



Bentley Manor

Assisted Living Community

Enjoying Life - Enriching Lives - Living Well

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www.seniorlivinginstyle.com



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.



July 2009



Happy Birthday, America!

It's the party of the year! All across the country, in every city and small town, people are celebrating with parties, fun and community get-togethers. Celebrate your liberty! Display the flag; wear red, white and blue; sing patriotic songs. However you spend the day, just make sure you have some fun!



Our Annual Fourth of July Cookout

We will be celebrating Independence Day on Thursday, July 2, at 5 p.m.

We will have special entertainment: "The Matikis" from Arts for People. Feel free to invite your family.

National Senior

National Senior Health Fitness Day

We celebrated National Senior Health Fitness Day by having a great volleyball competition, "Staff Versus Residents." The residents had the staff begging for mercy. Chef Stephone prepared a Grand Health food buffet which showcased healthy eating.



I would like to give a special thanks to all the residents and family members who participated on Senior Health Day.



Health Day



- | | |
|-----------|--------------|
| America | Hurricane |
| Beach | Independence |
| Crowd | July |
| Fireworks | Neighborhood |
| Flag | Parade |
| Fourth | Patriotic |
| Freedom | Summer |
| Hot | Watermelon |

E C N E D N E P E D N I E S D
 Z J Y M O E A O W E R H L G Q
 M H S L O C M C A O D Z O W H
 B A D K H D H I I K C A A T U
 D B O K R S E U K R J T R D J
 P E G L O O U E R P E U F A M
 Y A F S B D W M R R O M L W P
 F C T C H F B E M F I Y A Y U
 Z H E R G M B E R E M C G U B
 D X E O I D L T Z I R S A B L
 X Z N W E O D B F B F M Y N C
 R Z W D N H T M G S C I C Y E
 O R N C M J K I R R P L D D I
 I M H N N A I D C V W U C B W

“Summer afternoon, summer afternoon. To me, those have always been the two most beautiful words in the English language.”

—Henry James

“Ah, summer! What power you have to make us suffer and like it.”

—Russell Baker

“Deep summer is when laziness finds respectability.”

—Sam Keen

“Of all the wonders of nature, a tree in summer is perhaps the most remarkable—with the possible exception of a moose singing ‘Embraceable You’ in spats.”

—Woody Allen

“The dandelions and buttercups gild all the lawn. The drowsy bee stumbles among the clover tops, and summer sweetens all to me.”

—James Russell Lowell

Every Wednesday and Thursday the Van Will Be Available for Doctors' Appointments

- July 7 Super Target
- July 14 La Madeline's
- July 21 Walmart
- July 28 El Fenix

You May Also Sign Up for a Pharmacy, Vision Center or Bank Run on Wednesday or Thursday

Indoor Events

- July 7 Girling home health
- July 18 Deanne Peters performs
- July 21 Texas Winds
- July 27 Carol at the piano
Resident Birthdays



You Can't Bloom in Your Room

Cavanaugh Flight Museum



We Will Be Going Monday, July 20, at 10 a.m.—Please Sign Up in Advance

The Admission Price Is \$8



Daily Activities

Please refer to pages 4 and 5 for all other regularly scheduled activities.

But no matter what, don't forget about the newly formed Bake Club that meets every Thursday at 11 a.m. in the 2nd floor activity room.





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

- 7/3 Mildred Copeland
- 7/14 Irma Bailey
- 7/1 Juanita Hunter
- 7/19 Frances Wiggins

Sunday	Monday	Tuesday			
<p>"THE SUMMER LOOKS OUT FROM HER BRAZEN TOWER, THROUGH THE FLASHING BARS OF JULY" - FRANCIS THOMPSON</p>		<p>2nd Monday Resident Council meeting</p> <p>4th Monday Food Service meeting</p> <p>Both meeting will be held in the 2nd floor activity room at 2pm</p>			
<p>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</p>	5	<p>9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Canasta, AR2 11:00 Bake Club, 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>	6	<p>9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Catholic Communion 10:30 Skip Bo, 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</p>	7
<p>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</p>	12	<p>9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Canasta, AR2 11:00 Bake Club, 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>	13	<p>9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Catholic Communion 10:30 Skip Bo, 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</p>	14
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1	2	3	4
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	9:00 Puzzle & Morning Chat, AR2 9:30 Exercise, AR2 10:00 Activity Update, AR2 10:30 Canasta, AR2 11:00 Bake Club, 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	9:00 Puzzle & Morning Chat 9:30 Exercise, AR2 10:00 Bible Study, 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	9:00 Puzzle & Morning Chat 10:30 You be the Judge, Lobby 10:30 Bridge 11:00 Cycling, WR 2:00 Dartball, WR 2:00 Hand Works, L 4:00 Afternoon Matinee, TV 5:00 Listening to the Oldies
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What's Popping

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.

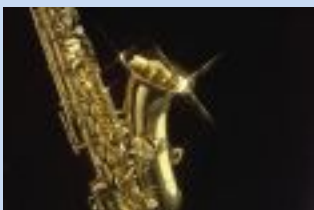
For doctors' appointments only.

The Bentley Manor Bus



Texas Winds

Texas Winds will be coming to perform on Tuesday, July 21, at 5:30 p.m. in the Dining Room.



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.



B-I-N-G-O

Tuesday - 2 p.m.

Thursday - 2 p.m.

Sunday - 2 p.m.



Sunday, 1:30 p.m.

Independence Day Celebration

Will Be Held on July 2 at 5 p.m.

Please Have Your Family and Friends R.S.V.P.



If You Don't Use It, You Lose It

"Serving," I said, the huge, colorful lightweight volleyball ready to go over the net.

"I'm ready," bragged the senior citizen, sitting in her wheelchair, at the other end of the net.

"Here we go." The ball sailed over the net and was promptly returned. Five exchanges went over the net flawlessly before the beautiful senior citizen placed the ball too close to the net for me to get to in time. I was sitting in a regular dining room chair with low wheels, so as to level the playing field.

"Wow! That was great!" said one of the seniors, sitting in her wheelchair and watching with curiosity, "I want to play."

"Me, too," came the chorus from several of the senior citizens who had gathered in their wheelchairs.

Soon a game was on, with the residents on one side in their wheelchairs—and the management staff on the other side, all sitting and wearing the "Bentley Manor Management" T-shirts.

When the Administrator and the Activities Coordinator had stated that they wanted to organize a game of volleyball between the residents and the Management staff, most of us had thought it was a joke. But it was no joke to the residents. Many of them invited their families to the game. And what a game it was!

Most of the residents gathered wanted to play and had a whale of a time. Some were so determined to make points that you could learn a great lesson on "How To Focus" just by watching them.

Others hardly felt tired and were so full of energy that the management staff felt a little embarrassed, feeling exhausted. That is because if you don't use it, you lose it. At the Bentley Manor, the residents are forever engaged in one activity or the other. There is hardly a dull moment. Shortly after breakfast, activities at the Bentley Manor Community begin in various locations. While some are engaged in warming up for upcoming physical exercise, others plunge into cognitive exercises or into various games which include bridge, chicken foot, dominoes, bingo, Scrabble, etc. Even those very advanced in age and way past the century mark take part. Some of them sit in their wheelchairs and enjoy the visual stimulation presented by the activities, even if they no longer can physically move their bodies like they once did. All these consistent daily activities finally paid off on the day of the volleyball game. The residents had endurance, focus, passion, strength and energy. And they thoroughly enjoyed themselves, at the expense of the poor management team with little or no regular exercise. That's why the various family members present felt so proud of their loved ones and were so happy that their loved ones were doing way better than they had ever expected.

The reason is simple. If you don't use it, you lose it. At the Bentley Manor Community, we understand what that means, and we deliver!

USE OR LOSE

Written by Daniel Jingwa, RN

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, Marion Howard, our administrative assistant, is located in the front office, and he is always glad to help.



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