

News from Home

SEPTEMBER 2016

Bentley Assisted Living* 50 Sumner Way* Jefferson, GA 30549* 706-387-7000

What's Cookin' with Nelson Italian Wedding Soup

Ingredients:

- 1 pound extra-lean ground beef
- 2 eggs, beaten
- ¼ cup dried bread crumbs
- 2 tablespoons grated Parmesan Cheese
- 1 teaspoon dried Italian seasoning
- ¼ cup slices celery
- ½ cup small diced carrots
- 3 tablespoons minced onion
- 2 ½ quarts chicken broth
- 2 cups spinach-packed, rinsed and thinly sliced
- 1 cup Ditalini pasta (small)

Directions:

- In a medium bowl, combine the beef, egg, bread crumbs, cheese, Italian seasoning, and onion. Shape mixture into ½ inch balls and set aside.
- In a large stockpot heat chicken broth to boiling; stir in spinach, pasta, carrot, and meatballs. Return to boil; reduce heat to medium. Cook, stirring frequently, at a slow boil for 10 minutes or until pasta is al dente, and meatballs are no longer pink inside. Serve hot with Parmesan cheese sprinkled on top.



September Birthdays

- Ashley Blackard 9-3
- Sue Ellen Sanders 9-07
- Thelma Goss 9-13
- Liz Long 9-14
- CJ Hall 9-20
- Bianca Wheeler 9-20
- Paul Wyatt 9-26
- Bonnie McElrae 9-30

Happy Birthday!!!



Administration

Nicole Dumas
Executive Director, Ext. 1144

Karlie Behlmann,
Business Manager, 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

Tamara Coward, LPN
Rose Lane Director, Ext. 1298

Chrystal Edwards, LPN
Health Services Director, Ext. 1140

Regina Lee
Director of Community Relations,
Ext. 1138



September Events

I am so excited that fall will be arriving this month. I am ready to enjoy the cooler temperatures as well as the changing colors of the leaves. Fall is one of my favorite times of year, and I can't wait to share this fall spending time with the Residents. I learn something new from them every day and it is truly a blessing to be able to work with them on a daily basis.

I hope that everyone will take part in our fundraisers to help raise money for the 2016 Alzheimer's Association Memory Walk. This event is something that is near and dear to all of our hearts here at Bentley and any amount of participation is greatly appreciated! This month we will be celebrating National Assisted Living Week September 11th-17th with the theme of "Keep Connected". The meaning behind this is to get seniors more connected with developing technology as well as staying social with the community. Check out our monthly calendar to see the fun things we will be doing to take part in keeping connected!

Walk to End Alzheimer's

Every year Bentley Assisted Living participates in the Athens Walk To End Alzheimer's. We do several fundraisers to help raise awareness and money!

The Alzheimer's Association is the largest nonprofit voluntary health organization dedicated to accelerating the progress in prevention, cure and living with Alzheimer's disease. Only 6% of proceeds go towards administrative needs. 78% goes towards Alzheimer's care, support, research, awareness and advocacy, and 16% goes to fundraising.

At Bentley we are committed to raising awareness and funds in the fight against the nation's sixth-leading cause of death. The end of Alzheimer's starts with us- and we need you to help! You can donate to individual walkers or to the team by visiting https://act.alz.org/site/SPageServer/?page_name=walk_homepage and Find Your Walk- we are walking in Athens, GA. You can also visit our Facebook page for the link or donate at Bentley and specify your walker. Nicole, Kailey, or Bianca will be more than happy to help you! You can e-mail Nicole at ndumas@bentleyassistedliving.com for more information or with any questions.

This month we will be raising money and awareness through our annual Bentley Assisted Living Walk To End Alzheimer's t-shirt sell. We will be taking orders all month! The t-shirts are \$12 each and can be ordered at the front desk.

Thank you to everyone who ordered doughnuts for our August fundraiser!

**Fundraising Efforts to date:
Team Bentley has raised
\$1000 towards our goal for
2016!**

Trip with Nicole

This month we will be visiting The Greenhouses at UGA with Matt Pieper. The Department of Plant Biology maintains seven greenhouses! The greenhouses support both research and teaching activities. The greenhouse facility maintains diverse collections of tropical plants, cacti, and succulents, seedless vascular plants, cycads, carnivorous plants, and orchids. The department has 13 reach-in and step-in growth chambers. We are so excited to see and learn about what Matt works with daily and hear him tell us all about the plant biology!

- Nicole

This Years Walk to End Alzheimer's T-shirt



Time is flying by as we head into fall. I am hoping all the rain we have had in the last few months will mean a spectacular fall color display when our trees begin to change. Fall brings excitement and time together with family. Moderate temperatures and all our fun fall activities mean it's also a great time to move! If you have a friend you think would enjoy all the wonderful things Bentley has to offer, I hope you will give them my number. I'd be delighted to host you and your friend for a special lunch in the private dining room and a private tour. My direct line is 706-387-1138. Happy Fall Y'all!~ Regina

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!

Congratulations to Rachel Roach, Bentley's Employee of the Month!

Rachel has been a valuable part of the Bentley family since January 2006! We are all truly blessed to have Rachel and to be able to enjoy her cooking for the past 10 years!

Thank you, Rachel, for all that you do! We truly appreciate you!



Take time to get outside and get moving! As the leaves begin to change it is a great time to change unhealthy eating and exercise habits. Take a healthy stroll outside and enjoy the beautiful weather coming our way! We will be doing several outside activities in this and the coming months to take advantage of the cooler temperatures.
~Bianca