

ELKHART | NEWSLETTER



▲ *Christian Educators Home School of Goshen - Choir*

NOTE FROM ACTIVITIES

Welcome April! April showers bring May flowers and hopefully some warm and sunny weather! We have already started Scenic Bus Rides and with warmer weather these will increase along with other outings. Please come join the fun!

We will be celebrating St. Patrick's Day with cookies and punch in the Bistro and will also be enjoying food from Deb's Dish on Wednesday, April 11th and on Good Friday we will share dessert in the Bistro!

Some of the Activity Highlights include:

- 9:30 Walking program
- Various Outings
- Bingo
- Entertainment
- Cardio Drumming
- Euchre Tournament
- Scenic Bus Rides
- Happy Hour
- Friday Popcorn
- Tuesday/Thursday Games/Trivia

I encourage you to take advantage of all that Brentwood has to offer!



Happy Birthday!

April 06

Richard H.

April 07

Ruth M.

April 08

Donna D.

April 21

Patricia D.

April 21

Nancy W.



Brentwood at
ELKHART

Find Fulfillment in Volunteering

Volunteering is an incredibly fulfilling activity and can give new meaning to our lives.

Perhaps this is one of the reasons so many retirees find such great joy in volunteering. When we leave a career, we sometimes need a new enterprise to give us a sense of meaning in life. Finding a new sense of meaning and purpose is one of the major factors in aging successfully.

Volunteering in the community gives us many new opportunities, including the opportunity to:

- Help others
- Use our skills, wisdom, abilities, and knowledge in new and meaningful ways
- Enrich the lives of others
- Cultivate new social networks
- Learn new things
- Make the community and the world a better place
- Feel good about the ways we are using our time

There are volunteer opportunities all around us. Look and remain open to new ways to help others and make a difference in your community and our world. One of the most common ways to volunteer is to read to children, even if it's just for a few hours per week. The rewards will far outshine your expectations.

RESIDENT OF THE MONTH *Martha C.*

Martha was born in Athens, MI and lived there for 21 years before meeting her husband William and moving to Battle Creek, MI. Martha has a son and daughter-in-law and one grandchild and two great grandchildren.

Martha has been at Brentwood for two years and loves everything about living here. I enjoy having Martha at our Trivia/Game time because while she is very soft spoken she is sharp and comes up with many of the correct answers.



We are so glad you are here and Congrats on being Resident of the Month!

HIGHLIGHTS FROM OUR BIRTHDAY CELEBRATION



Folks enjoying the Birthday Party.



Helen P. & Carol S. celebrating their birthdays both on 2/24/17.

Earth Day: Reduce, Recycle, Reuse

Earth Day, April 22nd, is dedicated to educating people across the world about the benefits of reducing, recycling, and reusing to save our planet.

- Bring your own bag. Reuse bags and containers. Keep a supply of bags on hand for future shopping trips, or take your own canvas tote bag to the grocery store.
- Choose to reuse. Reach for reusable products such as cloth napkins, sponges or dishcloths instead of paper towels.
- Recharge and renew. Use rechargeable batteries and recycle old batteries to help reduce garbage and keep toxic metals out of the environment.
- Buy smart. Look for long-lasting, energy-saving appliances with the Energy Star label and electronic equipment with good warranties.
- Get crafty. Reuse scrap paper and envelopes. Save and reuse ribbons, tissue paper, gift boxes and even wrapping paper. Save cardboard boxes, colored paper, egg cartons and other items for arts and crafts projects.
- Think thrifty. Donate clothing to charity organizations or sell the items in consignment shops, fairs, bazaars or tag sales. Share hand-me-down clothes with family members and neighbors.



April is Stress Awareness Month

Learning to cope with stress is important for all of us. Here are a few ways to deal with the stress that you might be experiencing.

Try giving whatever is bothering you a number on a scale from one to ten, where one is a minor bump and ten is the end of the world. You'll probably find that most of your daily problems are no more than a five. **In other words, they're not worth getting upset about.**

Laugh. Laughter is one of the top stress busters. Adults on average laugh less than 20 times a day; children, on the other hand, laugh hundreds of times a day. Is it surprising that adults are more stressed? Watch your favorite comedies, laugh at your pet, and laugh with your children. You'll notice that you don't feel as stressed.

If you feel that you are being overwhelmed with stress and anxiety you should take some deep breaths. Deep breathing has been shown to reduce anxiety. It causes you to focus on the way that you are breathing rather than on what's causing you so much anxiety.

Consuming water throughout your day will keep you feeling full, flush your body of harmful toxins, allow your body to focus and concentrate in trying times and lead to you feeling less stressed overall. Aim to drink at least one liter of water each day to maximize your results and to feel less stressed.

Jelly Bean Confetti Cake

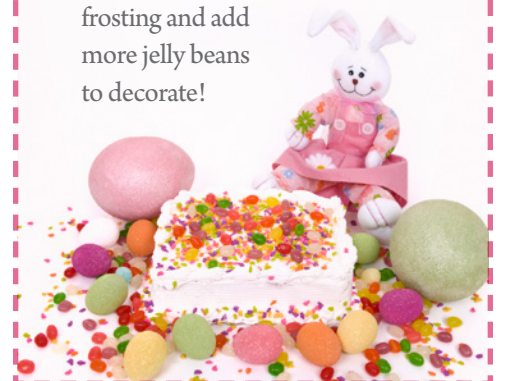


Ingredients:

- 3/4 cup jelly beans, cut in half
- 2 cups all-purpose flour, divided
- 1 1/4 cups granulated sugar
- 1 cup butter, softened
- 8 ounces cream cheese, softened
- 1 teaspoon vanilla extract
- 3 eggs
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- Confectioners' sugar
- Vanilla frosting (or your choice)

Directions

1. Preheat oven to 325°F.
Generously grease and flour a 12-cup fluted tube pan.
2. Lightly spoon flour into measuring cup and level off.
3. In small bowl, toss jelly beans with 2 tablespoons of the flour; set aside.
4. In large bowl, beat sugar, butter, cream cheese and vanilla extract until well blended. Add eggs, 1 at a time, beating well after each addition. Add remaining flour, baking powder and salt; blend well. Spoon 1 cup of the batter evenly over bottom of prepared pan. Stir jelly beans into remaining batter, and spoon into prepared pan. Bake for 50 to 60 minutes or until a wooden pick inserted in center comes out clean. Cool in upright pan for 10 minutes. Invert onto serving platter. Cool completely. Top with your favorite frosting and add more jelly beans to decorate!





Brentwood at
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ACTIVITIES
EARTH
EASTER
ENGAGED
FUNNY

HAPPINESS
HEALTH
JELLYBEAN
JOKES
LAUGHTER

PASSOVER
RECYCLE
REUSE
STRESS
TREES