

Creating Sanctuary

NEWSLETTER

Contact List

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December 2017

Welcome to Bellbrook, Joe!

As many of you already know, Joe Carpino, LMSW, NHA, accepted the position of Executive Director at Bellbrook and his first day of work at our campus was on Wednesday, November 29.

Joe brings 15 years of senior service experience extending to hospice, skilled nursing and social services.

Please be sure to give Joe a warm Bellbrook welcome when you see him out and about in the community.

As Regional Vice President of Operations for Trinity Health Senior Communities, I will still be visible in and around Bellbrook.

It is with great pride that I tell you, it has been my pleasure serving each of you who call Bellbrook home.

Yours truly,

Becky Lund, Regional Vice President of Operations,
Trinity Health Senior Communities

The Bellbrook Strolling Holiday Celebration!

Friday, December 8

Suggested times are as follows:

Skilled Nursing, Assisted Living and Memory Care

1 to 3:30 p.m.

Independent Living

4 to 7 p.m.

Residents are encouraged to bring their loved ones to this strolling holiday celebration, inclusive of wonderful holiday events and food.

The reverse side of your personal invitation features the Holiday Stroll Highlights!

Merry Christmas, Everyone!

Employee Spotlight

Dedicated in December

Our hats are off to the three associates who always think of others before themselves. They help lift spirits with their incredible work ethic and selfless community service attitudes.

Carola Eikhoff is a CNA in our Skilled Nursing Community. She is a dedicated and responsible teammate who has been called a very hard worker. Carola is recognized for her focus on the residents and staff.

Edy Petrovici is an Anam Cara in Memory Care. He has a kindness, compassion and patience for the residents. Edy was born in Romania and is a senior at Oakland University who aspires to be a Physician's Assistant. Edy is the leader of his Bible study group at OU, and enjoys traveling, the outdoors and trying new foods.

Jennifer Barkiewicz, a Med. Tech. on Assisted Living, has been nominated for employee of the month many times. Jennifer is a longtime employee who shares her talents with our residents and staff. She is eager to train our new teammates and pick up shifts when we are short handed. Jennifer drives a school bus for Utica schools and enjoys time at home with her son, Anthony.

Director's Corner

A Special Thanks!

Bellbrook will be holding its annual Holiday Party for all employees on **December 14**.

I want to personally thank each and every resident and family who has made a donation for this special employee celebration. Your contribution will assist us in celebrating the staff and the hard work they do all year long.

It's not too late to make a donation to the employee Christmas party.

Your donation is tax deductible!

Joe Carpino,
Executive Director

Thank You for Your Generosity!

As a result of your generosity, a total amount of \$200 was raised for the Michigan WWII Legacy Memorial.

The mission of the Michigan WWII Legacy Memorial is to honor Michigan residents who served in the armed forces and on the home front during World War II. The memorial will be located in Memorial Park in Royal Oak, at the northeast corner of 13 Mile and Woodward. It will occupy about three-quarters of an acre on the northwest corner of the park, nestled in a ring of oak trees.

Health & Fitness

Health and Fitness Opportunities at Bellbrook

Exercise every Monday,
Wednesday and Friday
10 a.m.

The Wellness Center
1:30 p.m.

The Wellness Center

Fit for Life every Tuesday
10 a.m.

The Great Room

Yoga every Tuesday
1:30 p.m.

The Wellness Center

Meditation every Tuesday
2:15 p.m.

The Wellness Center

Music and Movement every
Thursday
10:30 a.m.

The Great Room

MEDICAL ALERT!

Disposal of any and all medical sharps in the "trash" rooms located on the 2nd and 3rd floors is **strictly prohibited**.

This includes all **diabetic** waste materials.

If you are diabetic and you do not have a proper disposal container, please stop by the Concierge desk, or call **248-656-6300**.



New Year's Party

Save the date for our **Independent Living** New Year's Celebration. Festivities are **Sunday, December 31**, from 7pm-9pm in the Oak Glen Dining Room. The evening will consist of champagne and hors d'oeuvres, music and dancing.

The dress code is fancy and the party theme is FUN! Please come join us as we ring in 2018 with a BANG!

Stay Safe and Healthy This Season

Winter is a time to enjoy the warmth and comfort of home—not worry about chilly weather or catching a cold. Here are some tips to help the season stay merry, healthy and bright:

Wash your hands. With more people indoors, germs that can cause illness are more prevalent. Wash your hands often with soap and water, and avoid touching your eyes, nose and mouth.

Get a dose of vitamin D. Less sunshine means less vitamin D absorption, so eat a variety of foods that include the nutrient, including eggs, milk, fortified cereals, and fatty fish such as

Bellbrook Honors Our Veterans

On Friday, November 10, our Bellbrook community met to remember and pay tribute to the men and women who have served our country.

Becky Lund welcomed everyone to the program, which included the flag folding and patriotic music performed by the Soundz of Music Band.

Carol Pendergrass, known as "Skeeter," was our guest speaker representing the Patriot Guard Riders of Michigan, a diverse amalgamation of riders from across the nation. This group has an unwavering respect for those who risk their lives for America's freedom and security.

salmon and tuna.

Dress warmly. Two or three thin layers of clothing are actually warmer than one thick layer. When out during cold weather, wear a heavy coat, a hat, gloves or mittens, and a scarf. Limit your time outdoors and go inside immediately if your clothing gets wet.

Watch your step. Wear boots or shoes with nonskid soles, and avoid walkways that are wet, icy or snow-covered.



Charles Whetstone	12/01
Barbara Clayton	12/02
Helen Scott	12/03
Marvin Ullrey	12/03
Ellen Dingman	12/09
Dorothy Sproviero	12/11
Jim Haveranek	12/12
Ruth James	12/13
Shirley Jones	12/13
Freda Pelech	12/15
Nina Lapworth	12/18
Ethel Barnes	12/19
Nancy Cirocco	12/19
Marion Hull	12/20
Julia Juliani	12/26
Shirley Reinhold	12/27
Ginny Olson	12/28
Dolores Hartz	12/31

Happy Birthday to our December Birthday Guys and Gals!



Enjoy a Day of Shopping in the Bellbrook "Christmas Store!"

Thursday, December 14

10 a.m. to 3 p.m.

The Great Room

What's Cooking

Christmas "Not on Christmas Day" Buffet

Saturday, December 23
The Oak Glen Dining Room

There will be three seatings for this buffet.

The first seating is
11:30 a.m. to 1 p.m.
The second seating is
1:30 to 3 p.m.
The third seating is
3:30 to 5 p.m.

You must sign up with the Concierge for this event by Tuesday, December 19.

Christmas Eve
Sunday, December 24
"Special Limited Menu"
11:30 a.m. to 6 p.m.

Christmas Day
Monday, December 25
"Special Limited Menu"
11:30 a.m. to 6 p.m.

Reservations are required for parties of 4 or more.



New Year's Day
The Oak Glen will be open during regular hours.

Poetry Corner

December

Enjoy the time of beautiful
Christmas days
It comes with love in
many ways,
It hastens time for us to care
For love to share beyond
compare.

Santa on his Christmas sleigh
Makes for fine and loving ways,
What fun Santa brings to
young and old
Keep his magic in his story told.

God's son JESUS born for all
Turns to brighten His sacred call,
Happiness is part of God's
true love
Blessed by angels in
heaven above.

Let us feel God's love so true
Meant for love forever new,
Make the most of love divine
For Christmas is so very fine!

*Merry Christmas & a Blessed
New Year!*

Composed by Helen Fraga
December 2017



Catholic Social Teachings / Caritas

Caritas is God's grace and gift of love for us.

There are many examples of Caritas being lived out in the Bellbrook community. For example, the community provided Thanksgiving Baskets for the staff and their families in need. Secondly, we are collecting new toys and gifts for staff and families for the Christmas holiday. We will give these gifts and a Christmas food basket to the staff and families in need.

Please continue to pray for a spirit of Caritas to fill our hearts during this Advent season.

Chaplain Jim



Advent Penance Service

There will be an Advent Penance Service on **Wednesday, December 6**, at 10 a.m.

Please join the community in prayer during the Advent season.

The Gift of Giving

As we enter a season that, for many, revolves around giving, consider finding ways you can embrace the spirit of generosity throughout the year.

It's a truly great feeling to give of yourself and know you've made a difference, and there's no shortage of ways to do so. *Never underestimate the value of your time!*

Chaplain Jim's Jottings for Apartments and Condos



Bible Study

Learn and integrate the Word of God in our lives.

Please consult the monthly calendar for the scheduled times.

Worship

Sanctuary at Bellbrook has Catholic Mass on Wednesday, 10 a.m. and Sunday, 10:30 a.m. There is a Protestant Service every Sunday at 2 p.m.

There will be an Immaculate Conception Holy Day Mass on Friday, December 8, 10 a.m. We will have a Christmas Day Mass on Monday, December 25, 10:30 a.m. and Protestant Service Christmas Eve, Sunday, December 24, 2 p.m.

Please join the community in prayer and worship of the Lord.

Mission

Our mission at Trinity Health is to serve together in the spirit of the Gospel. We use the Catholic Social Teachings/Sensibilities to guide us in living out this mission. The Sensibilities include: Caritas, Dignity, Common Good, Solidarity, and Care for Those Who Are Poor, Stewardship, and Subsidiarity, Participation, and Association.

Please see page 4 for more information on the Sensibility, **Caritas**.

Reflection

Thank you! What a gift this morning from you as I watched the blazing sunrise through a cloudy winter sky. It is hard getting up these dark mornings, Lord, and yet you gift me with a sight that I miss at other times of year, when the weather is warmer and the sun rises before I get up. I stared out the window at the red and purple light, gloriously framed by the gold of the rising sun. "Be still, and know that I am God" was the only thing that came to me. I watched in silence, filled with a sense of your presence in my life.

I am filled with gratitude this day for such a treasure and could feel it and see it as a gift from you. Thank you for your love. Today, let me carry a sense of how much you love me to send me such a gift. Let that awareness of your love change the way I treat others today. Let me be more reverent in the irritations of the day. I ask your help to move through my errands and holiday preparations today with peace and a sense of your sunrise in my heart. Your glory fills my spirit and I want only to give thanks with my life this day. (Prayer from Creighton University/ Advent)

Please pray for me, as I will for you.

I remain,
In Jesus,
Chaplain Jim

Men's Prayer Breakfast Friday, December 1

8 a.m.

The Oak Glen Dining Room
There will be prayer, scripture and discussion.

Please contact the Concierge to register for this event.



Mission Statement

We, Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities.

Core Values

REVERENCE

We honor the sacredness and dignity of every person.

COMMITMENT TO THOSE WHO ARE POOR

We stand with and serve those who are poor, especially those most vulnerable.

JUSTICE

We foster right relationships to promote the common good, including sustainability of Earth.

STEWARDSHIP

We honor our heritage and hold ourselves accountable for the human, financial and natural resources entrusted to our care.

INTEGRITY

We are faithful to who we say we are.

Medical Office Schedule

Dr. Dhillon, MD

Every Tuesday

11 a.m. to 12:30 p.m.

Call the Concierge at
248-656-6300 to schedule an
appointment.

Audiologist

Appointments can be made with
the Wayne State University
Audiology Department at
Crittenton Hospital by calling
(248) 218-5557.

Blood Pressure Screening

Monday, December 4 and

Monday, December 18

10 to 10:45 a.m.

The Riverbend Room

Dr. Jerger, DDS (Dentist)

Thursday, December 14

9 a.m. to noon

New patients or dental
problems, call (586) 445-1802

Dietitian

"Healthy Eating with the
Bellbrook Dietitian"

Friday, December 15

2 to 3 p.m.

Call (248) 656-6328 for an
appointment.

Podiatrist

Apartment and Condo

Friday, December 15

8:50 to 11:30 a.m.

Assisted Living and
Skilled Nursing

Friday, December 29

Massage Therapist

Call Colette Curtis

(248) 909-0109



Celebrating December Independent Living Resident Birthdays

Monday, December 4

2:00 p.m.

The Oak Glen Dining Room
Join in celebrating all of our
December apartment resident
birthdays.

Dessert and coffee will be
served to all in attendance, with
special honors to the birthday
guys and gals.

Look for the balloons to
locate the guests of honor.

Happy Birthday, all!



Bordine's Nursery Greens Up Bellbrook

A big shout-out to Bordine's
Nursery for gifting Bellbrook
with all of the fresh greens that
have been used throughout our
community this holiday season.

Thank you, Bordine's
Nursery, for your generosity and
thoughtfulness. Bellbrook has
been made more beautiful
because of you!



Advent Tea Celebration for Assisted Living, Skilled Nursing and Memory Care

Friday, December 1

2 p.m.

The Great Room

Join the Advent Tea
celebration for our Assisted
Living, Memory Care and Skilled
Nursing residents.



3 Things You Need to Know

If you catch a cold this winter,
here are a few ways to feel a
little better:

1) Ease nasal congestion with
saline solution drops or sprays.

2) Load up on liquids such as
water, juice, warm water with
lemon and honey, and herbal
tea.

3) Get lots of rest. Your body
needs it to restore energy and
strengthen your immune system.





Apartment Association Monthly Meeting

No meeting in December
See you in January!



It Is Time Again to Stock Our Annual "Christmas Store!"

We are now collecting new and gently used items for the Bellbrook annual Christmas Store to be held on **Thursday, December 14**, in the Great Room.

This annual tradition is enjoyed by all and is a way for our elders who live in the Memory Care, Assisted Living and Skilled Nursing Neighborhoods to shop for Christmas gifts FREE of charge.

Apartment elders will receive 2 FREE tickets and may purchase additional tickets for 25 cents each.

Gifts are needed for men, women and children within the \$1 to \$5 range. Suggestions are:

- Jewelry or scarves
- 2018 calendars
- Large-print books
- Household decorations
- Holiday decorations
- Small toys (gifts for grandchildren)
- Large-print puzzle books



Bellbrook is Planning Ahead for the Winter

Amazingly enough, we are approaching the winter season, and with that comes the fun holiday season, but also cold temperatures.

Of course, we here at Bellbrook will be on the ready to assist you.

Some services we offer our apartment residents to help in navigating through rough winter weather include:

- Snow and ice removal from your vehicle. Please contact the Concierge desk at 248-656-6300 to arrange this service.
- Warm transportation on the Bellbrook Bus for your shopping, banking and entertainment. Check the monthly calendar for scheduled trips.

As always, we are here to serve, so please let us know how we can make navigating the winter weather easier for you.



Mary's Corner for Apartments and Condos

Brown Bag Lunch Monday, December 11 12 p.m.

The Fountain View Room
Pack your lunch or purchase one in the Café and join a great group for conversation and laughs.

Coffee and tea are provided.

Birmingham Musicale Thursday, December 14 "Holiday Glow"

12 p.m.

FREE!

Sign up with the Concierge to reserve your seat on the Bellbrook bus.



Adult Coloring Friday, December 15

10:30 a.m.

The Great Room



FREE Christmas Wrapping!

Please see Mary Jorgensen if you need help wrapping your Christmas gifts. She has an assortment of paper available.



“This Month In History”

DECEMBER

1904: More than 200,000 revelers gather for the first New Year’s Eve celebration in New York City’s Times Square.

1911: Norwegian explorer Roald Amundsen and his expedition team become the first people to reach the South Pole.

1920: Celebrated opera tenor Enrico Caruso gives his last public performance at the Metropolitan Opera in New York City.

1933: After scoring a touchdown in the game’s final minutes, the Chicago Bears win the first NFL Championship Game by defeating the New York Giants 23–21 at Chicago’s Wrigley Field.

1945: Congress formally recognizes the Pledge of Allegiance, which was written in 1892.

1951: The Marshall Plan ends. The American aid program gave more than \$13 billion in economic support to help Europe recover from World War II.

1969: Fresh from the Boeing factory, the first 747 is delivered to Pan Am. The international airline was the first to fly the jumbo jet.

1977: Disco fever hits after the movie “Saturday Night Fever” premieres.

1982: Instead of naming its annual Person of the Year, Time magazine chooses the computer as the Machine of the Year.

1995: Cartoonist Bill Watterson ends his “Calvin and Hobbes” comic strip.

2000: Montgomery Ward announces it is going out of business after 128 years. The retail giant created the world’s first general merchandise mail-order catalog.

2005: Astronomers reveal they have discovered two more rings encircling the planet Uranus.

2012: Johnny Manziel, star quarterback for Texas A&M University, becomes the first freshman to win the Heisman Trophy.