

S



M

T

W

Th

F

S

07 Daylight Saving Time Ends

1:00 Walking Club AO
2:00 Ice Cream Social DR
7:30 Weekend Theater on the in House Channel

1:00 Walking Club AO
2:00 Ice Cream Social DR
7:30 Weekend Theater on the in House Channel

1:00 Walking Club AO
2:00 Ice Cream Social DR
7:30 Weekend Theater on the in House Channel

1:00 Walking Club AO
2:00 Ice Cream Social DR
7:30 Weekend Theater on the in House Channel

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 Flex Your Brain LR
1:00 Walking Club AO
2:00 Culinary Club DR
3:00 iPad Games LR
4:00 Resident Engagement Chat LR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 Flex Your Brain LR
1:00 Walking Club AO
2:00 Monday Movie & Popcorn LR
3:00 iPad Games LR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 Flex Your Brain LR
1:00 Walking Club AO
2:00 Turkey Bowling/ Friendsgiving Party DR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 Flex Your Brain LR
1:00 Walking Club AO
2:00 My Life Story LR
3:00 iPad Games LR

02 Election Day
9:00 News & Views LR
9:30 B-Fit Exercise Class LR
1:00 Walking Club AO
2:00 Church Service CR
2:00 Art Studio LR
3:00 Chicken Soup Stories LR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
1:00 Resident Engagement Chat LR
1:00 Walking Club AO
2:00 Art Studio LR
3:00 Chicken Soup Stories LR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
1:00 Walking Club AO
1:30 Devotions LR
2:00 Art Studio LR
3:00 Chicken Soup Stories LR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
1:00 Walking Club AO
2:00 Monthly Resident Birthday Party DR
3:00 Chicken Soup Stories LR
4:00 Resident Council DR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
1:00 Walking Club AO
2:00 Art Studio LR
3:00 Chicken Soup Stories LR

03
9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 iPad Fun LR
1:00 Scenic Bus Ride OUT
2:30 Walking Club AO
3:00 Prize Bingo LR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 iPad Fun LR
1:00 Scenic Bus Ride OUT
2:00 Bookmobile MLR
2:30 Walking Club AO
3:00 Prize Bingo LR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 iPad Fun LR
1:00 Scenic Bus Ride OUT
2:30 Walking Club AO
3:00 Prize Bingo LR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 iPad Fun LR
1:00 Scenic Bus Ride OUT
2:00 Bookmobile MLR
2:30 Walking Club AO
3:00 Prize Bingo LR

04
9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 Cranium Crunches LR
1:00 Walking Club AO
2:00 Manicures LR
3:00 Wheel of Fortune LR
7:30 Thursday Night Movie on the in House Channel

11 Veterans Day
9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:00 Flag Raising Ceremony
1:00 Walking Club AO
2:00 Veterans Day Celebration MLR
3:00 Wheel of Fortune LR
7:30 Thursday Night Movie on the in House Channel

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 Cranium Crunches LR
1:00 Walking Club AO
2:00 Manicures LR
3:00 Wheel of Fortune LR
7:30 Thursday Night Movie on the in House Channel

25 Thanksgiving
9:00 News & Views LR
10:30 Cranium Crunches LR
7:30 Thursday Night Movie on the in House Channel

05
9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 Flex Your Brain LR
1:00 Walking Club AO
2:00 Happy Hour DR
3:00 Friday Social MLR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 Flex Your Brain LR
1:00 Walking Club AO
2:00 Happy Hour DR
3:00 Friday Social MLR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 Flex Your Brain LR
1:00 Walking Club AO
2:00 Happy Hour DR
3:00 Friday Social MLR

9:00 News & Views LR
9:30 B-Fit Exercise Class LR
10:30 Flex Your Brain LR
1:00 Walking Club AO
2:00 Happy Hour DR
3:00 Friday Social MLR

06
1:00 Walking Club AO
2:00 Cookies and Chronicles DR
7:30 Weekend Theater on the in House Channel

1:00 Walking Club AO
2:00 Cookies and Chronicles DR
7:30 Weekend Theater on the in House Channel

1:00 Walking Club AO
2:00 Cookies and Chronicles DR
7:30 Weekend Theater on the in House Channel

1:00 Walking Club AO
2:00 Cookies and Chronicles DR
7:30 Weekend Theater on the in House Channel

Brookdale Montrose
100 Brookmont Road
Akron, OH 44333
(330) 666-4545 | brookdale.com

LOCATION KEY

LR Living Room
DR Dining Room
MLR Main Living Room
MDR Main Dining Room
LBR Library
CR Community Room
OUT Outing
APT Apartment
AO Activity Office
CAR Card Room

Health and Wellness

Getting a Good Night's Sleep



Sleep is where the body and mind are repaired, reordered and readied for the next day. Going without adequate amounts of sleep won't just leave you tired and irritable, it can be a detriment to your overall well-being.

Not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is frequently interrupted or cut short might not get enough of certain stages of sleep. In other words, how well rested you are and how well you function the next day depend on your total sleep time

and how much of the various stages of sleep you get each night.

Physical Benefits

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Source: <https://medlineplus.gov/healthysleep.html>

Mental Benefits

Getting enough quality sleep at the right times helps you function well mentally throughout the day. People who are sleep deficient are less productive. They take longer to finish tasks, have a slower reaction time, and make more mistakes. After several nights of losing sleep—even a loss of just 1–2 hours per night, your ability to function suffers as if you haven't slept at all for a day or two.

According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. Older adults need about the same amount of sleep as all adults—7 to 8 hours each night.

Source: <https://www.sleepfoundation.org/how-sleep-works/why-do-we-need-sleep>

Tips for Better Sleep

- Exercise regularly
- Go to bed and rise around the same time every day
- Keep your bedroom cool
- Avoid looking at your phone or tablet right before bed
- Eat—but not too much
- Avoid excessive alcohol and caffeine
- Relax before bed
- Get checked by your doctor if you have continued trouble sleeping

Source: <https://medlineplus.gov/healthysleep.html>

Wellness Challenge

Optimum Life Inspiration

Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling completely relaxed.

Be Well on Purpose!

Brookdale News

National Alzheimer's Disease Awareness Month



Each November Brookdale Senior Living joins the rest of the nation in recognizing National Alzheimer's Disease Awareness Month. Although we are focused on the care of people living with dementia, including Alzheimer's disease all year, it is a special time for us to contribute in a larger way to both raise awareness and promote research for the cure and a better quality of life for those living with the disease.

We recognize that with the most recent estimates pointing to more than 6 million Americans living with Alzheimer's and that this number is projected to rise to nearly 13 million by 2050, raising awareness of the disease is a very important mission. As the nation's largest dementia care organization, Brookdale Senior Living has long been a leading fundraiser of the Alzheimer's Association. Brookdale has held specific fundraisers annually and has participated in hundreds of local The Walk to End Alzheimer's™ events, which is the world's largest event to generate awareness and funds for Alzheimer's care, support and research, throughout the country.

Despite the global pandemic, in 2020, Brookdale was proud to raise over 1 million dollars for the Walk to End Alzheimer's Program through the Alzheimer's Association. Since 2008, Brookdale has raised more than \$19 Million for the organization as a National Walk to End Team. This year, Brookdale is on target to raise over \$1 million for the organization.

Our goal at Brookdale continues to be to improve quality of care and outcomes across all our care settings, including quality of life and the lived experience of persons with dementia and their caregivers.

An Engaged Life



Pat McKinney has always had a heart for service, having begun her nursing career at a young age. Pat completed nursing school when her youngest son was born. She worked in home health going to homes without indoor plumbing and seeing AIDS patients when not much was known about the disease. Later, she was the first hospice nurse in Iredell County, NC and helped develop nursing protocols.

A native of Wales, Pat now uses what she loves to serve others at Brookdale Peachtree in Statesville, NC. She leads group discussions about her time in Wales and her love of the Royal Family, sharing her many magazines and pieces of memorabilia on the topic. Pat also enjoys walking through the community, checking in with residents to ensure they are doing well. Recently on her "rounds," she came upon a resident who had fallen. Pat helped in providing sound nursing advice to the staff, and gently approached the resident to check the resident's pulse while comforting her with encouraging words.

Pat provides us all with a wonderful example about living an engaged life, with the key being this – do things that drive your passion and keep you engaged – and share that passion with others.