



**BEAR
CREEK**
A SENIOR LIVING
COMMUNITY

Bear Creek Assisted Living Newsletter | April 2017

Tips to Be Your Best Self This Spring

Transitioning from winter into spring means longer days and warmer weather, so why not make the best of it by focusing on being your best self. Tweaking your daily habits or creating new ones to improve your health and wellness may take work, but the benefits could be significant. Here are some tips to help get you started:

Get Moving

“Working out releases serotonin, a chemical in the brain that helps our bodies adjust,” Franci Cohen, New York – based exercise physiologist and certified nutritionist. “Exercise regularly, and do so early in the day. A morning walk is perfect. It’s especially beneficial to engage in physical activity outdoors during the day, which helps increase levels of vitamin D. Because vitamin D is manufactured beneath the skin, when the body is exposed to sunlight, exercising outdoors can increase your body’s levels of vitamin D, which contribute to greater overall immunity and well-being.”

Go Shopping

Professionals recommend getting a new pair of shoes and/or sneakers. Most shoes, especially sneakers, wear out in six months, and when they do, they can throw your body out of alignment with each step you take. When the shoe isn’t supporting your foot and lower leg properly, your leg muscles have to work that much harder, making you fatigue sooner. This fatigue can undermine your motivation or satisfaction in getting outdoors or getting active.

Protect Your Skin

Coming out of the winter months and into (hopefully) sunnier weather, it is important to refocus on sun protection in order to keep your skin healthy and youthful,” says New York dermatologist Dendy Engelman, MD. “Sunscreens

are great, but they aren’t enough. Topical antioxidants like Vitamin C and ferulic acid can help to protect against photodamage, and also have anti-aging benefits.”

Drink Water

Drinking enough water every day is important for supporting your body’s functions, curbing cravings and preventing dry, irritated skin



ACTIVITY HIGHLIGHT

Since Spring is in the air ~ the Activities Department will keep a spring in your step with programming! Brunch on April 9th, Passover on April 13th, DESTINATIONS-Baseball Season Starts!; week of April 24th, Floral Workshop with Marivel April 18th, Ballet Performance at McCarter Theater April 21st and so much more! Join us!





Resident Of The MONTH



Louise Bellagamba

5 questions for Louise!

What was a favorite vacation?

"When the kids were small, we didn't vacation much - it seemed like taking care of the house and kids was more important. Not too long ago I went on a trip to England, Wales & Switzerland with a friend. That was nice"

Who do you most admire?

"I like to learn from people I admire, like Jackie Kennedy and others who put their heart and soul into things no matter how difficult."

Of what are you most proud?

"My 3 kids! They are amazing. They have accomplished everything they set out to do! They are very happy, and I am so grateful."

Where would you travel and why?

"I wish I traveled to Italy, to learn more about the art, and culture and just relax!"

Share a childhood memory?

"My mom meant so much to me. She worked so hard to take care of me, sometimes working late. I loved my mom dearly"

"Resident Recognition" Recipient for April:

Gabriella Oliveira
Activities Department,
Activity Assistant AL
Congratulations!



Sunday, April 9th
(Palm Sunday)

Sunday Brunch

Noon to 2:00pm

\$15.00 per person

RSVP by 4/3/17

Saturday, May 13th :

Mother's Day Brunch

Sunday, June 25th :

Annual Family Barbecue

Resident Birthday's in April:

Inez Mistretta - April 3rd

Arline "Mickey" Schnaars - April 4th

John Kessler - April 4th

Anna Lorraine Tremble - April 8th

Alicia Politi - April 9th

Jean Pascale - April 18th

Annelore Steo - April 19th

Birthday Bash: Tuesday, April 25th!

Employee of the Month for April

Alexis Johnson
Activities Department,
Activity Assistant Rose Lane
Congratulations!



Staff Directory of DEPARTMENT HEADS

Executive Director

Jesse Farmer

jessef@bearcreekassistedliving.com

Director of Resident Services

Devi Patel

nursing@bearcreekassistedliving.com

Ass't Director of Resident Services

Sandy Kret

nursing@bearcreekassistedliving.com

Resident Services Supervisor

Jessica Tennant

rnsup@bearcreekassistedliving.com

Director of Business Development

Michelle Wright

mwright@bearcreekassistedliving.com

Director of Marketing

Tracy Frederick

tfrederick@bearcreekassistedliving.com

Food Service Director

Priscilla Rackliff

prackliff@bearcreekassistedliving.com

Director of Activities

Carmela Silodor

activities@bearcreekassistedliving.com

Rose Lane Coordinator

Carolyn Craig

ccraig@bearcreekassistedliving.com

Building Services Director

Jim Delre

jdelre@bearcreekassistedliving.com

Concierge Supervisor

Denise Mummolo

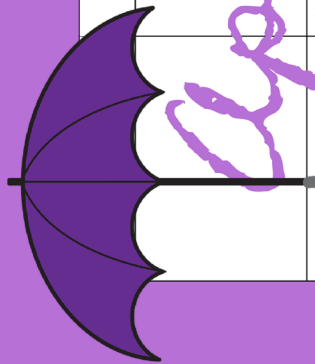
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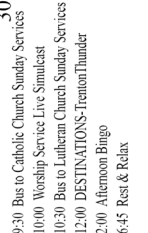
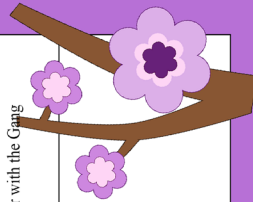
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BEAR CREEK
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Mon	Tue	Wed	Thu	Fri	Sat
<p>2</p> <p>9:30 Bus to Catholic Church Sunday Services</p> <p>10:00 Worship Service Live Simulcast</p> <p>10:30 Bus to Lutheran Church Sunday Services</p> <p>2:00 Afternoon Bingo</p> <p>6:45 Rest & Relax</p>	<p>3</p> <p>9:30 Weekend Wrap Up Chat</p> <p>10:00 Sittersize Exercise</p> <p>10:30 Bus Trip to CVS</p> <p>10:45 MindGames</p> <p>1:45 Tai Chi, Chin with Siobhan</p> <p>3:15 Meet & Greet</p> <p>3:15 Smoothies Meet & Greet</p> <p>6:45 Evening Bingo!</p>	<p>4</p> <p>9:30 Morning News Chat</p> <p>10:30 YOGA with Faye!</p> <p>1:30 Bus Trip to Aldi's</p> <p>2:00 BC Bakers-Cordon Bleu RollUps</p> <p>3:15 Nat'l Cordon Bleu Meet & Greet</p> <p>5:15 Bus Trip to Dollar Tree</p> <p>6:45 Evening Bingo!</p>	<p>5</p> <p>9:30 Sunrise Chat</p> <p>9:45 Balloon Volleyball</p> <p>11:30 Lunch OUT-Charlie Browns</p> <p>1:45 Current Events with Jesse</p> <p>2:30 BC Bakers-Nat'l DeepDish Pizza</p> <p>3:15 DeepDish Pizza Meet & Greet</p> <p>3:45 BC Gamers</p> <p>6:45 Gabriella's Bingo!</p>	<p>6</p> <p>9:30 Morning Zodiac Chat</p> <p>9:45 Balloon Volleyball</p> <p>10:30 Resident Council Meeting (C)</p> <p>1:45 Food Council Meeting</p> <p>2:30 Relax & Unwind with Karoline</p> <p>3:15 Bible Study with Fran</p> <p>6:45 Poker with the Gang</p>	<p>7</p> <p>9:30 Coffee Cafe Chat</p> <p>9:45 Balloon Volleyball</p> <p>10:00 1st Friday with Fr. Tim</p> <p>1:30 Bus Trip to Dollar Tree</p> <p>1:45 Classic Cinema</p> <p>2:00 Rummikub Anyone?</p> <p>3:15 Popcorn Meet & Greet!</p> <p>4:00 Pray the Rosary / Celebrate Shabbos</p>
<p>8</p> <p>9:30 Dollar Store Deals</p> <p>10:45 Bowling in the Halls</p> <p>2:00 Melodies in the Afternoon with Karl!</p> <p>3:15 Cookies & Milk Meet & Greet</p> <p>7:00 Poker with the Gang</p>	<p>9</p> <p>Palm Sunday</p> <p>9:30 Bus to Catholic Church Sunday Services</p> <p>10:00 Worship Service Live Simulcast</p> <p>10:30 Bus to Lutheran Church Sunday Services</p> <p>12:00 Sunday Brunch Buffet</p> <p>6:45 Rest & Relax</p>	<p>10</p> <p>9:30 Weekend Wrap Up Chat</p> <p>10:00 Balloon Volleyball</p> <p>10:30 Bus Trip to ShopRite</p> <p>2:00 Art of the Masters Workshop</p> <p>3:15 Meet & Greet</p> <p>3:45 Hot Topics with Devi</p> <p>6:45 Evening Bingo!</p>	<p>11</p> <p>Passover</p> <p>9:30 Morning News Chat</p> <p>9:45 Balloon Volleyball</p> <p>10:30 Bus Trip to CVS</p> <p>2:00 My Favorite Things with Jesse</p> <p>3:15 Meet & Greet</p> <p>6:45 Evening Bingo!</p>	<p>12</p> <p>9:30 Sunrise Chat</p> <p>9:45 Balloon Volleyball</p> <p>10:45 MindGames</p> <p>2:00 HRG Lectures with Paul</p> <p>3:15 Meet & Greet!</p> <p>3:45 BC Gamers</p> <p>5:15 Bus Trip to Walgreens</p> <p>6:45 Gabriella's Bingo!</p>	<p>13</p> <p>9:30 Morning Zodiac Chat</p> <p>10:00 Communion Services</p> <p>10:30 Balloon Volleyball</p> <p>2:00 Passover Seder with Rabbi Eric FLY</p> <p>3:15 Bible Study with Fran</p> <p>6:45 Poker with the Gang</p> <p>6:45 Evening Bingo!</p>
<p>15</p> <p>9:30 Friends with Feathers</p> <p>10:45 Bowling in the Halls</p> <p>2:00 Afternoon Bingo</p> <p>3:15 Sundaes on Saturday Meet & Greet</p> <p>7:00 Poker with the Gang</p>	<p>16</p> <p>Easter</p> <p>9:30 Bus to Catholic Church Sunday Services</p> <p>10:00 Worship Service Live Simulcast</p> <p>10:30 Bus to Lutheran Church Sunday Services</p> <p>2:00 Easter Cinema</p> <p>3:15 Cookies & Milk Meet & Greet</p> <p>6:45 Rest & Relax</p>	<p>17</p> <p>9:30 Weekend Wrap Up Chat</p> <p>10:30 YOGA with Faye!</p> <p>10:30 Bus Trip to CVS</p> <p>1:45 Manoeuvre Time with Tracy</p> <p>2:45 BC Gamers/Dice & Dimes with Michelle</p> <p>3:15 Meet & Greet</p> <p>6:45 Evening Bingo!</p>	<p>18</p> <p>9:30 Morning News Chat</p> <p>9:45 Balloon Volleyball</p> <p>10:00 Wonder with Wendel</p> <p>2:00 Floral Workshop with Marivel</p> <p>3:15 Meet & Greet</p> <p>5:00 Bus Trip to Dollar Tree</p> <p>6:45 Evening Bingo!</p>	<p>19</p> <p>9:30 Minnesota Mornings with Jesse</p> <p>9:45 Balloon Volleyball</p> <p>10:45 MindGames</p> <p>1:45 Matinee Cinema</p> <p>2:00 Artist Workshop with Janis</p> <p>3:15 Meet & Greet</p> <p>3:45 BC Gamers</p> <p>6:45 Gabriella's Bingo!</p>	<p>20</p> <p>9:30 Morning Zodiac Chat</p> <p>9:45 Balloon Volleyball</p> <p>10:00 Communion Services</p> <p>1:45 Bear Cave Men's Club</p> <p>3:00 MIX & MINGLE!</p> <p>3:15 Bible Study with Fran</p> <p>6:45 Poker with the Gang</p> <p>6:45 Evening Bingo!</p>
<p>22</p> <p>9:30 Dollar Store Deals</p> <p>10:45 Bowling in the Halls</p> <p>2:00 Afternoon Bingo</p> <p>3:15 Cookies & Milk Meet & Greet</p> <p>7:00 Poker with the Gang</p>	<p>21</p> <p>9:30 Coffee Cafe Chat</p> <p>9:45 Balloon Volleyball</p> <p>10:00 McCarter Theater Ballet Performance</p> <p>1:45 Classic Cinema</p> <p>2:00 Rummikub Anyone?</p> <p>3:15 Popcorn Meet & Greet!</p> <p>4:00 Pray the Rosary / Celebrate Shabbos</p> <p>6:45 Evening Bingo!</p>	<p>22</p> <p>9:30 Morning News Chat</p> <p>9:45 Balloon Volleyball</p> <p>10:00 Wonder with Wendel</p> <p>2:00 Floral Workshop with Marivel</p> <p>3:15 Meet & Greet</p> <p>5:00 Bus Trip to Dollar Tree</p> <p>6:45 Evening Bingo!</p>	<p>23</p> <p>9:30 Espresso and E.D. Jesse</p> <p>9:45 Balloon Volleyball</p> <p>10:30 Bus Trip to CVS</p> <p>10:45 MindGames-Baseball</p> <p>1:45 DESTINATIONS-Baseball Trivia</p> <p>2:30 Birthday Bash</p> <p>3:15 Meet & Greet</p> <p>6:45 Evening Bingo!</p>	<p>24</p> <p>9:30 Weekend Wrap Up Chat</p> <p>10:30 Bus Trip to McCaffrey's</p> <p>10:45 MindGames-Baseball</p> <p>12:30 Cinema Out Trip</p> <p>1:45 DESTINATIONS-Baseball Cinema</p> <p>3:15 Meet & Greet</p> <p>4:00 Jesse's Patio Chat</p> <p>6:45 Evening Bingo!</p>	<p>25</p> <p>9:30 Morning News Chat</p> <p>9:45 Balloon Volleyball</p> <p>10:00 Wonder with Wendel</p> <p>2:00 Floral Workshop with Marivel</p> <p>3:15 Meet & Greet</p> <p>5:00 Bus Trip to Dollar Tree</p> <p>6:45 Evening Bingo!</p>
<p>28</p> <p>9:30 Friends with Feathers</p> <p>10:45 Bowling in the Halls</p> <p>2:00 Afternoon Bingo</p> <p>3:15 Cookies & Milk Meet & Greet</p> <p>7:00 Poker with the Gang</p>	<p>26</p> <p>9:30 Sunrise Chat</p> <p>9:45 Balloon Volleyball</p> <p>10:45 BC Bakers-DESTINATIONS</p> <p>1:45 DESTINATIONS-Baseball Cinema</p> <p>2:45 BC Bell Choir</p> <p>3:15 Homemade Cracker Jack Meet & Greet</p> <p>5:15 Diner OUT-Alstar Sports Adventure</p>	<p>27</p> <p>9:30 Morning Zodiac Chat</p> <p>10:00 Communion Services</p> <p>10:45 Facebook Fun</p> <p>2:00 Jewish Chat with Rabbi Eric</p> <p>3:15 Bible Study with Fran</p> <p>3:15 Blueberry Pie Meet & Greet</p> <p>6:45 Evening Bingo!</p> <p>7:00 POKER with AC Dealer!</p>	<p>28</p> <p>10:15 Balloon Volleyball</p> <p>10:30 Spring FLY Auction Preview</p> <p>1:30 Bus Trip to WalMart</p> <p>2:00 Rummikub Anyone?</p> <p>2:00 Spring FLY Auction!</p> <p>3:15 Popcorn Meet & Greet!</p> <p>4:00 Pray the Rosary / Celebrate Shabbos</p> <p>6:45 Evening Bingo!</p>	<p>29</p> <p>9:30 Friends with Feathers</p> <p>10:45 Bowling in the Halls</p> <p>2:00 Afternoon Bingo</p> <p>3:15 Cookies & Milk Meet & Greet</p> <p>7:00 Poker with the Gang</p>	<p>30</p> <p>9:30 Bus to Catholic Church Sunday Services</p> <p>10:00 Worship Service Live Simulcast</p> <p>10:30 Bus to Lutheran Church Sunday Services</p> <p>12:00 DESTINATIONS-Trenton Thunder</p> <p>2:00 Afternoon Bingo</p> <p>6:45 Rest & Relax</p>



BEAR CREEK ASSISTED LIVING

10 REASONS FAMILIES FIGHT ABOUT SENIOR CARE



Caring for an aging loved one can be one of the most stressful family milestones. The sheer difficulty of the task, its high cost, as well as underlying family issues can collide to create a perfect storm of discontent.

But when families put aside their differences and work together as a team for the best interest of their elderly loved one, they are often able to overcome this challenge and assure that their parent's last years aren't marred by bickering and strife.

Here are 10 reasons families fight about senior care, and advice about

how to prevent these types of conflict from derailing you...continued from our last issue

4. One Child Does All the Heavy Lifting

Often the child who lives closest to mom or dad will be the one that assumes the role of the main caregiver. When other family members don't offer to help, the "lucky" child who is giving all the care can come to resent the siblings who have gotten off without having to help.

Possible Solution: Caregivers who have found themselves shouldering an inordinate portion of the burden from caregiving shouldn't be afraid to ask other family members for help. Sometimes it is necessary to spell out your specific needs to your siblings rather than presuming that the needs are already understood. Outline to your siblings the challenges that you're having, and any areas that they may be able to help with. While they may not be close enough to physically offer a hand, they may be able to contribute in other areas, such as by paying for caregiving related bills. They may also be able to host your parent in their home for short periods so that you can have a break.

5. One Child in Control Excludes Others From Decision Making

A scenario almost opposite of the previous example occurs when one child takes over the caregiving role and leaves their siblings or other family members in the dark, perhaps even limiting access to their parent.

Possible Solution: It hurts to feel left out, but if your parent's care needs are being met and they seem safe and happy, it might not be necessary to intervene further

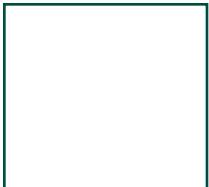
right now. If your relationship with the caregiving loved one is strained and you're less involved than you'd like to be, strive to maintain an ongoing relationship with your parent nonetheless. If your parent doesn't have a memory disorder like Alzheimer's, you should be able to maintain a relationship by contacting your parent on the phone. If your sibling is acting as a gatekeeper and prevents you from reaching your parents this way, write emails or letters to show that you care, learn about the situation, and stay in touch.

6. How to Pay for Senior Care

For many families, the most challenging part of arranging care is the question of how to pay for it, particularly when our parents don't have the funds to pay themselves. This scenario is increasingly common as many seniors' retirement accounts still haven't recovered from 2008 global economic meltdown and subsequent recession. Unless funding for care is found through government assistance like Medicaid or veteran's aid, the adult children will have to look to their own pockets to pay for care...or they may look to one another. Should a sibling with a big income contribute more than a sibling who earns less? Should a family member who has been providing unpaid personal care be exempted from having to contribute? These questions, and others like them, have frequently kindled fiery family conflicts.

Possible Solution: Open communication is essential to preventing conflict. We shouldn't presume that siblings will necessarily be able to contribute as much as we hope. If the cost of your parent's care will require the grown children or other family members to help pay for the care, call a family meeting with all the people involved right away. Realistically establish the cost of care, and determine how much money needs to be raised between all the involved parties. Start by determining how much each person believes they can contribute, and if funds are still short, dig deeper as a group, talking about what each person might be able to sacrifice to make arrangements work. When these decisions are made in the open, with everyone at the table, future conflict is less likely. It's only natural that the process should be as fair as possible, and that a sibling with a low income should not be expected to contribute as much as a sibling with a high income, but not all families agree on what's fair and what isn't. In these cases the voice of a neutral but knowledgeable outsider, such as elder care mediators, can also help iron out areas of disagreement and help families build consensus.

To be continued next month...



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291 Village Road East, West Windsor, NJ 08550

www.BearCreekAssistedLiving.com

609-918-1075
