

January

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HAPPY NEW YEAR

Some thoughts to ponder at the start of the New Year...

- Ever wonder about those people who spend \$2.00 apiece on those little bottles of Evian water? Try spelling Evian backwards: NAIVE
- If a pig loses its voice, is it disgruntled?
- If Fed Ex and UPS were to merge, would they call it Fed UP?
- Do Lipton Tea employees take coffee breaks?
- What hair color do they put on the driver's licenses of bald men?
- If it's true that we are here to help others, then what exactly are the others here for?
- You never really learn to swear until you learn to drive.
- Ever wonder what the speed of lightning would be if it didn't zigzag?
- If a cow laughed, would milk come out of her nose?
- As income tax time approaches, did you ever notice: When you put the two words "The" and "IRS" together, it spells "THEIRS"?

Mercy Bellbrook Retirement Community

873 West Avon Road Rochester Hills, MI 48307

Phone: 248-656-3239 FAX: 248-656-8160

www.mercybellbrook.org



Mercy Bellbrook Retirement Community is an Eden Alternative registered community and is a member of Trinity Health.

MERCY BELLBROOK RETIREMENT COMMUNITY CONTACTS LIST

*The following may be contacted at
(248) 656-3239 followed by their extension.*

- | | |
|--|----------|
| ◆ Executive Director, Joanne LaPlante | Ext. 288 |
| ◆ Hospitality Coordinator, Margaret Moulis | Ext. 201 |
| ◆ Director of Hospitality, Nancy Mooneyham | Ext. 204 |
| ◆ Director of Environmental Services, Gino Pastori | Ext. 207 |
| ◆ Director of Food Services, Dan Novak | Ext. 206 |
| ◆ Director of Pastoral Care, Sister Lorraine Mordenski | Ext. 215 |
| ◆ Business Office Manager, Rena Rott | Ext. 210 |
| ◆ Supervisor Housekeeping & Laundry, Tina Adamse | Ext. 276 |
| ◆ Director of Community Life, Janet Allen | Ext. 219 |

SKILLED NURSING COMMUNITY

- | | |
|--|----------|
| ◆ Director of Nursing– Skilled Nursing, Susan Spurrier | Ext. 225 |
| ◆ Director of Social Services, Colleen Cleveland | Ext. 224 |

ASSISTED LIVING COMMUNITY

- | | |
|--|----------|
| ◆ Director of Assisted Living, Rochelle Morris | Ext. 218 |
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CORE VALUES

- Respect
- Social Justice
- Compassion
- Care of the Poor and Underserved
- Excellence

MISSION STATEMENT

We serve together in Trinity Health
in the spirit of the Gospel,
to heal body, mind and spirit;
to improve the health of our

~~communities and to steward the resources entrusted to us.~~

DID YOU KNOW...

◆ “Bits & Pieces” and our monthly calendars are available on our website at www.mercybellbrook.org

◆ Mercy Bellbrook will celebrate its 20th anniversary in 2008!

EDEN ALTERNATIVE

MISSION:

To improve the well being of Elders and those who care for them by transforming the communities in which they live and work.

VISION:

To eliminate loneliness, helplessness, and boredom.



COMING SOON...

**“In the Dust of the Rabbi (Jesus)”
A New Bible Study**

Join us for a 5-week study starting on Tuesday, January 8th at 10:30 a.m. in the River Bend Room. We will be following Jesus and His disciples as they travel across beautiful and breathtaking terrain in Israel and Turkey. We will be viewing this scenery on a DVD created by Bible historian and teacher Ray Vander Laan. He is a native of Holland, Michigan.

Each session will open with a short overview and introduction of the 30 minutes DVD. Ray will take us over many of the same areas and excavated villages that Jesus and his disciples traveled through while teaching the gospel message.

After watching the DVD, we will have a discussion and answer questions you may have. NO HOMEWORK but bring your Bible.

Judy Scott and her husband, Bill, will be the facilitators of this exciting trip with Jesus and His disciples. A schedule of session dates will be provided at the first meeting on January 8th. Any questions call Judy - 586-992-2107.

**SPECIAL PASTORAL EVENTS
JANUARY 2008**

Tuesday January 1st
Mary, Mother of God
Holy day of obligation
10:00am Mass

Thursday January 17th
Day of Retreat - Fr. Eugene Simon
10:00am Mass
11:00am Presentation
1:00pm Prayer and Benediction

Wednesday January 23rd
10:45am-11:30am
“Trials of Jesus” Part 1 - Fr. John Blaska

All are welcome to attend

SCHEDULE FOR WEDNESDAY BIBLE STUDY WITH CHAPLAIN MARY

The schedule has been provided below. If you have any questions, please call Chaplain Mary at ext. 215.

Date	Time	Location	Passage
January 8	2:00pm	Great Room	Matthew 3:13-17
January 22	2:00pm	Great Room	Mathew 4:12-23
February 5	2:00pm	Great Room	Mathew 4:1-11
February 19	2:00pm	Great Room	John 4:5-42
March 4	2:00pm	Great Room	John 11:1-45
March 18	2:00pm	Great Room	John 21:1-18 or Matthew 28:1-10

Assigned readings are from the Revised Common Lectionary for the Sunday following the session date.

Memorial Service

Friday February 1, 2008
At 2:00 p.m.
In the Great Room

“Resolve to make at least one person happy every day, and then in ten years you may have made three thousand, six hundred and fifty persons happy, or brightened a small town by your contribution to the fund of general enjoyment.”

~ *Sydney Smith*

A SPECIAL INVITATION FOR YOU

You are invited to attend a Day of Retreat
at Mercy Bellbrook
on Thursday January 17th, 2008
from 10:00am – 1:30pm
Guest speaker, Father Eugene Simon



10:00 Mass
in the Great Room
11:00 Presentation
12:00 Lunch on your own
1:00 Closing Remarks, Prayer and Benediction

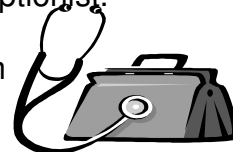
All are welcome to attend

Spending time in Prayer and Reflection early in the year is a good way to begin 2008.

Mercy Bellbrook Medical & Wellness Office Schedule for January 2008

Dr. Dhillon M.D.—Every Tuesday from 10:30 a.m. to 12:30 p.m. Please bring your insurance information and a list of your medications with you. To avoid a long wait call 248-853-9097 24 hours prior to appointment, **not** the Mercy Bellbrook receptionist.

Audiology (hearing checks) Monthly Wednesday January 2nd, 2008 from 9:00 a.m. to 12:00 Noon. Stop by for a hearing aid cleaning or ear examination. This service provided compliments of Crittenton Audiology.



Blood Pressure Screening Thursday, January 3rd from 10:00am to 12:00pm In the Sycamore Room (on the 2nd Floor)

Dr. Jerger D.D.S. – (Dentist) Every 2nd and 4th Thursday January 10th and January 24th. You must call for an appointment at 586-445-1802.

Podiatrist (Foot Doctor) – Every other Friday January 11th and January 25th. Times to be announced. You must sign up at the front desk and bring your Medicare card with you to your appointment.

Happy New Year!

I will celebrate one year at Mercy Bellbrook on January 2nd! It was a great year for me and I am looking forward to the year ahead. I need your continued input in order to put together educational programs and arrange speakers in areas that interest you and keep you well, informed and empowered to deal with health issues.

I am pleased that you are enjoying the Stroke and Memory groups each month. Attendance has been great. Kris Umphrey will continue these groups through May and then break for the summer. Please note that the **Stroke Support Group** will be held on **Tuesday January 8th** due to the holiday on Tuesday January 1st.

On Thursday January 24th, the Oakland Community College **nursing students** will return for the **Mobile Nurse Clinic**. They appreciate your willingness to have them here, as this allows them the opportunity for clinical experiences in the community and to provide basic preventative health/nursing care for you. Services will include blood pressure, blood sugar and vision testing, nutrition, medication and health education.

Last January the Norovirus (gastrointestinal flu) hit Mercy Bellbrook. This year let's do our best to dodge this intruder. **Avoid** anyone who looks ill. Keep your hands away from your eyes, nose or mouth unless you have just washed them with **soap and water for 15 seconds** and rinsed and dried well. Get plenty of rest. Eat a balanced diet, including plenty of fluids and fruits and vegetables. Ask your doctor about taking a good multivitamin and keep stress in check. **If you have a cold** cover your mouth when you cough and wash your hands after you blow your nose, so you don't spread germs. **If you develop vomiting and/or diarrhea please do not leave your apartment until you are symptom free for 24 hours.** I would like to keep track of the onset and number of residents affected and would therefore appreciate a call from you at extension #279. **Adequate clear fluids** are important while you are having symptoms. Take your medications as prescribed as soon as vomiting stops. Drinks like Gatorade or Powerade (provided in the Mercy Bellbrook Deli) can help replace lost electrolytes. Notify your family to help out as needed. Notify your doctor if you cannot keep fluids and medication down. Follow "sick day management" if you are diabetic.

The dining room carryout is available at extension #236 for soft drinks, clear broth and Jello between 11:30am-1:00pm and 4:30pm-6:30pm. Call the housekeeping department at extension #276 if laundry and housekeeping services are needed. Call me with questions as needed.

And stay safe when the pavement is snow or ice covered! Do not venture to your car if pavement has not been plowed and salted. Wear boots with non-slip soles. Ask family to help you into the car at the entrances. When entering the building, wipe soles on mats to

Attention Apartment Residents:



For the month of January the Tuesday shopping and banking trips will leave at **1:30pm** the following dates:

- January 8th **No Shopping**
- January 15th Kroger
- January 22nd Meijer
- January 29th Banking / Dollar Store

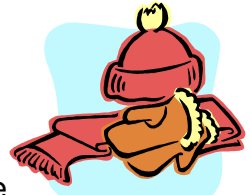
Memory Makers & Stroke Support Group Schedule

Stroke Support Group
 Tuesday January 8th at 6:00pm
 In the Riverbend Room

Memory Support Group
 Tuesday January 15th at 6:00pm
 In the Great Room

Second Annual Warm Heart, Hands and Feet Project

The Ladies Auxiliary of the Assisted Living and Independent Apartments will again be collecting hats, mittens and socks. The project will start Monday January 7th. Donations can be placed in the boxes located at the Assisted Living entrance and near the Deli (on the 1st floor).



Agnes Bartos, chair-woman of the event, would like to exceed the 174 items that were collected and sent to the Capuchin Children and Youth Center last year.

Community Life & The Therapy Department Wish List

- CD Players/Radios/Small TV sets
- Coupons from the Sunday Paper
- A small rolling cart for plants
- 1, 2, and 3 pound hand weights
- 2007 calendars



I n d e p e n d e n t



Jan. 4	Desert Song
Jan. 6	My Fair Lady, Part 1
Jan. 11	My Fair Lady, Part 2
Jan. 14	Oklahoma
Jan. 18	Fantasia
Jan. 20	Master & Commander
Jan. 25	The Fountain Head
Jan. 27	Gone with the Wind, Part 1

Wanda's Hairport

656-3239 ext. 220

Open Wednesday, Thursday and Friday

From 9:00am to 5:00pm

Gift certificates are available

“Youth is when you're allowed to stay up late for New Year's Eve. Middle age is when you're forced to.”

~ Bill Vaughn

Food For Thought

Happy New Year to everyone. I hope everyone had a Merry Christmas. Some are probably glad the holidays are over and some it saddens. With a New Year starting, we all like to make a fresh start and make those infamous resolutions to better our lives and ourselves. Resolutions are more like goals to reach and to live by from here forward. As most of us know, they are broken a lot and forgotten about until the following year. Here are the 10 most popular New Years resolutions, I'm sure most of us have made one or two:

- Spend more time with family and friends - People's lives are so crazy hectic these days, it makes it difficult to get together. Managing your time to see family and friends is vitally important.
- Fit in Fitness – Put exercise into your daily living. The health benefits are limitless. Whether it be joining the exercise class on Monday, Wednesday and Friday at 2:30pm in the Great Room, the Tai Chi on Tuesday at 10:30am in the Great Room or as simple as taking a walk, your body needs it and ultimately you will feel better.
- Tame the Bulge – 66% Americans are overweight in this country. The most successful avenues for “taming the bulge” have been weight loss programs (Weight Watchers). It has to be a way of life and not a quick fix. These programs will help you in changing the way you eat, think and live.
- Quit smoking – There are more FREE SUPPORT SERVICES to kick the habit than ever before. If a support service is not for you, over the counter nicotine replacement is available. Always consult with your physician on the best plan for you. Research indicates, it takes someone 4 times to try to quit before they quit for good. Never quit quitting.
- Enjoy Life More!!! - Enjoy what life has to offer. It truly will make you healthier and happier. Take up a new hobby, go to the Spa, go to the theater, and relax. Do things that make you happy and that you enjoy.
- Quit Drinking- If heavy drinking is a problem; there are tons of support services that you should get in touch with. Think of yourself and others.
- Get out of Debt – Who doesn't want to do this!!! First things first: Get yourself some help (i.e.: financial planner, accountant, debt consolidation services, etc) Make a budget and stick to it. A financial planner can get you on track!!!
- Learn Something New!!! Don't settle with what you know...learn something new!!!
- Help Others: In this crazy world, we often forget about the ones less fortunate. It is always nice to do something around the holidays, but it is something that should be done all year long. Volunteering is one great way of helping others. There are zillions of programs that help others, not to mention, you will feel good about the efforts you've done. If your life is like so many others, busy, try donating. Donating is an excellent way of helping others that are in need.
- Get Organized: Keeping your life organized will help eliminate stress and stay on track!!!

The Oak Glen will be open for regular service on New Year's Eve and New Year's Day.

Wishing You a Safe and Healthy New Year!!!

Bon A petit!!!

Stacey Stuter
Dining Services Department



MARY'S CORNER

Upcoming Events for the Independent Apartments

New Year's Resolution:

Smile More

Be Positive

Be kind to everyone

Say "Hello" to everyone

Laugh More

Tuesday January 8th Departing at 11:00am - Luncheon at Oakland Christian Church Lunch, games, prizes and entertainment! Cost is \$5.00. The deadline to sign up is Thursday January 3rd. Sign up with the receptionist!

Wednesday January 9th at 2:00pm - Welcome Party Everyone come and welcome our new neighbors! In the Oak Glen Dining Room

Thursday January 10th at 2:30pm – Music with Ginny In the Great Room

Saturday January 12th at 2:00pm - Scottish Dancers In the Great Room

Wednesday January 16th from 6:00pm to 7:00pm - "Hidden Treasure Art Show" All are welcome to come and display their craft or needlework. In the Great Room. Please contact Mary if you are interested.

Thursday January 17th at 2:00pm – Sing-a-long with Paula. In the Great Room.

Wednesday January 30th Departing at 11:30am – Luncheon at The Olive Garden Men and women are welcome. Please sign up at the reception desk!

Saturday January 19th at 2:00pm – Music with Russ In the Great Room

Saturday January 26th at 2:00pm – Happy Hour In the Oak Glen Dining Room

Saturday January 26th at 2:00pm 40's – 60's Music with Bob In the Oak Glen Dining Room

Thursday January 31st Departing at 1:30pm – Rochester Hills Library Used Book Sale We need at least 5 people to go. Sign up with the receptionist.

Walking Club: Would you like to walk the halls during the winter months with other friends? We will begin Monday January 7th at 1:00pm, meet in the living room. We can then set up definite times. See Mary for details.

Note from Mary: I will be gone January 18th thru the 25th There will be no craft class

OPC Transportation Information

- If you would like to make an appointment with the OPC minibus, call 248-652-4780.
- Riders are asked to be ready **15 minutes in advance** of their scheduled pick up time and waiting in the lobby.



- The OPC asks that all riders donate \$3 each way \$6 round trip.

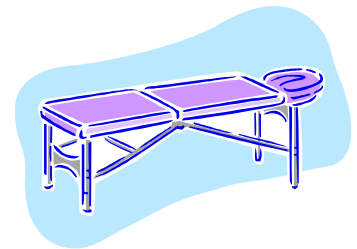
Attention Mercy Bellbrook Residents, Family and Staff!

Announcing a new service offered at Mercy Bellbrook:

Certified Massage Therapist Colette Pobe is now offering massage services for all!

The benefits of massage include:

Increased circulation
Ease of muscular tension
Better range of motion
Balancing all body systems
Satisfying the need for caring, nurturing touch.



Colette will offer a 20% discount to seniors over the age of 60. That's just \$12.00 per 15-minute session!

For family and staff members, only \$1.00 per minute (at a minimum of 10 minutes) payable by cash, check or charge. Gift certificates are also available.

We are currently working to set up appointments, but please call Colette at 248-969-8500 for more information and to schedule your appointment.

You can now find Mercy Bellbrook's monthly newsletter, "Bits & Pieces" and our monthly calendars online at www.mercybellbrook.org!

If you are a family member of a Mercy Bellbrook resident and would like to receive the "Bits & Pieces" by mail, please fill out the form below. ***Please note that the "Bits & Pieces" will continue to be delivered personally to all Mercy Bellbrook residents.***

Name: _____

Address: _____

Community Life News

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

The Great Room looked like a 5¢ & 10¢ Store with a wide assortment of merchandise. The Elders had a wonderful time shopping for just the right presents.

The Elders who are participating in Physical and Occupational Therapy in the Skilled Nursing Community did a lovely job of gift-wrapping the presents.

A special thank you to Mercy Bellbrook's own Santa look-a-like, Bill Duthie, for spreading cheer and happiness throughout the Community!

THANK YOU to our awesome staff!!

Thank you to all who participated, donated, planned and worked on this year's staff Christmas party. If attendance is an indicator, than this event was a huge success. We had almost 75% participation from staff this year, which makes this the best-attended staff function in memory!

The overwhelming response was positive to the food, raffle and location. There was a lot of excitement and fun as we played Deal or No Deal with the prizes, and over 60 people left with a raffle prize. Nobody left empty handed, however, since a nice consolation prize was awarded to those who didn't win in the raffle.

This turned out to be great team-building event, which also gave Mercy Bellbrook a chance to say "Thank You" to those who work so hard for the elders and us each day. Your commitment and efforts are appreciated!

Special thanks go to our donors for the Staff Christmas Party. It wouldn't have been the same without your generosity!

- Mr. George Baly
- Mrs. Lillian Bates
- Mrs. Estelle Depolo
- Mr. John Duda
- Mrs. Anita Gaydos
- Mr. Joseph Paulick
- Mr. George Stringer
- Mrs. Joann Slevin
- Mrs. Lorraine Walby
- Mr. & Mrs. Roy Wheatley
- Mrs. Jennie Pifer and Family
- Best Buy in Rochester
- Mercy Bellbrook Administration
- MBB Community Life Department
- MBB Dietary Department
- MBB Human Resources Department
- Wanda's Hairport
- Colette Pobe, Message Therapist



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Bits &

Bits of Pieces



Tuesday January 1st
- *New Year's Day*

Tuesday January 8th
- *Stroke Support Group*

Thursday January 10th
- *Music with Ginny*

Saturday January 12th
- *Scottish Dancing*

Tuesday January 15th
- *Memory Support Group*

Saturday January 19th
- *Music with Russ*

Wednesday January 23rd
- *Visit with Father Blaska*

Thursday January 24th
- *Mobile Nurse Clinic*

Saturday January 26th
- *40's, 50's & 60's Music with Bob*

January 2008						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		