

Bellbrook Bulletin

NEWSLETTER

Contact List

Libby Delaney	Executive Director	248-656-6306
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Megan Brooks	Dir. of Sales	248-656-6304
Mignon Scott	Business Office Manager	248-656-6309
Stephanie Kendricks	Administrator	248-656-6323
Katy Walker	Dir. of Nursing	248-601-5905
Stephenie Sdao	Dir. of Assisted Living	248-656-6316
Diane Scherer-Alexander ...	Dir. of Memory Care	248-656-6336
Angie Kadowaki ...	Dir. of Community Relations	248-656-6303
Colleen Cleveland	Dir. of Social Services	248-656-6324
Janet Allen	Dir. of Community Life	248-656-6319
Michael Call	GM of Dining Services	248-656-6310
Tony Williams	Dir. of EVS	248-656-6312
James Livingston	Dir. of Pastoral Care	248-656-6345
Wendy Dugan	HR Director	248-656-6307
Alice Bucy	Housekeeping Supervisor	248-656-6313
Renée Giroux	Concierge	248-656-6300

January 2019

Updates From the Executive Director

Thank You for Your Support of Our Staff

A special thank you to the Apartment Association, community residents and friends who donated to the employee holiday party that was held on December 12. This event focused on thanking each and every staff member for the hard work they do all year long.

Your thoughtful and generous donations helped support a great gift-giving raffle, where staff had the opportunity to win wonderful holiday prizes.

Thank you for all you do to make Bellbrook a great place to live and work!

Going Out in the Winter? We Are Here to Help!

Bellbrook is ready to assist you in ensuring you get where you are going or get what you need! Some services we offer are:

- Snow and ice removal from your vehicle. Please contact the Concierge at (248) 656-6300 if our help is needed.
- Warm transportation on the Bellbrook bus for your shopping, banking, and entertainment trips.

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

Happy New Year 2019!!!

As always, we are blessed to be beginning another year together.

I look forward to serving you this year.

Yours truly,
Libby Delaney
Executive Director

Employee Spotlight

Jenny Cyplik is a widely recognized (even in disguise) and loved member of our Bellbrook team. You can often find her out and about in the community visiting with residents, working the front desk, assisting with activities and utilizing her exceptional decorating skills throughout our community.

She always has a smile on her face and is willing to do any task that is asked of her.

Congratulations Jenny on being selected our Employee of the Month!
It is well deserved!

This month, we are happy to announce that Med-Tech, **Wendy Warnick**, who works in our Assisted Living Community has been recognized as our **Employee of the Month in Healthcare.**

Wendy is an outstanding individual who has a true passion for the elders. The respect she gives to her team and the elders she serves comes back to her in kind. Wendy is dedicated to her team and always helps wherever she is needed.

Kudos to you, Wendy!
Bellbrook is blessed to have you on our team!



Know Your Oats

Eating a bowl of oatmeal can be a comforting, heart-healthy breakfast. The different processing methods for this whole-grain food create a variety of oats to choose from.

Steel-cut. Whole oat kernels, called groats, are chopped into coarse pieces to make steel-cut oatmeal, also known as Irish oatmeal. This type is the least processed, so it takes up to 30 minutes to cook and has a chewy texture.

Scottish. Groats are stone-ground into small, fine pieces to make Scottish oatmeal, which is thick and creamy like porridge.

Old-fashioned. Also called rolled oats, these are the most commonly used in oatmeal and are made by steaming groats and flattening them between rollers into flakes. Old-fashioned oats are often used in baked goods.

Quick. These are another form of rolled oats, but are steamed longer and rolled thinner. They make a fast breakfast since their smooth, thin flakes cook in just one minute.

Instant. Usually sold in single-serve packets, the oats in instant oatmeal have been fully cooked during processing and then dehydrated.

Health & Fitness

Health and Fitness Opportunities at Bellbrook

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

The Wellness Center
1:00 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.



Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

Relieves stress. Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

Word Search Success

A fun way to exercise the brain, expand one's vocabulary or just pass the time, word searches are one of the most popular types of puzzles.

The earliest puzzle resembling a word search can be found in "Everybody's Illustrated Book of Puzzles," published in 1890 in London. Titled "Proverbs Within a Maze," the puzzle featured a grid of letters, and readers were instructed to wind their way through the puzzle to find hidden sayings.

The American word search as we now know it first appeared in 1968, when Norman E. Gibat created a puzzle for a want-ad digest that he published for

Increases cognitive skills. From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

Promotes self-expression. Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

Sharpens motor skills. Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

businesses in Norman, Okla. Calling it an "Oklahoma anagram," he designed a grid of jumbled letters containing the names of 34 towns. The game was an instant hit, with readers demanding more and local teachers using it as a student activity.

Gibat's puzzle design eventually spread across the country. Word searches became a staple in newspapers, puzzle books and classrooms.



Vito Salatino	1/03
Ernest Prunte	1/05
Kornel Senyk	1/07
Dot Guilmet	1/09
Czeslawa Gawel	1/12
Mary Hennessy	1/13
Duane Justin	1/14
Audrey Lokanis	1/15
Leah Sommers	1/16
Mary Mequio	1/17
Patricia Skelcy	1/20
Dorothy Bielak	1/22
Pearl Weber	1/23
Delores Kaplewski	1/26
Pat Cremering	1/28
Pat Kay	1/28
Mary Ann Lingenfelter	1/28
Marj Neubacher	1/28

Happy Birthday to our January Birthday Guys and Gals!



Thank you to all of the wonderful individuals and groups who volunteered their time to make the Bellbrook "Christmas Stroll" so memorable. It would not have been as spectacular as it was without your time and talents.

Music was provided by: Steve Floyd, Amanda Crecelius, the Ivybrooke Duo and the St. Irenaeus Children's Choir.

What's Cooking



New Year's Day Tuesday, January 1

The Oak Glen will be open during regular hours.



"Winter Wonderland" Theme Dinner

Thursday, January 17
4:30 p.m.

The Oak Glen Dining Room

Menu and pricing will be posted.

Please sign up with the Concierge by Monday, January 14.
Reservations are required!

NEVER Veer for the Bellbrook Deer!

Poetry Corner



January

Here we are in Two
Thousand Nineteen

Will this year be so keen?
What is in sight for this year....
We trust God's time is so dear.

Am I able to embrace the winds
so cold...

Oh I don't know...my body is
so old!

Could this winter be a blast...
Will it be short or sure to last.

I feel it's time to be cozy
at home
Maybe I'll read a good book or
write a poem.

Could my time be free
and clear...

I feel the warmth of my Savior
so near!

God's Blessings for the New Year!

Composed by Helen Fraga
January 2019



Catholic Social Teachings/Sensibility of Care for Those Who Are Poor

Pope Francis speaks to us about "caring for the poor" in the following way: "To respond to the Gospel, to live it more fully and more deeply, to reach out to the poor and broken, to end injustice, to build peace. And to find joy in all of it."...

"We have to state, without mincing words, that there is an inseparable bond between our faith and the poor. May we never abandon them." (Pope Francis, *Evangelii Gaudium: Apostolic Exhortation on the Proclamation of the Gospel in Today's World*, 24 Nov., 2013)

The community of Bellbrook continues to live out the Catholic Social Teachings/Sensibility of Care for the Poor by the many outreaches to others in need. One of the ministries is the staff food pantry. There are many generous participants who donated food to our pantry. We appreciate your continued support to this important mission work of our community.

Secondly, there will be a "Warm Hearts, Hands and Feet" program beginning this month. We will be collecting coats, hats, gloves, socks, etc., for the Capuchin Children's Center.

This collection will run from January 15 to February 14.

Flyers will be posted with more details!

Chaplain Jim's Jottings

Men's Prayer Breakfast

Friday, January 11
8 a.m.

The Oak Glen Dining Room

There will be prayer, scripture, and discussion. We will reflect on our walk with Jesus.

Please contact the Concierge to register for this event.



Memorial Service

There will be a Quarterly Memorial Service on Friday, January 11, at 2 p.m. in the Great Room.

Please join the community in praying and remembering those who have passed away over the last few months.

Worship

Bellbrook has Catholic Communion Service on Wednesdays at 10 a.m., Mass on Sundays at 10 a.m. in the Great Room, and a Protestant Service every Sunday at 2 p.m.

Reflection

Lord, help us turn to you during this New Year and serve you with all our hearts.

Send your Holy Spirit to us so that we might have a servant's heart to care for the poor.

We have come to you with confidence, seeking your help for all our needs.

Graciously hear our prayers in the name of Jesus.

Amen

Please pray for me, as I will for you.

I remain,
In Jesus,

Chaplain Jim



"Christ has no body now but mine. He prays in me, works in me, looks through my eyes, speaks through my words, works through my hands, walks with my feet and loves with my heart."

~ Saint Teresa of Avila

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.



Bible Study

This is a great opportunity to learn and integrate the Word of God in our lives.

Please consult the monthly calendar for the scheduled times.

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, Care for Those Who Are Poor.

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, January 7 and
Monday, January 21
10 to 10:45 a.m.
The Riverbend Room

Dr. Jerger, DDS (Dentist)

Thursday, January 24
9 a.m. to noon
New patients or dental
problems, call (586) 445-1802

Dietitian

"Healthy Eating with the
Bellbrook Dietitian"
Friday, January 18
2 to 3 p.m.
Call (248) 656-6328 for an
appointment.

Podiatrist

Apartment and Condo
Monday, January 14
8:50 to 11:30 a.m.
Assisted Living and
Skilled Nursing
Monday, January 14



Celebrating January Independent Living Resident Birthdays

Monday, January 7
2:15 p.m.

The Oak Glen Dining Room
Join in celebrating all of our
January 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!



**Gingerbread, Fairy
Gardens and Trees!**
And the Winners are.....

Attention All Residents!

Vendor Expo

Wednesday, January 16
1 to 3:30 p.m.

The Great Room

**Come join us for our first
Vendor Expo!**

We will be bringing in
companies that are of value to
our residents and families! This
Expo will feature transportation
service companies, mobile
veterinary service, foot doctor,
insurance company, grocery
store, and pharmacy companies
available to meet with you.

**This is a Vendor Expo that we
have created with you in mind!**
*Please stop in and see what services
we have to offer!*

Gingerbread Houses

1st Place - Therapy
2nd Place - Skilled Nursing
3rd Place - Robert- Dietary

Fairy Gardens

1st Place - Charlotte - Dietary
2nd Place - Sheila - Community
Life
3rd Place - Sau - Housekeeping

Christmas Trees

1st Place - Angie- Housekeeping
2nd Place - Derrick- Dietary
3rd Place - Sharon- Business
Office

Congratulations to all our
winners and thank you to
everyone who participated in the
ballot selection at our
"Christmas Stroll."



**Apartment Association
Monthly Meeting**
Monday, January 14
2 p.m.
The Great Room

**Save the
Date**



**Samaritan's Touch
Committee**

Wednesday, January 23
2:15 p.m.

The Great Room

Come and join your neighbors as we prepare bird feeder kits for the children at the Baldwin Center in Pontiac and the Capuchin Children's Center in Detroit.

Kits will be prepared for approximately 80 children, so many hands are needed for this labor of love.

Thank You! Thank You!

The Community Life staff would like to thank everyone who contributed donations to the "Christmas Store."

The Great Room looked like a five-and-dime store with a grand assortment of articles. Our elders had a wonderful time shopping for their perfect gift.



Dear Bellbrook Family,
We did it! Thanks to your generous support, we were able to provide over 150 gifts, to approximately 35 children of our staff. Your gifts have helped to fulfill the heart's desires of some well deserving children this Christmas; we are full of gratitude for your generosity.

On behalf of our Executive Director, Libby Delaney and the Bellbrook Mission Committee we thank you again and again for participating in the **Bellbrook Giving Tree** and sharing the Joy of Christmas in the spirit of love and compassion.

People like you have helped to make some challenging times less stressful for many. Truthfully, we could not have done it without you; together we're better. We sincerely appreciate your generosity.

Warmest Regards,

The Bellbrook Missions
Committee

**The Greening
of Bellbrook**

Thank you to Bordine's Nursery for their generous donation of fresh evergreens used to decorate our community this holiday season.

Community Life Corner



**Ring in the New Year,
Brown Bag Lunch!**

Monday, January 21
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.



**Annual Warm Hearts,
Hands and Feet Project**

Bellbrook will again be collecting coats, hats, gloves, mittens, and socks for the Capuchin Rosa Parks Children and Women's Center in Detroit.

This is the twelfth year that we will be providing clothing for the Center.

The project will run from January 15 through February 14.

Look for the donation boxes located at the Assisted Living entrance and near the Oak Glen Dining Room.

**Flyers will be posted
throughout the community
with additional details!**



"This Month In History" JANUARY

1906: The sport of football is forever changed when a new game rule makes the forward pass a legal play.

1912: New Mexico joins the union as the 47th state.

1924: The first Winter Olympics are held in Chamonix, France.

1943: Franklin D. Roosevelt becomes the first U.S. president to travel by airplane while in office. He flew to Morocco to meet with

British Prime Minister Winston Churchill.

1955: Singer Marian Anderson takes the stage at the Metropolitan Opera in New York City. She was the first African-American to perform a leading role with the company.

1968: Country music star Johnny Cash records a live album by playing two concerts at California's Folsom State Prison.

1972: U.S. President Richard M. Nixon orders the development of a "new type of space transportation system," the space shuttle program.

1986: The first national Martin Luther King Jr. holiday is observed.

1994: A magnitude 6.7 earthquake strikes the San Fernando Valley region of Los Angeles.

2000: Celebrations worldwide mark the turn of the new millennium.

2011: Wikipedia, a popular internet encyclopedia, celebrates its 10th anniversary.

2015: At age 17, Lydia Ko of New Zealand becomes the youngest golfer in history to be ranked No. 1 in the world.