

REMINDER

Spring and summer are wonderful times of the year for people to be outdoors and enjoy the warm weather. However, seniors are more prone to heat-related health problems. Please help us keep your loved ones safe in the upcoming months by following these guidelines:

° Switch out winter clothes with warm weather options. Loose-fitting and lightly colored clothing helps residents stay cool in the heat.

° Minimize exposure to sun. Seniors are at higher risk of skin disease, sunburn and overheating. Please assure that your loved one has plenty of sunscreen, sunglasses and a sun hat.

° Stinging bees, mosquitoes and ticks pose serious health risks. All residents should have insect repellent to help with this risk.

Please assure that all items are properly labeled. Sunscreen and insect repellent must be handed in to the nurse if your loved one lives on Rose Lane. If you have any questions, feel free to contact our Director of Nursing, Ellen Carlson, at 973-948-8884.



Beautiful Spring Blossoms

Freshly blooming flowers are one of the sure signs of spring. Breathe in the beauty of these seasonal favorites:

Tulip. A classic symbol of spring, tulips are native to Central Asia but are now commonly associated with the Netherlands. Tulips are available in nearly every color of the rainbow and are one of the world's most popular flowers.

Daffodil. Commonly called narcissus, which is the botanical genus that also includes jonquils and paperwhites, the trumpet-shaped daffodil is most popularly available in yellow shades, but they can also be white, orange, pink or two-toned.

Crocus. In some parts of the country, certain varieties of crocus peek up out of the snow to signal the arrival of spring. Their cup-shaped blossoms are typically yellow, white or purple.

Pansy. This annual is one of the best flowers to plant in early spring containers, since they bloom best in cooler weather. Common colors include yellow, purple and blue, and the "smiling" centers of two-toned varieties are cheerful choices for the changing seasons.

Save the Date



June 18th: 7th annual Summer Fair



In an effort to connect our residents with their long distance loved ones, we have implemented a Skype program to be held one weekend per month, by appointment only. Please contact our Activities Director, Amy Cullen, at acullen@bentleyassistedliving.com to set up your appointment today!

Congratulations!

Congratulations to our DSA, Brittany, who is expecting a baby boy this summer. This wonderful news is doubly as exciting for us as this baby will also be our CNA, Bonnie's, first grandchild.

Congratulations to our Executive Director, Allison, who is expecting her fifth grandchild this summer as well. This will be Allison's fourth grandson and will join his sister, Charley May, and cousins, Gabriel, Adam and Samuel.

Read About Rainbows

When the sun comes out after a spring shower, pay attention to the sky around you—you might see a rainbow. Enjoy these fun facts:

- A rainbow is made of millions of raindrops, each reflecting and refracting the sun's rays into a band of colors.
- Although many people consider rainbows to have seven colors—red, orange, yellow, green, blue, indigo and violet—they actually contain the entire color spectrum, which includes colors that are not visible to the human eye.
- Sometimes sunlight is reflected twice inside raindrops, creating a double rainbow. The secondary rainbow's colors are always reversed.
- An upside down rainbow, also called a smile rainbow or sun smile, is not actually caused by rain, but by sunlight shining through a thin screen of tiny ice crystals high in the sky.
- Nobody sees quite the same rainbow, because each person views the raindrops and the light at a slightly different angle.
- Rainbows always appear in the direction of the rain, with the sun behind you.



3 Things You Need to Know

When spring cleaning, don't forget to wipe down these easy-to-miss surfaces:

1) Use a disinfectant wipe on knobs on bathroom and bedroom doors, plus those that lead outside. Wipe down cabinet knobs and drawer pulls, too.



2) Ceiling fan blades. If they are particularly dusty, pull an old pillowcase over the blade and use that to catch the debris as you clean.

3) Windowsills, baseboards and the tops of doors and molding.



Plantable Paper

Celebrate Earth Day with recycled paper that you can later grow into beautiful flowers.

- Mesh screen or cheesecloth
- Embroidery hoop
- Non-glossy paper, torn into pieces
- Blender
- Warm water
- Baking dish
- Flower seeds
- Dried flower petals
- Spoon
- Towels

Secure the screen in the embroidery hoop and set aside.

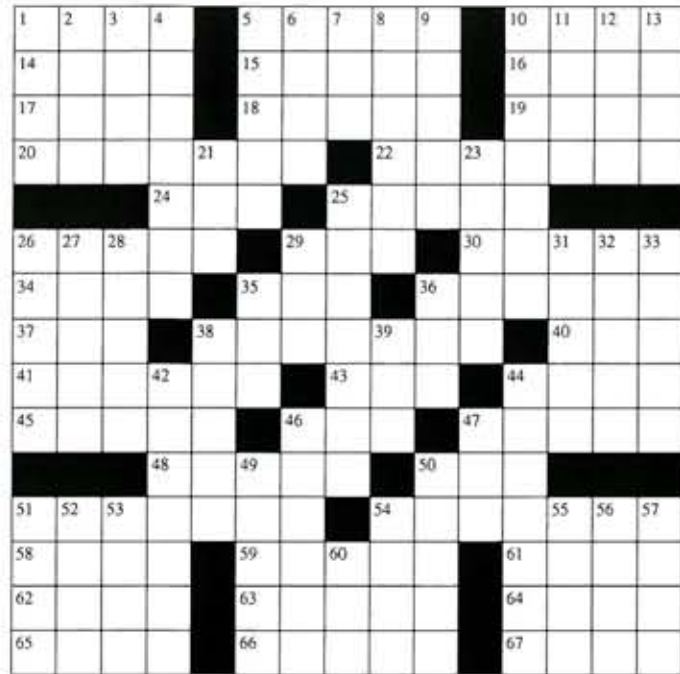
Place the paper pieces in the blender. Pour in enough warm water to cover the paper. Blend until a pulp forms.

Fill a baking dish halfway with warm water, then add the pulp. Sprinkle in two teaspoons of the seeds. Add dried petals and stir.

Dip the hoop in the dish and use a spoon to help cover the screen with pulp. Lift the screen and let the excess water drip off. Place the hoop on a towel, pulp side down. Press a second towel against the screen to sponge out the water.

Gently remove the hoop from the paper, and set the paper aside to dry overnight. Repeat the process until you have used all the pulp.

Crossword Puzzle



ACROSS

1. Late Huntley
5. One who "licked the platter clean"
10. Late coming back?
14. Followers of fa or tra
15. Soldier's delight
16. Horse's feature
17. Lubricates
18. Devoured
19. Stain
20. Piece of furniture
22. Leftovers
24. Big game
25. Fall bloom
26. ___ Field
29. Presidential nickname
30. Semiprecious stone
34. "Woe is me!"
35. Snoop
36. Night noises
37. Remain behind
38. Within ___; not far away
40. Nav. rank
41. Reparation
43. Cut the grass
44. Lawsuit
45. ___ Day
46. Cleaning cloth
47. Resurrected
48. Palm tree
50. Earth tone

DOWN

1. Clumsy one
2. Head covering
3. Magazine title
4. Fez features
5. Smooth and shiny
6. Juicy fruit
7. Turncoat
8. Opposed
9. Creed article
10. Trade restriction
11. Anklebones
12. Shortly
13. "Why don't we!"
21. Deceitful
23. Intended
25. Immeasurably bad
26. ___ dressing
27. 1836 battle site
28. Brewer's product
29. Departure's opp.

ACROSS

31. Regions
32. Uptight
33. German city
35. Breadwinners, often
36. Oinker
38. Ford's flop
39. Glutton
42. Takes tiny bites
44. Made sure of
46. Real estate transaction
47. Scurried
49. Official name
50. Ancient invader
51. Classic board game
52. Smart
53. Pond growth
54. U.S. coin
55. Ten cubed plus eleven
56. Poet's contraction
57. Stubborn courage
60. Destination in "The Grapes of Wrath"; abbr.



at Branchville

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Looking Back and Springing Forward! Happy Spring!

Although we were fortunate enough to have a fairly mild winter with minimal snow, the signs of spring that are starting to come are both exciting and refreshing.

Now that spring has arrived, we have officially marked the first anniversary of Kaplan Development Group's ownership of Bentley Commons at Paragon Village. For those of you that aren't aware, we purchased the facility in March 2015. Shortly after, I was appointed to be the Regional Director of Operations for Kaplan, in conjunction with my Executive Director role here at Branchville. While the year has been extremely busy, I could not be more proud of the staff at Paragon for all that they have accomplished. I am even more proud of my team here at Branchville that have jumped in and helped the Paragon team become as optimal and paramount there as we are here.

As with any new acquisition, changes are inevitable; good changes! One of the biggest changes to come is that our own Director of Sales and Marketing, Francesca McKernan, has been promoted and will be the new Executive Director for Bentley Commons as of May 1st. Please join me in congratulating her and wishing her luck in her new position.

As always, I welcome you all to contact me with any questions or concerns that you may have. My door is always open.

~Allison Kuiken, CALA, CDP
Executive Director and Regional Director of
Operations



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