

# S M T W Th F S

# September 2021

## Brookdale Eagan

1365 Crestridge Lane  
Eagan, MN 55123

(651) 686-5557 | brookdale.com



## THE DAILY Path

### UPCOMING EVENTS

- 8:00 Breakfast
- 9:45 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 1:45 Creative/Crafts/Art and Clustered Groups
- 3:00 Physical
- 2:30 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 6:15 Sensory/News and Reading Groups
- 7:00 Refreshments

*Life Skills & Life Enrichment boxes are offered 24 hours a day.*

### LOCATION KEY

- CY - B
- P - Patio
- TS - Town Square
- O - Outside
- OT - Outing
- DR - Dining Room
- CKC - Country Kitchen (Clare)
- LRC - Living Room (Clare)
- CKB - Country Kitchen (Bridge)
- LR - Both Living Rooms

License Number



<b>05</b> 9:45 B-Fit: Relax & Flex LR 11:00 Community Worship TS 1:15 Solace/ 1:1 Visit LR 1:45 Calendar Decorating! TS 3:00 Volleyball TS 3:45 Sing-Along TS 6:15 Protestant Service TS	<b>06 Labor Day</b> 9:45 B-Fit: Cardio LR 11:00 Labor Day Word Search TS 1:45 Tissue Paper Flags TS 2:30 Patriotic Parfait TS <b>3:00 Pet Engagement</b> 3:30 Bible Stories LRC 4:00 American Sing Along TS 6:15 Movie: Top Gun TS	<b>07 Rosh Hashanah</b> 9:45 B-Fit: Balance/Coord. LR 11:00 September IQ TS 1:45 Fall Burlap Wreaths TS 2:30 Patio Snacks P 3:00 Chair Soccer TS 4:00 Rosary DR 6:15 Music & Reading TS <i>Twins vs. Indians</i>	<b>01</b> 9:45 B-Fit: Relax & Flex LR 11:00 Trivia! TS 1:45 Cowboy Hats! TS 2:30 Coffee & Cookies P 3:00 Ring Toss TS 4:00 Conway Twitty Music TS 6:15 Puzzles & Tea TS 7:10 <i>Twins vs. Cubs</i>	<b>02</b> 9:45 B-Fit: Core Strength LR 11:00 V-J Day Facts TS 1:00 Apple Picking OT 1:45 Patriotic Lanterns TS 3:15 Chair Soccer TS 4:00 V-J Day Music LR 6:15 Lutheran Recorded Service TS	<b>03</b> 9:45 B-Fit: Upper Strength LR 11:00 Bingo! TS 1:45 College Flags! TS 3:15 Golf TS 4:00 College Fight Songs TS 6:15 Local News TS 7:00 Movie Night: The Blind Side	<b>04</b> 9:45 B-Fit: Lower Strength LR 11:00 National Geographic TS 1:15 Solace/ 1:1 Visit LR 1:45 Penguin Craft TS 3:15 Bowling TS 4:00 Outside Sing Along P 6:15 Hand Massages LR
<b>12</b> 9:45 B-Fit: Relax & Flex LR 11:00 Community Worship TS <b>12:00 MN Vikings Game!</b> TS 1:45 Milkshakes & Coloring TS 3:00 Bean Bag Toss TS 4:00 Music with Joy! TS 6:15 Protestant Worship TS <b>Grandparents Day!</b>	<b>13</b> 9:45 B-Fit: Cardio LR 11:00 Women in Politics! TS <b>1:45 Kitchen Fun: Cake Pops!</b> CK 3:00 Walking Club 4:00 Sing Along w/ Susie TS 6:15 Comedy Hour TS <b>Phyllis's Birthday!</b>	<b>14</b> 9:45 B-Fit: Balance/Coord. LR 11:00 Trivia TS 1:45 Inspirational Coloring TS <b>2:30 Smoothies!</b> TS 3:30 Bean Bag Toss TS 4:00 Rosary DR 6:15 Soothing Music & Reading TS	<b>08</b> 9:45 B-Fit: Relax & Flex LR 11:00 School Days Detective TS <b>1:45 Kitchen Fun: Apple Pie Bites</b> CK 3:00 FitXpress TS 4:00 Piano Sing Along TS 6:15 Evening News & Puzzles TS	<b>09</b> 9:45 B-Fit: Core Strength LR 11:00 Sudoku Puzzles! TS <b>1:00 Summit Ave. Drive</b> OT 1:45 Watercolor Painting TS 3:00 Frisbee Toss TS 4:00 Buddy Holly Music TS 6:15 Lutheran Service TS <b>Tom's Birthday!</b>	<b>10</b> 9:45 B-Fit: Upper Strength LR 11:00 Bingo! TS <b>1:45 Arm Chair Travel: Savannah, GA</b> TS 3:00 Chair Dancing TS 4:00 Oldies Sing Along TS 6:15 Hand Massages TS	<b>11</b> 9:45 B-Fit: Lower Strength LR 11:00 Happy Facts TS 1:15 Solace/ 1:1 Visit LR 1:45 Popsicle Stick Flags TS 3:15 Bowling TS 4:00 America Sing Along P 6:15 Movie Night: Billy the Kid TS
<b>19</b> 9:45 B-Fit: Relax & Flex LR 11:00 Community Worship TS 1:15 Solace/ 1:1 Visit LR 1:45 Yarn Painting TS 3:00 FitXpress TS <b>3:05 Vikings vs. Cardinals</b> TS <b>4:00 Pet Engagement!</b> TS 6:15 Protestant Service TS	<b>20</b> 9:45 B-Fit: Cardio LR 11:00 Crosswords & Coffee TS 1:45 Harvest Moon Craft TS 2:30 Moonpies! TS 3:00 Walking Club 4:00 Sing Along w/ Sue TS 6:15 Mindful Meditation LR	<b>21</b> 9:45 B-Fit: Balance/Coord. LR 11:00 Finish the Phrase! TS 1:30 Movie & Light Refreshment TS 3:30 Chair Soccer TS 4:00 Rosary DR 6:15 Soothing Music TS <b>Bev's Birthday!</b>	<b>22</b> 9:45 B-Fit: Relax & Flex LR 11:00 InTouch Jokes! TS <b>1:45 Resident Council</b> TS 2:30 Ice Cream Cones! TS 3:00 Bowling TS 4:00 Piano Music TS 6:15 News & Puzzles TS	<b>15</b> 9:45 B-Fit: Relax & Flex LR 11:00 September Word Search TS 1:45 Board Games TS <b>2:30 Dippin' Dots!</b> TS 3:00 Bowling! TS 4:00 Finish the Lyrics! TS 6:15 Puppy Cam LR	<b>16 Yom Kippur</b> 9:45 B-Fit: Core Strength LR 11:00 Analogies TS <b>1:00 Community Outing: Lake Harriet</b> OT 1:45 Kinetic Sand! TS 3:15 Chair Soccer TS 4:00 Country Music TS 6:15 Lutheran Service TS	<b>17</b> 9:45 B-Fit: Upper Strength LR 11:00 Bingo! TS 1:45 Geometric Painting TS 3:15 Bowling TS 4:00 Country Music TS 6:15 Local News & Colorful Creations TS
<b>26</b> 9:345 B-Fit: Relax & Flex LR 11:00 Community Worship TS 1:15 Solace/ 1:1 Visit LR 1:45 Midday Movie: West Side Story TS 3:00 Frisbee TS 4:00 Hymn Sing Along TS 6:15 Protestant Worship TS	<b>27</b> 9:45 B-Fit: Cardio LR 11:00 Football Matching Game TS <b>1:45 Kitchen Fun: Meat &amp; Cheese Sticks</b> TS 3:15 Walking Club 4:00 Sing Along w/ Susie TS 6:15 Wildlife Cam LR	<b>28</b> 9:45 B-Fit: Balance/Coord. LR 11:00 Trivia! TS 1:45 Sensory Bottles TS 3:00 Bean Bag Toss TS 4:00 Rosary DR 6:15 Soothing Music TS	<b>29</b> 9:45 B-Fit: Relax & Flex LR 11:00 Coffee & Crosswords TS <b>1:45 Birthday Bash!</b> TS 3:00 Bowling TS 4:00 Piano Concert! TS 6:15 Evening Show & Puzzles LR	<b>23</b> 9:45 B-Fit: Core Strength LR 11:00 Trivia! TS <b>1:00 Coffee Run!</b> OT 3:15 Frisbee Toss TS 4:00 Hymn Songs TS <b>5:00 Family Education Night</b> TS 6:15 Lutheran Recorded Service TS	<b>24</b> 9:45 B-Fit: Upper Strength LR 11:00 Bingo! TS <b>1:45 Kitchen Fun: Chocolate Pretzels</b> CK 3:15 Afternoon Stretches TS 4:00 Name That Tune! TS 6:15 Tea & Puzzles TS	<b>18</b> 9:45 B-Fit: Lower Strength LR 11:00 Camping Detective TS 1:15 Solace/ 1:1 Visit LR 1:45 Paint By Sticker TS 3:15 Chair Dancing TS <b>4:00 Pet Engagement</b> 6:15 Saturday Flick TS
<b>30</b> 9:45 B-Fit: Core Strength LR 11:00 InTouch Games LR <b>1:00 Community Outing</b> OT 1:45 Decorate a Frisbee! TS 3:00 Frisbee Toss TS 4:00 Country Sing Along LR 6:15 Lutheran Service TS <b>Rose's Birthday!</b>	<b>25</b> 9:45 B-Fit: Lower Strength LR 11:00 Caption This! TS 1:15 Solace/ 1:1 Visit LR 1:45 Manicures! TS 3:00 Noodle Volleyball TS 4:00 Karaoke! TS 6:15 Saturday Film TS					

# Health and Wellness

## Coping with Stress



Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient. How you respond to stress can depend on your background, your social support from family or friends, your financial situation, your health and emotional background, the community you live in, and many other factors. Chronic stress is widely believed to accelerate aging and its adverse effects on immune system function.

Taking care of your friends and your family can be a stress reliever, but it should be balanced with care for yourself. Helping others cope

with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

### Common Symptom and Signs of Stress

- Worry and anxiety
- Panic attacks
- Headaches or chest pain
- Irritability and mood swings
- Difficulty concentrating
- Difficulty sleeping

Stress is your body's response to demanding or adverse conditions or events, whether they are real or perceived, but it can cause some unexpected changes to our physical and mental health. The effects of stress can be helped through stress management techniques.

### Healthy Ways to Cope with Stress

- Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.

- Take breaks from watching, reading, or listening to news stories, including those on social media.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol use.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. If social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Source:  
"Coping with Stress". CDC, 1 July 2020,  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>.

## Wellness Challenge

Mental health is an important part of overall health and well-being. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

*Be Well on Purpose!*

## Brookdale News

Caring For You. Cindy Kent, Executive Vice President and President of Senior Living



Your health and well-being are Brookdale's top priority. We continue to navigate our way through the COVID-19 pandemic by fully leveraging the size and scale of our entire company. We are an effective learning organization with a passion for serving seniors, and we continue to partner really well with health authorities and regulators. We are innovating to find the best and new ways to try to protect you. In our communities, we've introduced telehealth services and increased partnership with other health organizations. As you may recall, we also partnered with CVS through the federal

partnership program for vaccine distribution. Through this, we facilitated over 125,000 vaccine doses in less than four months. We are so grateful that 93% of our residents chose to be vaccinated through our clinics.

A critical component of this ongoing success is attributed to our inclusion of different perspectives and expertise into our planning—focused not just on the physical health and safety but also balancing that with emotional well-being as well as resident engagement. We are prioritizing the balance of clinical needs as well as overall physical safety with the effects of loneliness and loss of family connections.

It's awe-inspiring to see Brookdale's "Everyday Heroes" in action. I've seen many acts of selflessness over the years of my career, but I have never seen anything like Brookdale's emergency response--whether hurricanes, wildfires, or the pandemic, Brookdale is there! It takes a special kind of person to work in senior living and I am so glad to be part of the Brookdale team!

## An Engaged Life



Hank Jaeckal is someone who enjoys interacting with others to make a difference in their lives. He has used these important attributes his entire life. Especially during his career as an industrial engineer and later as an employee for the Mississippi Division of Vocational Rehabilitation. Through his work with this organization he was selected by the National Rehabilitation Association to set up other programs to help disabled individuals find work and live productive lives.

A hobby Hank picked up in the early part of his life was writing poetry. He would write poetry forming clues for his sons to find hidden items during special holidays. Hank often placed his poems in birthday cards for friends and family to enjoy.

In 2016, Hank moved to Brookdale Tamarac Square in Denver, CO bringing the same synergy to work with others and a love of the written word. He has become a master at his interest of working with words to develop tales. Hank's short stories are on topics he used for inspiration about being an amputee and the impact of interesting and humorous things people have said to him over the years.

Hank's amazing poem "The American Spirit" was selected as the Grand Champion in Brookdale's 2nd Annual National Poetry Challenge from over 100 poems submitted from residents across the country. Hank is dedicated to leading a life of passion and purpose utilizing words to capture the imagination.

Check with your programming associate for a copy of Hank's winning poem!