



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



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.



May 2009



May Day



Cinco De Mayo

Tuesday, May 5, is Cinco De Mayo. We will be celebrating by making nonalcoholic margaritas and playing piñata at 3:30 p.m. in the TV room.

- What is the main ingredient in guacamole?
- What is typically added to guacamole that makes it more Americanized?
- What is the main ingredient in ceviche?
- What is a torta?
- What is a chimichanga?
- What are the two types of tortilla?



Memorial Day is Monday, May 25. We will celebrate by having the Schreiber United Methodist Troop #835 come out and do a flag ceremony on May 25 at 12:30 p.m.

We will also have a barbeque lunch and entertainment on Monday, May 25, at 12:30 p.m.



Happy Mother's Day

Mother's Day is Sunday, May 10. We will be celebrating by having a special entertainer and a fabulous lunch.

A special gift will be given to all of our lovely ladies.

The Rose in You

God created the rose in the likeness of a woman

The rose represents beauty

The stem represents strength

The petals are soft as skin

The fragrance pure and sweet

The leaves represent arms, outstretched always, loving and giving

Each time you look at a rose, remember ... you are special.

—Author unknown



Rudolph McGraw

One of our very own residents built this lovely dollhouse; it is on display in the front lobby. He has furnished the house entirely and it is just adorable.

Feel free to drop by and view it anytime.

More pictures on pg. 6

Arboretum



Our group picture at the arboretum

The Arboretum

We took a trip to the arboretum on April 6. We dined at the DèGoyler cafe. We also took a tour of the DèGoyler house. The trip was fantastic!



☀ GET READY FOR SUMMER ☀





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

- Ethel Frank 15
- Edith Latour 19
- Gerry Ott 28

Employee Birthdays

- Daniel Jingaw 17
- Moradeke Adeyunka 1
- De'Angela Jefferson 7
- Yvonne Obaj 24



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.
3	4	5
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
10	11	12
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
17	18	19
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
24/31	25	26
4th & 5th Sunday 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 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 style="text-align: right;">1</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 style="text-align: right;">2</p> 9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 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
<p style="text-align: right;">6</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 style="text-align: right;">7</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 style="text-align: right;">8</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 style="text-align: right;">9</p> 9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 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
<p style="text-align: right;">13</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 style="text-align: right;">14</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 style="text-align: right;">15</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 style="text-align: right;">16</p> 9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 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
<p style="text-align: right;">20</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 style="text-align: right;">21</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 style="text-align: right;">22</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 style="text-align: right;">23</p> 9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 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
<p style="text-align: right;">27</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 style="text-align: right;">28</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 style="text-align: right;">29</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 style="text-align: right;">30</p> 9:00 Puzzle & Morning Chat 9:30 Poetry Rites, AR2 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



Don't Worry, Be Healthy

Daniel Jingwa, RN

The senior citizen population is loaded with beauty of unequalled dimensions, incomparable wisdom and quiet energy. It is a generation that brings untold value and benefit to the table. Every time I look at our senior citizens, I cannot help holding back a happy smile, for I know I am in the midst of greatness. I thank our senior citizens for what they continue to give to the rest of us.

However, while looking at them and learning, I also observe a troubling trend. I observe worry in some of our senior citizens. They worry about everything: They didn't have a good night's sleep, and worry whether the next night might be just as bad; they worry that they are not eating well and whether they are losing their appetite; they worry because they fell three months ago and are anxious that they might fall again. And that's it; the worry turns to anxiety ... you can guess the rest. That's why I want to suggest the following slogan for this month: "Don't Worry, Be Healthy."

Following are a few ideas you can use to accomplish the goal of "Don't Worry, Be Healthy":

- Get a good night's sleep; enjoy it.
 - Drink lots of water; you might urinate more, but so what!
 - Communicate; talk; talk to people around you. But if they are talking, then listen.
 - Laugh often; laugh at beauty around you. There is so much beauty if you look; laugh.
 - Take your mind off yourself; focus on the wonders around you.
 - Exercise; don't do anything complicated, but exercise; easy does it; do easy exercises.
 - Avoid falls; just be careful.
 - Eat healthy; you want simple meals.
 - Make friends, even if they work for you.
 - Forgive often; forgive others, especially yourself.
 - Read good stuff, happy stuff.
 - Love a lot; love everyone and everything around you; but even more, love yourself.
 - Watch only the shows you like on TV, shows that make you laugh.
 - Watch nature; it is rich with lessons and wisdom; watch nature and be enriched.
 - Think happy thoughts and you'll be filled with happy energy.
- These are just some ideas I had and felt I should share with you this month. As you go through them, stop and think; you'll be surprised how many wonderful ideas pop up in your mind. When they do, add them to the list above. I have so much love and respect for you. That's why I want you to remember the slogan: Don't Worry, Be Healthy.

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.



