	D	Y
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V	K	V	T	P	A	Y	R	K	V	Z	M	T	V	C
M	U	K	U	S	R	Y	Z	L	E	L	S	X	E	N

BARBECUE
BRAIN
CELEBRATE
CINCO DE MAYO
GARDEN

GRANDMA
HERO
MEMORIAL
MOM
MOTHER

PORK
STOKE
SUNDAY
VEGETABLE
WAR