Newsletter | May 2017

What's Your Relationship with Aging?

Our relationship with the aging process not only tells us important things about how we see ourselves but also about our willingness to see others of all ages as equally viable human beings.

by *Jeanette Leardi, ChangingAging Contributor*

Forgive me for stating the obvious, but it's worth noting that people have varying degrees of awareness of this fact. Some of us are conscious of the reality of getting older on an almost constant basis. Others of us barely give it a thought. Most of us fall somewhere in the middle.

What's more important, perhaps, isn't how often we think about aging but rather, how we feel about it when we do. Are those thoughts positive or negative ones? Do we welcome them or try to keep them from coming to mind at all? Our relationship with the aging process not only tells us important things about how we see ourselves but also about our willingness to see others of all ages as equally viable human beings.

And so, the question arises: What's your relationship with aging? We ask the question in this way because living with aging is analogous to having a relationship with another person, which can be described in one of four ways.

Aging as an "enemy": People who experience aging in combative terms are doing so from a place of fear. To them, getting older means becoming more vulnerable to inevitable degeneration and decline. It's a threat they struggle to defeat despite the reality that aging is a natural process of life. Nevertheless, they do all that they can to hold aging at bay for as long as possible by using such weapons as Botox, hair dye, and suspect nutritional supplements.

Aging as a "stranger": People who treat aging as a stranger are basically in denial about the fact that they are getting older. Aging takes on the veneer of unfamiliarity, of being foreign to one's personal experience. "Who me?" they say. "No way! I'm not old." Of course, this reaction is based on the same kind of fear with which one confronts an enemy, only the tactic is more one of flight rather than fight.

Aging as a "neighbor": Many people treat aging in the same way that they might tolerate an unpleasant next door neighbor whom they occasionally feel obligated to acknowledge. They deal with their aches and pains as inevitable latter-years symptoms and stoically endure experiences of ageism, all the while failing to perceive any advantages to getting older.

Aging as a "friend": This kind of relationship is characterized by meaningful engagement. Like any friendship, aging can be sometimes challenging and problematic but also deeply rewarding in the many experiences and insights it brings. People who treat the aging process as a valued friend mindfully seek to nurture it and defend its honor and dignity. They stand up to ageism just as they would to a bully who is pushing their friend around. And they look forward to more years of such a fulfilling relationship.

It's easy to see that each of us not only falls somewhere along this enemy-stranger-neighbor-friend spectrum, but that during the course of our lives we often journey from one type of relationship with aging to another.

Our relationship with aging can remain as a loving friendship throughout our lives when we understand that it's a cumulative experience that provides us with an ever-changing variety of psychological and spiritual gifts — if we are open to anticipating and accepting them.

So I ask again: What's *your* relationship with aging?

If you've had a falling out somewhere along the line, maybe it's time to reconcile.

ACTIVITY HIGHLIGHT

Spring is on the Green!

We are so excited to finally be using our new putting Green!!

Resident Midge Cook has been a regular on it & offers instruction for those interested!!

Resident Of The MONTH

Victor Farina

Victor Farina is a first generation American whose family came from Naples, Italy. He was born in Newark , NJ on January 8, 1919

He worked in banking, real estate and the family wine business. Music has always been a part of his life, being an accomplished violinist & pianist.

He served in the Army during WW2. Married the love of his life, Teresa Melillo, on April 4,1948. They have 2 daughters & 4 grandchildren.

Despite his total blindness, Victor still enjoys playing piano during Happy Hour, attending Bible Study & helping with weekly bingo at the Knights of Columbus.

He & his wife Teresa have resided for 7 years in our independent living community.

Save the Date

Events in Coming Months

Wednesday, May 10th :

Gentle Jazz Concert

Time : 2:00 pm

Thursday, May 18th :

Dementia Support Group

Time : 5:30 pm

Wednesday, June 7th :

Willow School Choir & Piano Concert

Time : 9:30 am

Saturday, June 24th :

Annual Classic Car Show with grill off, beer garden & pet adoption

Time : 11 am – 2 pm

Residents Birthdays:

Milton "Mac" McWilliams	May 2nd
Muriel Parks	May 4th
Maria Magliaro	May 5th
Lillian Tukel	May 5th
John Klucharis	May 6th
Virgil Crist	May 11th
Don Hoag	May 11th
Barbara Mastropolo	May 15th
Chris Killian	May 15th
Lillian Wolfe	May 22nd

Welcoming our new Department Heads!

Wellness Director : Joanne Caldiero, R.N.

Business Office Manager : Lori Bertholf

Community Relations : Janel Doherty

Congratulations to **Tiffany Dominguez** on her promotion to Nursing Supervisor

Staff Directory of DEPARTMENT HEADS

Regional Director of Operations
Allison Kuiken
akuiken@Kapdev.com

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Bentley Commons at Paragon Village

A Premier Senior Living Community

May 2017

Bentley Commons at Paragon Village Warren Hall

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:15 Nice to See You 10:00 Sunshine Club 11:30 Fit Xpress 1:30 Bingo w Kristi 3:30 Let's Go A-Maying 4:30 Bizarre Foods TV Happy May Day	2 9:15 Morning Greeting 10:00 Sunshine Club 11:30 Whoga 1:30 Walmart 1:30 Bingo 3:30 travel tuesday 4:30 Amazing Travels 6:30 Blackjack w Charlie	3 9:15 Happy Hump Day 10:00 Sunshine Club 11:00 Communion 11:30 Shake it up 2:00 Movie Matinee 4:15When Pictures Tell a Story	4 9:15 Meet & Greet 10:00 Sunshine Club 10:45 Prayer Group w Trish 11:30 Stronger Seniors 1:30 Bingo w Kristi 3:30 LCR 4:30 Smithsonian Secrets 6:30 Blackjack w Charlie	5 9:15 Nice to See You 10:00 Sunshine Club 11:30 Healthy Living 12:00 In House Lunch Bunch Taco Bell 1:30 Bingo 3:30 Let's Celebrate Cinco de Mayo! Cinco de Mayo	6 9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 Run for the Roses 6:00 Kentucky Derby NBC
7 10:00 Reminisce & Current Events 11:15 Move & Groove 1:30 Sunday Matinee 3:45 An Introduction to Tokyo Tokyo Japan	8 9:15 Nice to See You 10:00 Sunshine Club 11:30 Fit Xpress 1:30 Bingo w Kristi 3:30 Word games 4:30 Bizarre Foods TV	9 9:15 Morning Greeting 10:00 Sunshine Club 11:30 Whoga 1:30 Bingo 3:30 Got Art? *Japanese Cherry Blossoms Painting* 4:30 Amazing Travels 6:30 Blackjack w Charlie	10 9:15 Happy Hump Day 10:00 Sunshine Club 10:30 Mass w Father Antionio 11:30 Shake it up 2:00 Movie Matinee 4:15 Motherly Humor	11 9:15 Meet & Greet 10:00 Sunshine Club 10:45 Prayer Group w Trish 11:30 Stronger Seniors 11:30 Lunch Bunch "Fujiyama" 1:30 Bingo 3:30 Mothers Day Corsages With Josephine 4:30 Smithsonian Secrets 6:30 Blackjack w Charlie	12 9:15 Nice to See You 10:00 Sunshine Club 11:30 Healthy Living 1:30 Bingo 3:30 Celebrating MOTHER'S DAY With Jimmy Winfeld 4:30 Discover Wildlife TV	13 R 9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 Word Mining
14 10:00 Reminisce & Current Events 11:15 Move & Groove 1:30 Mothers Day Social 2:30 Mothers Day Matinee *"Mothers Day"* 4:15 Mothers of Invention happy MOTHER'S day	15 9:15 Nice to See You 10:00 Sunshine Club 11:30 Fit Xpress 2:00 Destinations w Paul Japan 3:30 Discover Japan 4:30 Bizarre Foods TV	16 9:15 Morning Greeting 10:00 Sunshine Club 11:30 Whoga 1:30 Bingo 3:30 Ch?-Han Japanese Dice Game 4:30 Amazing Travels 6:30 Blackjack w Charlie	17 9:15 Happy Hump Day 10:00 Sunshine Club 11:00 Communion 11:30 Shake it up 2:00 Movie Matinee 4:15 A Rose for Tokyo	18 9:15 Meet & Greet 10:00 Sunshine Club 10:45 Prayer Group w Trish 11:30 Stronger Seniors 1:30 Bingo w Kristi 3:30 Crafters Cove Japanese Fans 4:30 Smithsonian Secrets 6:30 Blackjack w Charlie	19 9:15 Nice to See You 10:00 Sunshine Club 11:30 Healthy Living 1:30 Bingo 3:30 "Growing" a Desktop Zen Garden 4:30 Discover Wildlife TV	20 C 9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 Celebrating Armed Forces Day Salute the Armed Forces Armed Forces Day
21 10:00 Reminisce & Current Events 11:15 Move & Groove 1:30 Sunday Matinee 3:45 Getting to Know You: The Japanese People and Their Culture	22 9:15 Nice to See You 10:00 Sunshine Club 11:30 Fit Xpress 1:30 Bingo w Kristi 3:30 5 in a Row Card Game 4:30 Bizarre Foods TV	23 9:15 Morning Greeting 10:00 Sunshine Club 11:30 Whoga 1:30 Bingo 3:30 Deal or No Deal 4:30 Amazing Travels 6:30 Blackjack w Charlie	24 9:15 Happy Hump Day 10:00 Sunshine Club 11:00 Communion 11:30 Shake it up 2:00 Movie Matinee 4:15 Flower Mart Adventure	25 9:15 Meet & Greet 10:00 Sunshine Club 10:45 Prayer Group w Trish 11:30 Stronger Seniors 1:30 Bingo w Kristi 3:30 Resident Council 4:00 Family Feud 4:30 Smithsonian Secrets 6:30 Blackjack w Charlie	26 9:15 Nice to See You 10:00 Sunshine Club 11:30 Healthy Living 1:30 Bingo 3:30 entertainment With Jeff Dunston 4:30 Discover Wildlife TV	27 R 9:15 Meet & Greet 10:00 Sunshine Club 11:15 Fittersitters 1:30 Bingo 3:30 WilSports Club Bowling First Day of Ramadan
28 10:00 Reminisce & Current Events 11:15 Move & Groove 1:30 Sunday Matinee 3:45 Secret Language of Fans	29 9:15 Nice to See You 10:00 Sunshine Club 11:30 Fit Xpress 1:30 Bingo w Kristi 3:30 Remembering Courage, Honoring Sacrifice 4:30 Bizarre Foods TV Memorial Day	30 9:15 Morning Greeting 10:00 Sunshine Club 11:30 Whoga 1:30 Bingo 3:15 House Warming Social 3:45 Pasta Ante 4:30 Amazing Travels 6:30 Blackjack w Charlie	31 9:15 Happy Hump Day 10:00 Sunshine Club 11:00 Communion 11:30 Shake it up 2:00 Movie Matinee 4:15 About Shavuot First Day of Shavuot		Happy Birthday 5th Maria Migliaro 11th Virgil Crist	

Bob's Doo Drop Inn Store Hours
Monday 10-2 Thursday 2-4

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Study: Daily Consumption of Tea Protects the Elderly from Cognitive Decline

Tea drinking reduces the risk of cognitive impairment in older persons by 50 per cent and as much as 86 per cent for those who are genetically at risk of Alzheimer's, according to the NUS study

By National University of Singapore

A study led by assistant professor Feng Lei from NUS Yong Loo Lin School of Medicine has found that regular consumption of tea lowers the risk of cognitive decline in the elderly, and this is especially so for APOE e4 gene carriers who are genetically at risk of developing Alzheimer's disease.

A cup of tea a day can keep dementia away, and this is especially so for those who are genetically predisposed to the debilitating disease..

The longitudinal study involving 957 Chinese seniors aged 55 years or older has found that regular consumption of tea lowers the risk of cognitive decline in the elderly by 50 percent, while APOE e4 gene carriers who are genetically at risk of developing Alzheimer's disease may experience a reduction in cognitive impairment risk by as much as 86 per cent.

The research team also discovered that the neuroprotective role of tea consumption on cognitive function is not limited to a particular type of tea—so long as the tea is brewed from tea leaves, such as green, black, or oolong tea.

"While the study was conducted on Chinese elderly, the results could apply to other races as well. Our findings have important implications for dementia prevention. Despite high quality drug trials, effective pharmacological therapy for neurocognitive disorders such as dementia remains elusive and current prevention strategies are far from satisfactory. Tea is one of the most widely consumed beverages in the world. The data from our study suggests that a simple and inexpensive lifestyle measure such as daily tea drinking can reduce a person's risk of developing neurocognitive disorders in late life," explained Feng.

He added, "Based on current knowledge, this long term benefit of tea consumption is due to the bioactive compounds in tea leaves, such as catechins, theaflavins, thearubigins and L-theanine. These compounds exhibit anti-inflammatory and antioxidant potential and other bioactive properties that may protect the brain from vascular damage and neurodegeneration. Our understanding of the detailed biological mechanisms is still very limited so we do need more research to find out definitive answers."

BENTLEY COMMONS AT PARAGON VILLAGE
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