



Celebrating Longtime Caregivers

Five members of the Ashland Farm at North Andover team recently celebrated impressive anniversaries proving how they are truly *Called to Care*.



At an all-associate meeting that doubled as an informal recognition ceremony, the five celebrated work anniversaries ranging from 19 years to 22 years at the community. Bouquets of flowers and big smiles filled the room as Lead Resident Care Associate Fladia Paulino marked 22 years at Ashland Farm, in addition to RCA Mary Barrett, 22 years; RCA Beatrice "Bea" Joseph, 21 years; Housekeeper Quenia DelVecchio, 20 years; and Housekeeper Arcania Dominguez, 19 years.

"Bea and Mary actually went to high school together in St. Lucia in their childhood, lost touch for years, then found each other again here at Ashland Farm," says Executive Director Angeline Hernandez. "They're very passionate about what they do."

After 22 years, Fladia feels *Called to Care* every day.

"I think I'm here for a purpose," she says. "I love my job and helping our residents. It feels like something I was born to do, to help others."

That kind of dedication has a magical effect on residents and associates.

"I feel honored to be with people who love what they do and show such commitment to our residents and each other," says Angeline.

'Little Hats, Big Hearts'

Residents and associates throughout Benchmark communities continue to participate in the Little Hats, Big Hearts program, an initiative through the American Heart Association to donate hats for babies to raise awareness of congenital heart defects.

As part of American Heart Association Awareness Month in February, over 15 communities have taken part so far by knitting and crocheting hundreds of hats. Here are some shots of the action:



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Residents Knit Scarves for Veterans



Jule, left, and Pauline display handmade scarves collected for local veterans.

Carriage Green at Milford residents recently knitted 107 scarves for local veterans in Connecticut. Knitting groups, senior centers and other organizations also helped in the drive to donate more than 300 handmade scarves for the annual Stockings for Soldiers drive organized by The SoHu New Haven Neighborhood Association.

This Month in History

On March 4, 1933, Franklin Delano Roosevelt is inaugurated as the 32nd president of the United States. Elected during the Great Depression, Roosevelt's "New Deal" proposals, including the Agricultural Adjustment Act, National Industrial Recovery Act, and creation of the Public Works Administration and Tennessee Valley Authority, received approval within his first 100 days. His 13 years as president led to the passage of the 22nd Amendment to the U.S. Constitution, which limited presidential terms to a maximum of two.

Benchmark History

In March 2001, Benchmark acquired eight Crossings properties: Billerica, Chelmsford, Haverhill, Leominster, Nashua, Plymouth, Shrewsbury and Waltham.



Interested in recommending a friend or family member to one of our 58 communities across the Northeast? Ask about our **Resident Referral Bonus Program** — you could receive \$2,000!

Tasty Treats to Make at Home

Oven Stew

by Ridgefield Crossings resident Elva

Ingredients:

- 4 pounds of beef round steak cut into 1-inch cubes
- 4 cups of sliced carrots
- 2 cups of sliced celery
- 4 medium onions, sliced
- 2 5 oz. cans water chestnuts, sliced

- 2 6 oz. cans sliced mushrooms
- ¼ cup + 2 Tbsp. flour
- 2 Tbsp. sugar
- 1 tsp. salt (to taste)
- 2 16 oz. cans of tomatoes, chopped
- 2 cups burgundy wine or 1 can beef bouillon + 1 cup of wine or 2 cups of beef bouillon

Directions:

1. Mix meat, carrots, celery, onions, water chestnuts and mushrooms.

2. Mix flour, sugar, salt and stir into meat mixture.
3. Stir in tomatoes and wine/bouillon mixture.
4. Cover and bake in roasting pan at 300 degrees for 3-3 ½ hours.

