



Bentley Manor

Assisted Living Community

Enjoying Life - Enriching Lives - Living Well

3344 Forest Ln. • Dallas, TX 75234 • P: (972) 247-2266 • F: (972) 620-0514

www.seniorlivinginstyle.com

April 2009



Robin Payne Administrator
Keosha Jones Assistant Administrator
Daniel Jingwa Dir. of Health Services
Nikki Paxton Asst. Dir. of Health Svcs.
Stephone Williams Facility Chef
Enrique Hernandez Maintenance
Ervina Maytubby Activity Coordinator
Robert Bennett Community Relations
Melissa Meyers Head Housekeeper

Mission Statement

At Bentley Manor Assisted Living, our caring concern for our residents is the foundation that leads to outstanding resident services.

As contributing members of this community, what is most important is that:

We love our residents.

Enjoy
Spring



Good Info

Know Your Lingo

Jeanius
 \gene-ee-us\ noun
 Someone who thinks he/she is a fashion expert when it comes to jeans.

Example sentence:
 She must be a jeanius because those are some of the best-looking jeans on the market.

Language Lesson

English: The water is too cold for swimming.

Spanish: El agua es demasiado frio para nadar.

“A man on tiptoe can’t walk easily. The man who strides on ahead is bound to tire. The kind of person who always insists on his way of seeing things can never learn anything from anyone.”

—Tao Te Ching,
 Chapter 24



“The most remarkable thing about my mother is that, for 30 years, she served the family nothing but leftovers. The original meal has never been found.”—*Calvin Trillin*

“I want my children to have all the things I couldn’t afford. Then I want to move in with them.”

—*Phyllis Diller*

“Mothers all want their sons to grow up to be president, but they don’t want them to become politicians in the process.”

—*John F. Kennedy*

“All women become like their mothers. That is their tragedy. No man does. That’s his.”

—*Oscar Wilde*

“The best way to keep children home is to make the home atmosphere pleasant—and let the air out of the tires.”

—*Dorothy Parker*

“A mother is a person who, seeing there are only four pieces of pie for five people, promptly announces she never did care for pie.”—*Tenneva Jordan*



Have Fun This Month

Celebrate childhood this month, whether you’re young in age or young at heart, with these activities:

National Kite Month. More than 600 events worldwide celebrate kite flying. Aimed at children and adults alike, www.NationalKiteMonth.org offers kite-making plans and lists “fun flies” in local parks around the country, along with other useful kite information.

International Children’s Book Day (April 2). Celebrated on Hans Christian Andersen’s birthday, this day aims to foster a lifelong love of reading. Visit the library today to borrow some classic children’s books.

Global Youth Service Days (April 24-26). During the world’s largest volunteer event, more than 3 million American youth will turn out in more than 3,000 communities to give back. To get more information, check out www.YSA.org.

Bugs Bunny’s Debut (April 30). Did you know Bugs Bunny’s loud carrot chewing was based on Clark Gable’s character in the movie “It Happened One Night”? Catch up on your Bugs Bunny trivia today to celebrate his 1938 debut.

Wit & Wisdom

Transportation

Wednesdays

Transportation

Begins at 9:30 a.m.
For doctors' appointments, bank runs, pharmacy and cleaners.

Thursdays

Transportation

Begins at 9:30 a.m.
For doctors' appointments only.



Celebrating 39 Years

The first Earth Day was held April 22, 1970.

Put Aside Your Differences

Reconciliation Day, April 2, is an opportunity to forgive and forget.

Put Your Feet Up

Relax on April 7— it's No Housework Day.

April Is National Frog Month

Jump over to www.AllAboutFrogs.org.

Meat and Potatoes

A juicy steak with a baked spud has gotten pricey over the years. Compare the costs of meats and starches in 1924 vs. 2008.

| Item | Average Cost | 1924 | 2008 |
|--------------------------|--------------|--------|--------|
| Sirloin steak, per pound | | \$0.41 | \$5.99 |
| Sliced bacon, per pound | | \$0.43 | \$2.99 |
| Leg of lamb, per pound | | \$0.36 | \$8.99 |
| Game hen, per pound | | \$0.35 | \$2.99 |
| Rice, per pound | | \$0.11 | \$1.40 |
| Macaroni, per pound | | \$0.18 | \$0.99 |
| Potatoes, per pound | | \$0.03 | \$0.69 |
| Navy beans, per pound | | \$0.10 | \$1.29 |

Data compiled from the U.S. Department of Labor's Bureau of Labor Statistics and "The 1926 Chicago Daily News Almanac." Prices are U.S. city averages from 1924 and 2008, rounded to the nearest cent.

"Then & Now"

A Tale of Two Teas

Tea was discovered in China more than 5,000 years ago when, according to legend, leaves from a bush fell into an emperor's hot-water mug. Tea didn't make it to America until 1650, when Portuguese traders left some with Dutch colonists in New Amsterdam (New York).

In 1904, at the St. Louis World's Fair, a tea plantation owner attempted to give out samples of hot tea. A heat wave, however, made hot tea unappealing, so he filtered it through cooled pipes. "Iced" tea (ice was still a rarity), which was already popular in the south, became a hit around the country.

Green tea punches, spiked with alcohol, were common in Southern cookbooks as early as the mid-1800s. As for "sweet" tea, some believe it gained popularity in the south after the Civil War and during Prohibition, when increased poverty and the ban on alcohol resulted in the inexpensive combination of tea, sugar and water.





Encompass donates a beautiful and delicious birthday cake every month, not to mention all of the help they offer throughout the month.



Carol at the Piano



Birthday Pianist

Resident Birthdays

- Josephine Newlin 4-8
- Gladys Turner 4-9
- Roberta Welther 4-22
- Robert Young 4-22

Employee Birthdays

- 4-14 Rosemary Archer
- 4-15 Mwansa Kunda



| Sunday | Monday | Tuesday |
|---|--|--|
| | | Resident Council Meeting will be held on the 2nd Monday of every Month at 2 p.m. Food Service Meeting will be held on the 4th Monday of every Month at 2 p.m. |
| 5 | 6 | 7 |
| 9:45 Church Service, Tv 10:45 Puzzle Place, AR2 1:30 Ice Cream Social, AR2 1:45 Activity Updates, AR2 2:30 Bingo w/ Tonya, AR2 2:45 Chicken Foot, Library 4:00 Playing the Hits, AR2 4:30 Listening Ear Room Visits 6:30 Blockbuster Night, TV | 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 10:45 What's in a Word, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, L 2:00 Player Piano 3:30 Weight & Thera-Band 6:30 Blockbuster Night, TV | 9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Catholic Communion 11:00 Connect Four, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Walk & Talk 6:30 Blockbuster Night, TV |
| Easter 12 | 13 | 14 |
| 9:45 Church Service, Tv 10:45 Puzzle Place, AR2 1:30 Ice Cream Social, AR2 1:45 Activity Updates, AR2 2:00 Bingo w/ Maria, AR2 2:45 Chicken Foot, Library 4:00 Playing the Hits, AR2 4:30 Listening Ear Room Visits 6:30 Blockbuster Night, TV | 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 10:45 What's in a Word, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, L 2:00 Player Piano 3:30 Weight & Thera-Band 6:30 Blockbuster Night, TV | 9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Catholic Communion 11:00 Connect Four, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Walk & Talk 6:30 Blockbuster Night, TV |
| 19 | 20 | 21 |
| 9:45 Church Service, Tv 10:45 Puzzle Place, AR2 1:30 Ice Cream Social, AR2 1:45 Activity Updates, AR2 2:00 Bingo w/ Maria, AR2 2:30 Heart of Texas Dogs, AR2 and Room Visits 2:45 Chicken Foot, Library 4:00 Playing the Hits, AR2 4:30 Listening Ear Room Visits 6:30 Blockbuster Night, TV | 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 10:45 What's in a Word, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, L 2:00 Player Piano 3:30 Weight & Thera-Band 6:30 Blockbuster Night, TV | 9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Catholic Communion 11:00 Connect Four, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Walk & Talk 6:30 Blockbuster Night, TV |
| 26 | 27 | 28 |
| 9:45 Church Service, Tv 10:45 Puzzle Place, AR2 1:30 Ice Cream Social, AR2 1:45 Activity Updates, AR2 2:45 Chicken Foot, Library 4:00 Playing the Hits, AR2 4:30 Listening Ear Room Visits 6:30 Blockbuster Night, TV | 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 10:45 What's in a Word, AR2 12:00 Birthday Lunch , DR 2:00 Chicken Foot, L 2:00 Player Piano 3:30 Weight & Thera-Band 6:30 Blockbuster Night, TV | 9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Catholic Communion 11:00 Connect Four, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Ervina, AR2 2:00 Chicken Foot, L 3:30 Walk & Talk 6:30 Blockbuster Night, TV |

Wednesday

Thursday

Friday

Saturday

| | | | |
|--|--|--|--|
| <p>1</p>  | <p>2</p> <p>9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Crosswords, AR2 11:00 Connect Four, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Tammy, AR2 2:00 Chicken Foot, L 3:30 Creativity Corner, AR2 6:30 Blockbuster Night, TV</p> | <p>3</p> <p>9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Arts & Crafts, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Chicken Foot, Lib. 2:00 Hand Works, L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies</p> | <p>4</p> <p>9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 10:45 Reflections, TV 11:00 Cycling, WR 2:00 Dart Ball, WR 2:00 Hand Works, L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies</p> |
| <p>8</p> <p>9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 11:00 You be the Judge, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, Library 2:00 Small Bites AR2 3:30 Weight & Thera-Band 7:00 Bible Study, TV</p> | <p>9</p> <p>9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Crosswords, AR2 11:00 Connect Four, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Tammy, AR2 2:00 Chicken Foot, L 3:30 Nails & Cards, AR2 6:30 Blockbuster Night, TV</p> | <p>10</p> <p>9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Arts & Crafts, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Chicken Foot, Lib. 2:00 Hand Works, L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies</p> | <p>11</p> <p>9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 10:45 Reflections, TV 11:00 Cycling, WR 2:00 Dart Ball, WR 2:00 Hand Works, L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies</p> |
| <p>15</p>  <p>TAX DAY</p> | <p>16</p> <p>9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Crosswords, AR2 11:00 Connect Four, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Tammy, AR2 2:00 Chicken Foot, L 3:30 Creativity Corner, AR2 6:30 Blockbuster Night, TV</p> | <p>17</p> <p>9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Arts & Crafts, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Chicken Foot, Lib. 2:00 Hand Works, L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies</p> | <p>18</p> <p>9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 10:45 Reflections, TV 11:00 Cycling, WR 2:00 Dart Ball, WR 2:00 Hand Works, L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies</p> |
| <p>22</p> <p>9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 11:00 You be the Judge, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, Library 2:00 Small Bites AR2 3:30 Weight & Thera-Band 7:00 Bible Study, TV</p> | <p>23</p> <p>9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Crosswords, AR2 11:00 Connect Four, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Tammy, AR2 2:00 Chicken Foot, L 3:30 Nails & Cards, AR2 6:30 Blockbuster Night, TV</p> | <p>24</p> <p>9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Arts & Crafts, AR2 10:30 Bridge 11:00 Cycling, WR 2:00 Chicken Foot, Lib. 2:00 Hand Works, L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies</p> | <p>25</p> <p>9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 10:45 Reflections, TV 11:00 Cycling, WR 2:00 Dart Ball, WR 2:00 Hand Works, L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies</p> |
| <p>29</p> <p>9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Bridge Club, AR2 11:00 You be the Judge, AR2 12:00 Noon Search, AR2 2:00 Chicken Foot, Library 2:00 Arts & Crafts, AR2 3:30 Weight & Thera-Band 7:00 Bible Study, TV</p> | <p>30</p> <p>9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Crosswords, AR2 11:00 Connect Four, AR2 12:00 Noon Search, AR2 2:00 Bingo w/ Tammy, AR2 2:00 Chicken Foot, L 3:30 Creativity Corner, AR2 6:30 Blockbuster Night, TV</p> | |  |

What's Popping

Happy Easter!

It's a time of rebirth and renewal. Whether you're celebrating the arrival of spring, bunnies bearing eggs or the religious significance of Easter, our staff wishes all of you a wonderful holiday.



How to Avoid Estate Taxes

Benjamin Franklin said, "In this world nothing is certain but death and taxes." There are ways to reduce the amount of your money that gets paid out to estate taxes: gifting money annually, investing in trusts, establishing family corporations, private annuities, irrevocable life insurance trusts and family limited partnerships.



Pastor Boyer and Wife

They have services on Sunday at 10 a.m., and Wednesday at 7 p.m.

Mary Lucido

Leads Communion every Tuesday.



Maria calls bingo on the 2nd and 3rd Sunday

Tanya will be our caller on the 1st Sunday of every month, when she calls, bingo will start at 2:30 p.m.



SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 4 | 8 | 3 | 9 | 5 | 2 | 1 | 7 |
| 2 | 5 | 1 | 6 | 4 | 7 | 8 | 9 | 3 |
| 7 | 9 | 3 | 1 | 8 | 2 | 4 | 5 | 6 |
| 8 | 6 | 5 | 9 | 3 | 1 | 7 | 4 | 2 |
| 3 | 2 | 9 | 7 | 6 | 4 | 5 | 8 | 1 |
| 1 | 7 | 4 | 5 | 2 | 8 | 6 | 3 | 9 |
| 5 | 1 | 2 | 8 | 7 | 3 | 9 | 6 | 4 |
| 9 | 8 | 7 | 4 | 1 | 6 | 3 | 2 | 5 |
| 4 | 3 | 6 | 2 | 5 | 9 | 1 | 7 | 8 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 4 | | | 9 | | 2 | | |
| | | | | 4 | 7 | | | 3 |
| | 9 | | | | | | 5 | |
| | 6 | 5 | 9 | | | | | 2 |
| | | | | 6 | | | | |
| 1 | | | | | 8 | 6 | 3 | |
| | 1 | | | | | | 6 | |
| 9 | | | 4 | 1 | | | | |
| | | 6 | | 5 | | | 7 | 8 |

Gratitude

Daniel Jingwa, RN and Marilyn Solomon, RN

Today, I was visited by a friend of mine, Ms. Marilyn Solomon, RN. She gave me a beautiful poem that reminded me of a lesson my father taught me years ago—to live every day with an attitude of gratitude. I enjoyed the poem so much that I thought it fitting to share it with our readers this month. Below is the poem:

Give Thanks for Everything.

Give thanks for everything you have,

For everything you receive,

And everything you are going to receive.

Never cease to give thanks,

For this positive attitude towards life—

The very act of giving thanks—

Draws the best of you,

Helps to keep your heart and mind open;

Helps to keep your awareness expanding.

The more blessings you count,

The more they increase.

What a beautiful little poem! Give thanks! That is the key to a vibrant and healthy life, full of laughter and joy.

Let's remember to give thanks, always.



Laugh Lines

Your local paper's classifieds section often offers as much humor as the comics page, such as these classic bloopers:

Lost: Small apricot poodle. Reward. Neutered. Like one of the family.

For sale: An antique desk suitable for lady with thick legs and large drawers.

For sale: A quilted high chair that can be made into a table, potty chair, rocking horse, refrigerator, spring coat, size 8 and fur collar.

For sale: Four-poster bed, 101 years old. Perfect for antique lover.



Holiday ABCs for April

F is for Fans with school spirit

I is for Ignoring pregame jitters

N is for National champion

hopefuls

A is for Assists and rebounds

L is for Learning from mistakes

F is for important Free throws

O is for Optimistic attitudes

U is for Unyielding faith

R is for Reveling in victory

Announcements

Heart of Texas Dogs

The Heart of Texas dogs come in and visit every third Sunday of the month. These dogs are lovable and very fun to be around.

So remember, all you BINGO players, we will always break for the Heart of Texas dogs.

"There is no psychiatrist in the world like a puppy licking your face."

—Bern Williams

Anyone Need Help?

If you have any questions about your rent, need help understanding your statement or just want assistance filling out your check, Keosha Jones, our assistant administrator, is located in the front office, and she is always glad to help.



April 2009

Bentley Manor Assisted Living
 3344 Forest Ln.
 Dallas, TX 75234



Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9.

Solution:

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 1 | 9 | 4 | 8 | 7 | 2 | 6 | 3 |
| 7 | 3 | 4 | 2 | 6 | 5 | 1 | 8 | 9 |
| 8 | 6 | 2 | 1 | 9 | 3 | 5 | 4 | 7 |
| 3 | 2 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4 | 5 | 6 | 3 | 9 | 2 | 8 | 7 | 1 |
| 6 | 4 | 5 | 6 | 3 | 9 | 2 | 8 | 7 |
| 9 | 8 | 7 | 9 | 4 | 1 | 5 | 4 | 3 |
| 2 | 3 | 4 | 1 | 5 | 4 | 1 | 5 | 4 |
| 1 | 5 | 7 | 9 | 4 | 3 | 8 | 6 | 2 |
| 9 | 2 | 6 | 8 | 1 | 7 | 3 | 5 | 4 |
| 8 | 4 | 3 | 6 | 2 | 5 | 9 | 7 | 1 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 3 | | 2 | | | | |
| 9 | | | | 1 | | | 5 | |
| | | 7 | | | | 8 | 6 | |
| | | | | | 6 | | 8 | |
| | 1 | 8 | | | | 5 | 4 | |
| | 6 | | 4 | | | | | |
| | 7 | 5 | | | | 2 | | |
| | 8 | | | 9 | | | | 7 |
| | | | | 8 | | 6 | | |