

WHAT'S COOKING WITH NELSON
TORTELLINI VEGETABLE SOUP

"A good comfort soup, especially on a chilly or snowy night... It's like a 'warm your soul' soup."

INGREDIENTS

- o 1/2 large onion, coarsely chopped
- o 1 clove garlic, minced (2tsp)
- o 1/2 tablespoon olive oil
- o 1 (21 3/4 ounce) cans beef broth
- o 7 1/4 ounces cans stewed tomatoes
- o 1/4 cup picante sauce or 1/4 cup salsa
- o 1/2 teaspoon dried basil, crushed
- o 4 1/2 ounces cheese-filled egg tortellini
- o 1/2 green bell pepper, diced
- o 1/4 cup freshly grated parmesan cheese



DIRECTIONS

1. In a large saucepan or Dutch oven, cook onion and garlic in olive oil until tender, about 6 minutes.
2. Add broth, tomatoes, picante sauce and basil; bring to a boil.
3. Stir in tortellini; simmer uncovered 15 minutes.
4. Stir in bell pepper; continue to simmer 3 to 4 minutes or until tortellini is tender.
5. Ladle into soup bowls; sprinkle with cheese.

Thank You to our Bentley Veterans!



Administration

Nicole Dumas
Executive Director, Ext. 1144

Karlie Behlmann,
Director of Business Admin Ext. 1142

Nelson Parker,
Food Services Director, Ext. 1150

Kailey Hooper,
Activities Director, Ext. 1143

Bianca Wheeler,
*Rose Lane Activities Director,
Ext. 1238*

Rusty Bagwell,
Maintenance Director, Ext. 1156

Chrystal Edwards, LPN
Health Services Director, Ext. 1140

Regina Lee
*Director of Community Relations,
Ext. 1138*

December Events

I am so happy to be spending the Christmas season with everyone here at Bentley. It is so wonderful to be part of such an amazing family filled with so much love and support. Bentley is a great place to be during the holiday season and I hope that everyone will take the opportunity to come and join us for some holiday cheer.

Early next month my husband and I will be welcoming our second child and I will be taking some time off to spend with my family. While I am away if anyone has any questions you can contact Bianca Wheeler our Rose Lane Activities Director. I am very excited to share many pictures and visits after the baby is born. I look forward to seeing everyone in the New Year and I wish everyone a very happy holiday season.

Residents- I have left the shopping and lunch trips this month open so that you can provide suggestions on where you would like to go. Please let me know if you have ideas!!!!

Please join us for our Annual Family and Friends Christmas Party on **Thursday, December 1st from 4:30-6:30!** We look forward to seeing you there!
~Kailey

Trip with Nicole

"It's the most wonderful time of the year!" December is not only a time to be joyful but also the month we take my favorite trip each year! This month we will be going on our annual trip to Lake Lanier's Magical Nights of Lights! Please be sure to sign up so that you do not miss out on the true magic you not only see but feel when you drive through the scenic drive of lights. We will enjoy the magic while listening to Christmas music and drinking hot chocolate! Doesn't get much better than that!



Good Friends Make Great Neighbors

Did you know that if you refer a friend or family member to experience what you love about your home, you will receive \$1500?!

How it works: You make the referral, we move them in! Once the referred Resident has lived at Bentley for 30 days you get a check!

See Regina for details!

December Birthdays

Carolyn Moon 12-04

Billy Wilbanks 12-7

Billie Bryant 12-9

Sal Liotta 12-12

Ann Overton 12-14

Naomi Carlson 12-17

Josh Davis 12-18

Megan Carney 12-18

Karlie Behlmann 12-23

Chris Nation 12-24

Nicole Dumas 12-2

News from Rose Lane

We are so excited that Christmas is just around the corner! Because the weather is now cooler we are going to make sure that we schedule more bus trips to get everyone out and about! We even have a trip planned to go and enjoy all of the Christmas lights one evening! This time of year is always so much fun so are going to make sure that we make the most of it and enjoy every second!

Healthy Holidays

While the holiday season is a time of joy, peace, spiritual renewal and revitalization celebrated with family and friends, it can also present us with many obstacles to maintaining a healthy lifestyle. The biggest obstacle for many of us is the food that can be in abundance. With conditions like diabetes, arthritis, memory decline, heart disease and many others, food can stress our bodies. That is the bad news. The good news is that food can be a powerful positive in our lives and health. Eating healthy over the holidays may seem impossible, but scientific evidence has shown that by applying some simple strategies, we can avoid pitfalls and still enjoy the holidays.

- Limit intake of alcohol
- Limit or omit sugar and all artificial sweeteners.
- Opt for fresh fruit for dessert instead, such as **angel food cake topped with fresh berries instead of fruitcake**
- Substitute sweet potatoes for white potatoes for more vitamins and nutrients
- Choose fresh or frozen vegetables instead of canned when possible
- Exercise regularly

By practicing some of these tricks, you will be on your way towards enjoying a healthy and happy season.

Merry Christmas and Happy Holidays!

-Regina

We are extremely excited to welcome our new Residents to Bentley Assisted Living!

In November we welcomed

*Freda Bittle
Louella Bullock
Charles Johnston*



Merry Christmas Everyone!!!

Thank you all for your patience with the new billing system. I hope that from this point forward the invoices will continue to be sent in a timely fashion and will appear easy to understand. If you have any questions about the statements you are receiving please do not hesitate to email, call or pop in to see me.

I hope that you all have a wonderful and very blessed Holiday Season.

-Karlie

Wellness Corner

Just a reminder that Encompass, formerly CareSouth onsite Outpatient therapy service, is up and running. The clinic is conveniently located on the first floor across from the front desk and it is well-equipped to provide a variety of therapeutic exercise interventions, as well as pain management modalities including heat, cold, ultrasound and/or electrical muscle stimulation. We employ the most current treatment approaches in order to ensure optimal patient involvement and outcomes. Our Encompass, RN is onsite the first Wednesday of each month for a free blood pressure clinic.

If you or your family member is interested in learning more about receiving Medicare Part B certified services, please feel free to contact Sonya Vaughn, M.S. P.T. We are looking forward to being an onsite health and wellness resource for the staff and residents of Bentley Assisted Living at Northminster.