

the **SEPTEMBER 2018** newsletter

# Be *Inspired*

BELLINGHAM RETIREMENT COMMUNITY | PERSONAL CARE | a Senior Lifestyle community | WEST CHESTER, PA 19380 | 610-436-6663

## JOIN US THIS MONTH FOR *ignite your movement culture*

Every year in September, we celebrate Active Aging Week. It was initiated by the International Council for Active Aging. It promotes health, well-being and engagement in older adults. Please join us for the multitude of events in "Movement" for the month of September. We will be doing some new yoga programs, drumming and the return of Ballet for Seniors! Let's get moving, folks!



Great smile, Millie!



Norma and Babette having a great time.

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,  
APPRECIATION,  
RESPECT, TEAMWORK

TYHEEM BOOKER is our HEART Hero for the month of September. Tyheem started working at Bellingham in our Kitchen and Dining Room. He now enjoys a rewarding career as a Caregiver in our Personal Care Home. Tyheem is a compassionate, caring and hardworking team member who enjoys working with our Brookside residents. It takes a special individual to do what Tyheem and the rest of our Caregivers do on a daily basis. We are lucky to have him! Thank you, Tyheem, for everything you do!



## THIS MONTH'S *silver star*

JANE EWING

Jane has lived at Bellingham for about a year. She enjoys all the activities, especially when there is music involved. She loves to visit with our pair of pet birds, Fred and Ethel! She always has a smile on her face and has made lots of great friends at Bellingham.



Jane singing at one of our parties!

## TRAIN YOUR BRAIN *sudoku solution on back*

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

personal care

BE INSPIRED

- CONNECT GROW
- CONTRIBUTE MOVE
- FEEL REFLECT

LOCATIONS

- AUDITORIUM — A
- BILLIARD ROOM — BR
- BRANDYWINE LOWER LEVEL — BLL
- BRANDYWINE PARKING LOT — BPL
- BROOKSIDE — B
- BROOKSIDE LOBBY AREA — BL
- BROOKSIDE PATIO — Patio
- CAFE — C
- CONFERENCE ROOM — CN
- CRAFT ROOM — CR
- DINING ROOM — DR
- FARM HOUSE — FH
- FITNESS CENTER — FC
- FRONT PARKING LOT — FPL
- LAWN — L
- LIBRARY — LB
- LOBBY — ML
- MAIN DINING ROOM — MDR

ADDITIONAL SERVICES

- FITNESS CENTER INSTRUCTION/TRAINER Tuesday, 1:30-3:30 p.m.
- BARGAIN BOX Tuesday & Thursday, Noon-2 p.m. Longwood, Lower Level

BIRTHDAYS THIS MONTH

DEBBI MOORE — 28th



BRAIN HEALTH UNIVERSITY  
LOGO INDICATES  
A BHU COURSE DAY

www.SeniorLifestyle.com  
Activities are subject to change



<p>9:00 A.M. Room Visits 2</p> <p>10:30 Catholic Service   A</p> <p>12:45 Sunday Stroll   BL</p> <p>1:30 Crafter's Corner   B</p> <p>2:00 Nondenominational Service   A</p> <p>3:00 Movie Matinee   A</p>	<p>LABOR DAY 3</p> <p>9:00 A.M. Room Visits</p> <p>10:00 Brain Health University   B</p> <p>11:15 Going Strong Exercise   A</p> <p>11:30 Rosary   FH</p> <p>3:00 Art Appreciation   B</p> <p>7:00 Movie Night   A</p>	<p>9:00 A.M. Room Visits 4</p> <p>9:45 News &amp; Views   B</p> <p>10:30 Pretty &amp; Polished   B</p> <p>1:00 Leisure Materials: Room to Room   B</p> <p>1:00 BINGO!   B</p> <p>2:15 Get Moving!   B</p> <p>3:30 Arts and Crafts   B</p>	<p>9:00 A.M. Room Visits 5</p> <p>10:00 Mandalas   B</p> <p>11:00 Tai Chi Fusion   A</p> <p>1:00 Brain Health University   B</p> <p>2:45 Singalong with Tom   ML</p> <p>3:00 Mad Scientists   B</p> <p>4:00 Mandalas   B</p> <p>7:00 Wednesday Entertainment   A</p>	<p>9:00 A.M. Room Visits 6</p> <p>9:15 History Happenings   B</p> <p>10:00 Move &amp; Thrive   A</p> <p>1:00 Leisure Materials: Room to Room   B</p> <p>3:00 Think Tank   B</p> <p>6:30 Armchair Traveler   A</p>	<p>9:00 A.M. Room Visits 7</p> <p>10:00 Forever Fit. comSeniors   B</p> <p>11:00 Actors' Workshop   A</p> <p>11:00 Family Traditions   B</p> <p>1:00 Friendly Competition: Dice &amp; Tiles   B</p> <p>2:30 Happy Hour   ML</p> <p>6:45 Bingo   A</p>	<p>9:00 Room Visits 8</p> <p>11:00 Stretch and Relax   B</p> <p>11:15 As the Garden Grows, So Does the Gardener   Patio</p> <p>1:00 Bingo at Brookside</p> <p>3:30 Linked Senior: Yoga   B</p>
<p>ROSH HASHANAH begins at sunset 9</p> <p>9:00 A.M. Room Visits</p> <p>10:30 Catholic Service   A</p> <p>12:45 Sunday Stroll   BL</p> <p>1:30 Crafter's Corner   B</p> <p>2:00 Nondenominational Service   A</p> <p>3:00 Movie Matinee: Darkest Hour   A</p>	<p>9:00 A.M. Room Visits 10</p> <p>10:00 Brain Health University   B</p> <p>11:15 Going Strong Exercise   A</p> <p>11:30 Rosary   FH</p> <p>3:00 Music Appreciation   B</p> <p>7:00 Movie Night: Hairspray   A</p>	<p>PATRIOT DAY 11</p> <p>9:00 A.M. Room Visits</p> <p>9:45 News &amp; Views   B</p> <p>10:30 Pretty &amp; Polished   B</p> <p>1:00 Leisure Materials: Room to Room   B</p> <p>1:00 BINGO!   B</p> <p>2:15 Get Moving!   B</p> <p>3:30 Arts and Crafts   B</p>	<p>9:00 A.M. Room Visits 12</p> <p>10:00 Laugh Out Loud   B</p> <p>11:00 Tai Chi Fusion   A</p> <p>1:00 Brain Health University   B</p> <p>7:00 Wednesday Entertainment   A</p>	<p>9:00 A.M. Room Visits 13</p> <p>9:15 History Happenings   B</p> <p>10:00 Move &amp; Thrive   A</p> <p>1:00 Leisure Materials: Room to Room   B</p> <p>3:00 Think Tank   B</p> <p>3:00 Getting to Know You   B</p> <p>6:30 Armchair Traveler   A</p>	<p>9:00 A.M. Room Visits 14</p> <p>10:00 Forever Fit. comSeniors   B</p> <p>11:00 In Our Backyard   B</p> <p>1:00 Friendly Competition: Dice &amp; Tiles   B</p> <p>2:30 Happy Hour   ML</p> <p>6:45 Bingo   A</p>	<p>9:00 Room Visits 15</p> <p>11:00 Stretch and Relax   B</p> <p>11:15 Patio Chat   B</p> <p>1:00 Bingo at Brookside</p> <p>3:30 Linked Senior: Yoga   B</p>
<p>9:00 A.M. Room Visits 16</p> <p>10:30 Catholic Service   A</p> <p>12:45 Sunday Stroll   BL</p> <p>1:30 Crafter's Corner   B</p> <p>2:00 Nondenominational Service   A</p> <p>3:00 Movie Matinee: Saturday Night Fever   A</p>	<p>9:00 A.M. Room Visits 17</p> <p>10:00 Brain Health University   B</p> <p>11:15 Going Strong Exercise   A</p> <p>11:30 Rosary   FH</p> <p>1:00 Speak Up! Resident Forum   B</p> <p>3:00 Art Appreciation   B</p> <p>7:00 Movie Night: The Post   A</p>	<p>YOM KIPPUR begins at sunset 18</p> <p>9:00 A.M. Room Visits</p> <p>9:45 News &amp; Views   B</p> <p>10:30 Pretty &amp; Polished   B</p> <p>1:00 Leisure Materials: Room to Room   B</p> <p>1:00 BINGO!   B</p> <p>2:15 Get Moving!   B</p> <p>3:30 Arts and Crafts   B</p>	<p>9:00 A.M. Room Visits 19</p> <p>10:00 Mandalas   B</p> <p>11:00 Tai Chi Fusion   A</p> <p>1:00 Brain Health University   B</p> <p>3:00 Mad Scientists   B</p> <p>4:00 Mandalas   B</p> <p>7:00 Wednesday Entertainment   A</p>	<p>9:00 A.M. Room Visits 20</p> <p>9:15 History Happenings   B</p> <p>10:00 Move &amp; Thrive   A</p> <p>1:00 Leisure Materials: Room to Room   B</p> <p>3:00 Think Tank   B</p> <p>6:30 Armchair Traveler: Variety Shows   A</p>	<p>9:00 A.M. Room Visits 21</p> <p>10:00 Forever Fit. comSeniors   B</p> <p>11:00 Actors' Workshop   A</p> <p>11:00 Family Traditions   B</p> <p>1:00 Friendly Competition: Dice &amp; Tiles   B</p> <p>2:30 Happy Hour   ML</p> <p>6:45 Bingo   A</p>	<p>AUTUMN BEGINS 22</p> <p>9:00 Room Visits</p> <p>11:00 Stretch and Relax   B</p> <p>11:15 As the Garden Grows, So Does the Gardener   Patio</p> <p>1:00 Bingo at Brookside</p> <p>3:30 Linked Senior: Yoga   B</p>
<p>9:00 A.M. Room Visits 23</p> <p>10:30 Catholic Service   A</p> <p>12:45 Sunday Stroll   BL</p> <p>1:30 Crafter's Corner   B</p> <p>2:00 Nondenominational Service   A</p> <p>3:00 Movie Matinee   A</p>	<p>9:00 A.M. Room Visits 24</p> <p>10:00 Brain Health University   B</p> <p>11:15 Going Strong Exercise   A</p> <p>11:30 Rosary   FH</p> <p>2:00 Ballet for Seniors   ML</p> <p>3:00 Music Appreciation   B</p> <p>7:00 Movie Night: Phantom Thread   A</p>	<p>9:00 A.M. Room Visits 25</p> <p>9:45 News &amp; Views   B</p> <p>10:30 Pretty &amp; Polished   B</p> <p>1:00 Leisure Materials: Room to Room   B</p> <p>1:00 BINGO!   B</p> <p>2:15 Get Moving!   B</p> <p>3:30 Birthday Cocktail Party   B</p> <p>3:30 Arts and Crafts   B</p>	<p>9:00 A.M. Room Visits 26</p> <p>10:00 Laugh Out Loud   B</p> <p>11:00 Tai Chi Fusion   A</p> <p>1:00 Brain Health University   B</p> <p>7:00 Wednesday Entertainment   A</p>	<p>9:00 A.M. Room Visits 27</p> <p>9:15 History Happenings   B</p> <p>10:00 Move &amp; Thrive   A</p> <p>1:00 Leisure Materials: Room to Room   B</p> <p>3:00 Think Tank   B</p> <p>3:00 Getting to Know You   B</p> <p>6:30 Armchair Traveler   A</p>	<p>9:00 A.M. Room Visits 28</p> <p>10:00 Forever Fit. comSeniors   B</p> <p>11:00 In Our Backyard   B</p> <p>1:00 Friendly Competition: Dice &amp; Tiles   B</p> <p>2:30 Happy Hour   ML</p> <p>6:45 Bingo   A</p>	<p>9:00 Room Visits 29</p> <p>11:00 Stretch and Relax   B</p> <p>11:15 Left Center Right Game   B</p> <p>1:00 Bingo at Brookside</p> <p>3:30 Linked Senior: Yoga   B</p>
<p>9:00 A.M. Room Visits 30</p> <p>10:30 Catholic Service   A</p> <p>12:45 Sunday Stroll   BL</p> <p>1:30 Crafter's Corner   B</p> <p>2:00 Nondenominational Service   A</p>			<p>"To acquire knowledge, one must study; but to acquire wisdom, one must observe." —Marilyn vos Savant</p>			

## IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

I would like to thank you all for being so kind and welcoming to me as the newest member of the Bellingham Family. I appreciate your open, honest and candid discussions over the past month, and I look forward to many more in the future. Our team is diligently working on a variety of things around Bellingham that I would like to share with you.

- The camera system project for the entrances is being reworked so we are able to connect it with a mobile device for viewing and door-buzzing capability, as well as connecting this system in with automatic handicap entrances at the Longwood, Brandywine and Brookside entrances. We are setting up a meeting with the various contractors to discuss the scope and timing of getting this project done.
- The telephone system has been approved and is moving forward. The company doing the work is called Telcom, and they will begin the project in the first two weeks of September. Please keep an eye out for further details as the project moves forward.
- A hot water heater was replaced in our dining service kitchen as well as a new refrigerator and dishwasher were purchased.
- New exterior signage — directional signs to entrances, road signs (i.e. speed limit, stop signs, etc.) are in the process of being made.
- Blacktop seal coating is approved and going to be complete in September.
- White exterior fencing around Legacy Court is being done now with more white fencing replacement areas in the coming months.
- The Longwood basement waterproofing project has been completed.
- Elevator refurbishment has been approved, and we are obtaining the various packages and scheduling dates for the refurbishment to begin.
- Significant exterior trimming and removal of bushes is going to be completed within the next two months. Please let me know if you have any specific areas of need you would like to have the company act on. Thank you.
- Our landscaping contract with our current vendors has been cancelled. Our new local landscape company will begin once this contract is complete in late September.

Thank you all for allowing me and our team to serve you each and every day! If you ever have any questions or concerns, please don't hesitate to stop in and see me. My door is always open!

Thank you,  
*David Nicholson*

## EVENT RECAP

# let us entertain you!

Every month, we enjoy several afternoons and evenings of live entertainment. This month was especially great! We had our monthly singalong with favorite pianist, Tom Gramlich, a wonderful outdoor concert with the Holts, a tremendous jazz and blues duo, Craig Satchell and partner trumpeter Kenny, and the ever delightful Maria Damore doing her Broadway's Best performance! We had a great month of music!



Craig and Kenny treated us to an evening of great Jazz.



Those are some hats, ladies!

## MANAGEMENT TEAM

David Nicholson, *Executive Director*

Paige Jacobs, *Director of  
Resident Programs*

Tracy Rzucidlo, *Director of  
Resident Services*

Jackie Johnson, *Business Office Manager*

Kelly Shoemaker, *Director of Sales  
& Marketing*

Mike Mulhollan, *Dining  
Services Director*

Jude Morrison, *Dining Room Manager*

Devon Paul, *Director of Plant Operations*

Barbara Kenna, *Memory Care Director*

Rebecca White, *Nursing  
Home Administrator*

Demetrius Wall, *Human  
Resource Director*

Lori Barajas, *Sales Counselor*

Sam O'Hara, *Sales Counselor*

Christy Ogborn, *Move in Coordinator*

Shareema Coley,  
*Housekeeping Supervisor*

TRAIN  
YOUR  
BRAIN  
solution



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



SENIOR  
LIFESTYLE

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