

February 2023 - We hope you will enjoy this monthly update bringing you the scoop on all that's happening among our Beechwood community.

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## Thinking of Selling the Family Home?

*by Michael Olear with MJ Peterson Real Estate*

Arriving at a final decision to sell the family homestead for something more suitable to your current age, health and lifestyle is typically not an easy decision. In fact, it usually requires a lot of thought, planning and coordination with loved ones.

But ultimately, the move to senior housing, an apartment, condo or just a smaller house also has its benefits. For example, there's the peace of mind that comes from correctly sizing and moving to a new home that requires far less work and is better suited for you.

There is also the extra time you will have once you are free of homeownership - no more lawns to cut, leaves to rake, driveways to clear of snow and other maintenance requirements that are typically required on a daily, weekly and monthly basis. The other difficult thing that will be eliminated is calling contractors and waiting for people to come to do things for you.

Before making the move to an alternative housing solution, however, there are several items to consider around that decision. Let's take a closer look at four of them.

**1. Geography:** What is the ideal location for the place you are now going to call home? Proximity to friends, family, social activities, stores, medical offices, restaurants and more should be considered before deciding on a new place to hang your hat. Isolation is not good for anyone, especially older adults, so pick a place that's a convenient distance to the things that are most important to you.

**2. Cost:** When looking at alternative housing, you'll have to be acutely aware of your housing budget versus your available financial resources. Make sure that your choice of housing allows you ample resources to pay for medical expenses, entertainment, groceries, transportation and all the other out-of-

pocket expenses that occur on a regular basis.

**3. Additional services:** Aside from housing, take into account other services that you may require. Do you require frequent medical attention? Do you own a pet or pets? Are there other family members who will be moving with you? There are many things to consider, so make sure these additions are thought out well in advance.

**4. Transportation:** Once you make the move to new housing, how will you get around? If you're bringing a vehicle with you, will you have a reserved parking space or use of a garage? If so, is there a fee attached to that usage? Are you near public transportation? Or, can you get everything you need simply by walking? Will walking still be an option five years down the road?

It may sound like a monumental task, but it's something that people go through often and there are people out there ready to help you such as the staff at your local senior center, case workers, geriatric care managers and more. And, don't forget to talk to family members and friends for help. Those who truly care will do everything they can to assist you with getting where you need to be.

## Asbury Pointe Retirement Community



**OPEN HOUSE AT ASBURY**  
50 Stahl Rd., Getzville  
Saturday, February 18, 1-4pm  
Call 716-810-7500  
to make an appointment



# Activities Professionals Appreciation Week

January 23 - 27, 2023



Lesley is our music specialist in the activities department. Lesley started her career as a teacher after graduating from Buffalo State College. While she loved working with the children, there was something missing. She had always wanted to share music with others in a therapeutic capacity, and when she saw the job opening here at Beechwood, she knew it was meant to be. She sees the connection the residents have to music and the memories the songs brings out. Sharing these moments with the residents makes Lesley feel so privileged and honored to do this job.



Ahmed has been a member of our activities team for over five years. Being helpful is one of Ahmed's greatest strengths. And he's always doing it with a great big smile. He takes great pride in helping our residents stay active and healthy. His favorite activity is running the exercise programs for our residents.

In Ahmed's spare time, he likes to play video games. He also brings his helpful spirit home and enjoys assisting his family around the house, as well as his neighbors on various projects.



Kevin is a part of our activities department and has always had a love for the older generation which was fostered by close relationships with his grandmother and great-grandmother. He graduated from the University at Buffalo with a BS in media studies and also has an Associate's degree in music. He uses this knowledge to provide a wide range of activities that promote our residents' creative, productive and spiritual well-being. Kevin gets to know the residents' interests and makes an effort to tailor the activities to them.

## Staff Appreciation Lunch

*Free lunch every month - another great perk working at Beechwood!*



## Career & Internship Expo at Daemen University on Thursday, February 23, 11am-1pm

Stop by our table and learn all about our open positions and the comprehensive benefits that we offer:

Competitive Pay \* Comprehensive Benefits \* Sign on Bonuses  
Flexible Scheduling \* Advancement Opportunities \* Tuition Reimbursement  
Employee Assistance Program \* Monthly Staff Appreciation Luncheons \* Discount Diaper Program  
Family-oriented \* Pet-friendly \* Equal Opportunity Employer

## Award Winning Soup Recipe



At Asbury's annual Soup Fest, Chef Don's Italian Sausage and Pepper Soup won the Residents' Choice Award. We are so lucky that Chef Donald Schmitter (pictured to the right) is willing to share his recipe with us.

#### Ingredients:

2 ea. white onion\*  
 1 ea. green bell pepper\*  
 1 ea. red bell pepper\*  
*\*Rough chop-reserve ½ of each pepper and onion*  
 2 pounds case Italian sausage (peel skin) –  
 chargrill and then rough chop  
 1 tablespoon chopped garlic  
 1/4 pound of butter  
 1 quart heavy cream  
 4 ounces cream cheese  
 1 quart of milk  
 ½ gallon of water  
 2 ounces of chicken base  
 2 teaspoons of paprika  
 Black pepper to taste  
 1 cup tomato puree  
 3/4 cup of Dijon mustard

- Cook onions and peppers in butter, add garlic after one minute
- Cook until lightly caramelized
- Add sausage and tomato puree and cook for 1-2 minutes.
- Add heavy cream, cream cheese, milk, water, chicken base, paprika and mustard.
- Bring to a boil and then reduce to simmer for 10-12 minutes.
- Blend with a hand mixer



#### Suggestions:

- Garnish – julienne and cut in half the reserved ½ red pepper, ½ green pepper and ½ onion. Saute until caramelized.
- Make your own croutons - Sub rolls toasted, topped with Dijon mustard and provolone cheese, cut into small cubes.
- Serve each cup of soup with the sautéed peppers and onions and homemade croutons.

## Beechwood Gift Shop is Now Open

We are very excited to announce that after a two-year hiatus, our gift shop is back up and running every Wednesday, from 11am-1pm and 2:30pm-4:30pm. Lots of gifts, cards, fashion accessories, stuffed animals and toys, as well as some essentials can be found in the gift shop. We are also featuring some locally made products.

Our gift shop is run by volunteers, like Chris Kobus and Diane Frick seen on the right. We appreciate their help very much. If you would like to learn more about volunteering in the shop, please contact Brenda Schwamborn at 716-810-7372.



## Winterfest at Presbyterian Village at North Church



Lisa and her team put on a great Fabulous food, sensational spirits ...and some shenanigans :)

winter celebration party for the residents. and exciting entertainment...

## Beechwood Employment Opportunities

Is it time for a change in your career? Are you looking for an opportunity to advance your profession? Are you interested in being part of a team, a family, where you are appreciated, encouraged and rewarded?

Beechwood Continuing Care may be the right choice for you! Beechwood offers competitive wages, sign-on bonuses and tuition assistance, as well as excellent benefits packages and a pleasant work environment. On campus there is free parking, and we are on a main bus route.

[CLICK HERE TO LEARN ABOUT OUR OPEN EMPLOYMENT POSITIONS.](#)



## Brighten Someone's Day with a Card



Did you know you can send a greeting card to your loved one here at Beechwood? You can even include a photo! [Click here](#), type in your message, upload your photo and we will make sure your loved one receives the message.

[Visit our Website](#)

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Beechwood Continuing Care | 2235 Millersport Hwy., Getzville, NY 14068

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