

B BENTLEY COMMONS AT PARAGON VILLAGE

A Premier Senior Living Community

427 US Highway 46 E • Hackettstown, NJ 07840 • (908) 498-0122



Protect Yourself and Others During Cold Season!

Cold and flu season is among us and our staff is very conscious of the “dos and don’ts” of keeping germs at bay! Use these tips to keep yourself and your family members healthy, too!

Some simple things to remember:

- Avoid close contact
- Stay home when you are sick
- Cover your mouth and nose
- Wash your hands frequently
- Avoid touching your eyes, nose or mouth

Also, make sure to practice other good health habits:

- Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

If you have any questions, please do not hesitate to contact me!

- Shri Babu, Wellness Director

Feb/Mar/Apr 2016

Message From Our Executive Director

My name is Allison Kuiken, and I am the Regional Director of Operations for Kaplan Development Group, and Executive Director at the Bentley at Branchville.

You may or may not already know that Kim Polachek is no longer at Bentley Commons at Paragon Village.

I will be here at the facility as the interim Executive Director until May, when the new Executive Director, Francesca McKernan, will assume the responsibilities here as the Executive Director.

I hope you have been able to stop in to our independent and assisted living facilities to see all of the changes that have been made. If you have not had a chance to do so, please mark your calendars and join us for our events when possible. I can assure you that a good time is always had by all!

Our activity calendars for our independent, assisted and memory care accommodations are posted on our website:

www.BentleyatParagonVillage.com

Thank you for choosing Bentley Commons at Paragon Village. *Did you know that current residents and their family members are eligible for our attractive referral incentive program?* If a permanent resident is referred (and they live here a minimum of 60 days), a \$1,500.00 bonus is awarded as our THANKS to you! RESIDENTS AND FAMILY MEMBERS are our best form of advertising! Inquire with our Colleen Baxter, Maggie Garatty or Allison Kuiken for details.

Please don't hesitate to contact me if you have any questions or concerns. Stay safe and warm this winter.

Sincerely,
Allison

Meet Our Management Team!

Regional Director of Operations

Interim Executive Director
Allison Kuiken

Incoming Executive Director

Francesca McKernan

Wellness Director

Shri Babu, RN, WCS

Directors of Community Relations

Colleen Baxter

Maggie Garatty

Activities Director

Joan Cummins

Housekeeping Director

Erin Dacey

Rose Lane Coordinator

Margaret Kaliczynski

Business Office Manager

Kim Neff

Food Service Director

Manny Rodriguez

Facilities Director

Dan Poulter



In Honor of Our First President

Towering above the nation's capital as a tribute to the first president of the United States, the Washington Monument is one of America's most recognized landmarks.

Plans for a structure honoring George Washington began before he even became president: In 1783, the Continental Congress voted to erect a statue of Washington commemorating his leadership of the American army during the Revolutionary War. But Washington himself canceled the project after he took office, unwilling to spend federal funds on his own memorial.

In 1833, the Washington National Monument Society revived the idea and raised private donations. Construction began in 1848, but a dwindling budget and the Civil War interrupted its progress. The project was resumed again in 1879, and the monument was officially dedicated on Feb. 21, 1885, one day before Washington's birthday.

Designed by architect Robert Mills, the Egyptian obelisk-inspired monument is 555 feet, 5 1/8 inches tall.

Chinese Food Favorites

Americans have been eating Chinese food since the days of the California Gold Rush, when the first Chinese immigrants came to the U.S. Once considered exotic, today there are more than 40,000 Chinese restaurants that serve a buffet of menu favorites.

General Tso's chicken. Surveys say this staple is the most popular offering on Chinese restaurant menus across the country. The sweet and spicy chicken dish is said to be named for Gen. Tso, a hero of the Qing dynasty in the 1800s.

Fried rice. Rice is a customary element of Chinese meals. Combining it with bits of meat, egg and vegetables can be traced as far back as the year 600 to the eastern city of Yangzhou.

Egg rolls. These appetizers are based on traditional Chinese spring rolls, which are small and light, with ingredients inside a translucent wrapper. American egg rolls are larger, with a thicker dough wrapper.

Chop suey. In the early 1900s, chop suey houses were a huge fad in the U.S. The name of this dish—a mixture of various meats and vegetables—translates to "odds and ends."

Fortune cookies. This crunchy vanilla cookie with a printed fortune inside is actually based on a cookie from Japan. It was first made popular by restaurants in California around the early 1900s.

Tea and Krumpets!



Our Rose Lane Memory Care weekly club, "Kitchen Kreations," prepared peach cobbler in the morning and later that day enjoyed it at "Afternoon Tea."

Participating in activities such as these promote opportunities for creative expression and socialization. They also bring back fond memories of past experiences with loved ones.

Our Rose Lane staff incorporate activities that make each resident feel personally special. Families are encouraged

to share stories with staff so that they can remind our seniors of memorable days gone by.

Live entertainment, movie matinees and soap and lotion making are some of the regular activities on the calendar. Other fun things that residents love in Rose Lane are "mocktail" parties and games to keep their minds active, such as matching games, a grocery store game and name that tune! Crafts are always a hit in Rose Lane!

Come see what our Rose Lane neighborhood has going on today!

- Margaret Kaliczynski, Rose Lane Coordinator



Get Up to Speed on NASCAR

Once a sport that began on country back roads, NASCAR has hit the fast lane in terms of popularity. NASCAR, which stands for National Association for Stock Car Auto Racing, is now the No. 1 spectator sport in the country and a business that earns billions of dollars each year.

Stock car racing traces its history back to the days of Prohibition, when drivers who

ran moonshine transported their illegal product using cars they had modified to increase not only cargo space, but also speed in order to outrun police. When Prohibition ended, many drivers—especially those in the rural South—continued racing for profit and entertainment.

In 1947, Bill France Sr., a former driver and race promoter in Daytona Beach, Fla., gathered the racing community to discuss the idea of a governing body, and NASCAR was born a year later. Its first sanctioned race was held Feb. 15, 1948.

NASCAR's biggest race is the Daytona 500, which always begins the nine-month racing season each February.

Wit & Wisdom

"Good night, good night!
Parting is such sweet sorrow,
that I shall say good night till it
be morrow."
—William Shakespeare

"It is the sweet, simple things of
life which are the real ones
after all."
—Laura Ingalls Wilder

"Love planted a rose, and the
world turned sweet."
—Katharine Lee Bates

"A poet is a nightingale,
who sits in darkness and sings to
cheer its own solitude with
sweet sounds."
—Percy Bysshe Shelley

"That it will never come again is
what makes life sweet."
—Emily Dickinson

"The love of learning, the
sequestered nooks,
And all the sweet serenity
of books."
—Henry Wadsworth Longfellow

"Sometimes I'm so sweet even
I can't stand it."
—Julie Andrews

"Life is one grand, sweet song,
so start the music."
—Ronald Reagan

"No, there's nothing half so
sweet in life as love's
young dream."
—Thomas Moore



Advertising Icons

Created to sell everything from tires and cereal to fast food and insurance, corporate mascots can not only affect product sales, but also impact pop culture. Here are some of the most iconic characters in ad history.

<u>Year</u>	<u>Mascot</u>	<u>Company/Product</u>
1898	The Michelin Man	Michelin tires
1916	Mr. Peanut	Planters peanuts
1928	The Green Giant	Green Giant canned vegetables
1939	Elsie the Cow	Borden dairy products
1951	Tony the Tiger	Kellogg's Frosted Flakes
1963	Ronald McDonald	McDonald's restaurants
1965	Poppin' Fresh Doughboy	Pillsbury foods
1989	Energizer Bunny	Energizer batteries
1997	Gidget the Chihuahua	Taco Bell restaurants
2000	Gecko	Geico insurance

What's Happening?



FEBRUARY:

- 2/4 - Gentle Jazz Concert, 2:30 pm Independent Living Activity Center
- 2/13 - Valentine's Chocolate Making Class, 1:30 pm Assisted Living, 3rd Fl Activity Center

MARCH:

- 3/23 - Irish Celtic Party w/ Narrow Escape Band, 1:30 pm Independent Living Activity Center

APRIL:

- 4/2 - Stone Soup Symphony Flute & Piano Recital, 11 am Assisted Living Lobby
- 4/6 - The Great American Songbook Concert w/ Carol Erickson Independent Living Activity Center
- 4/15 - Volunteer Appreciation Celebration w/ Glen Kakowski Assisted Living Dining Room