



Bardwell Bulletin



September 1, 2017

Unused Medications

As asked by residents, we reached out the Sheriff's Department regarding disposal of unused prescribed medications and found out that they no longer come to sites and gather these medications. It is expected that people bring their prescriptions directly to the Sheriff's Department and dispose of them in the container provided. No over the counter medications! Only prescription medications. If you are not able to bring your medications to the Sheriff's Department yourself you can speak with Amanda, the RSC, and set up a way to get your prescriptions there with her.

Make Me Smile.....



Coordinators Corner

Thank you to the residents who attended the monthly informative talk with Lynn Tucker and the Rutland City Fire Department. They will be returning monthly to go over various topics of interest with us. I will be picking the topic of discussion based off of the surveys that I gave to all residents to be completed and returned to me. Is there a person you would like to have here to speak about a specific concern of yours? Is there a program or activity that you would like to learn more about? Just let me know!

Thank you to those that came to learn about the Interage Adult Day Program. If you would like information please come see me.

Another thank you to all those that attended the Ice Cream Social with me as well!

The computers were generously donated for your use. The desktop computers are connected to the internet with no charge to residents. It is understood that there is a Wi-Fi connection in the Computer Room/Library Area, also at no charge to residents. If you would like to set up an account to use the computer securely, please call Amanda King. She will make an appointment with you to do so. Be aware that you must already have an e-mail address to obtain an account.

These computers are for the Bardwell House resident use only. As there are only two computers, they should not be used by friends,

Mark Your Calendar!

Check the Calendar in the Lobby for times and locations.



- Sept 1: Coffee & Trivia
- Sept 3: Matinee Movie
- Sept 4: Resident Assoc. Meeting
- Sept 4: Labor Day**
- Sept 5: "Walk & Roll" 9:30 a.m.
- Sept 5: Coloring for Your Soul
- Sept 5: Music by Gary Wade
- Sept 6: Coffee & Conversation
- Sept 7: "Walk & Roll" 9:30 a.m.
- Sept 7: Game Night
- Sept 8: Coffee & Conversation
- Sept 12: "Walk & Roll" 9:30 a.m.
- Sept 12: Coloring for Your Soul
- Sept 12: Music by Gary Wade
- Sept 13: Coffee & Conversation
- Sept 14: "Walk & Roll" 9:30 a.m.
- Sept 15: Coffee & Trivia
- Sept 17: Matinee Movie
- Sept 18: Therapy Dogs
- Sept 19: "Walk & Roll" 9:30 a.m.
- Sept 19: Coloring for Your Soul
- Sept 19: Music by Gary Wade
- Sept 20: Coffee & Conversation
- Sept 21: "Walk & Roll" 9:30 a.m.
- Sept 21: Game Night
- Sept 22: Coffee & Trivia
- Sept 22: Fall Begins**
- Sept 26: "Walk & Roll" 9:30 a.m.
- Sept 26: Coloring for Your Soul
- Sept 26: Music by Gary Wade
- Sept 27: Coffee & Conversation
- Sept 27: Lynn Tucker 11:00 a.m.
- Sept 28: "Walk & Roll" 9:30 a.m.
- Sept 29: Coffee & Trivia
- Sept 30: Bring-A-Prize BINGO

Computer Rooms

Use Those Summer Vegetables

aides, etc. Please inform your guests and assistants are

Skillet Green Beans with Red Pepper

Serves 4. 5 Net Carbs


- 2 teaspoons olive oil
- 2-3 cloves of minced garlic
- 1/2 tsp. salt
- 1/8 tsp red pepper flakes



1 Large bunch of spinach or kale, cleaned and chopped
2-3 Tablespoons water

spinach or kale (a handful at a time) until wilted.
Add water to prevent scorching. Cook 10 minutes.

Heat oil. Add garlic and cook 30 seconds. Stir in salt and red pepper flakes. Reduce heat, add



SUMMER WORD SCRAMBLE

BECHA
9

EABABLLS
14

CIE ECRAM
16 2

NMGISWIM
8 18

PCIICN
4 13

NVCTIOAA
11 17

SWURENOLF
6

ROMEWATENL
15 10 7

SCESNTDAAL
5

HTAE
1

BOIGATN
12

POLO
3

y
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

