

S M T W Th F S

Brookdale Midland
4004 Waldo Avenue
Midland, MI 48642
(989) 832-8500 | brookdale.com



01
11:00 Flex Your Brain BLR
1:00 Nurse Talk DR
2:00 B-Fit Exercise BLR
4:00 Glamour Shots BS

02
10:45 Devotional BLR
2:00 B-Fit Exercise BLR
4:00 Pet Therapy WR
4:00 BINGO DR

03
10:45 Daily News and Coffee BLR
1:00 My life Story BLR
2:00 B-Fit Exercise BLR
4:00 Happy Hour DR

04
10:45 Daily News and Coffee BLR
1:00 Crossword DR
2:00 B-Fit Exercise BLR
4:00 Ping Pong BLR

05
10:45 Daily News And Coffee BLR
1:30 Pastor Paul FR
2:00 B-Fit Exercise BLR
4:00 Church Service FR

06 **Labor Day**
11:00 Flex Your Brian BLR
12:00 BBQ OT
1:00 Trivia BLR
2:00 B-Fit Exercise BLR
4:00 Nails BS

07 **Rosh Hashanah**
10:45 Daily News and Coffee BLR
1:00 Hand Messages BS
2:00 B-Fit Exercise BLR
4:00 BINGO DR

08
11:00 Flex Your Brain BLR
1:00 Bird Watching OT
2:00 B-Fit Exercise BLR
4:00 Crafts DR

09
10:45 Devotional BLR
2:00 B-Fit Exercise BLR
4:00 Pet Therapy WR
4:00 BINGO DR

10
10:45 Daily News and Coffee BLR
11-1 Petting Zoo OT
2:00 B-Fit Exercise BLR
4:00 Resident Council BLR

11-1 Petting Zoo DR

11
10:45 Daily News and Coffee BLR
1:00 Calming Color DR
2:00 B-Fit Exercise BLR
4:00 Book Club BLR

12
10:45 Daily News And Coffee BLR
1:30 Pastor Paul FR
2:00 B-Fit Exercise BLR
4:00 Church Service FR

13
11:00 Flex Your Brian BLR
1:00 Trivia BLR
2:00 B-Fit Exercise BLR
4:00 Nails BS

14
10:45 Daily News and Coffee BLR
1:00 Popcorn and Movie DR
2:00 B-Fit Exercise BLR
4:00 BINGO DR

15
11:00 Flex Your Brain BLR
1:00 Mantince Chat BLR
2:00 B-Fit Exercise BLR
4:00 Painting Class DR

16 **Yom Kippur**
10:45 Devotional BLR
2:00 B-Fit Exercise BLR
4:00 Pet Therapy WR
4:00 BINGO DR

17
10:45 Daily News and Coffee BLR
1:00 Engagment Chat DR
2:00 B-Fit Exercise BLR
4:00 Happy Hour DR

18
10:45 Daily News and Coffee BLR
1:00 Stretching FR
2:00 B-Fit Exercise BLR
4:00 Card Night BLR

19
10:45 Daily News And Coffee BLR
1:30 Pastor Paul FR
2:00 B-Fit Exercise BLR
4:00 Church Service FR

20
11:00 Flex Your Brian BLR
1:00 Trivia BLR
2:00 B-Fit Exercise BLR
4:00 Nails BS

21
10:45 Daily News and Coffee BLR
1:00 Root Beer DR
2:00 B-Fit Exercise BLR
2:00 Mary Kay Sampling DR
4:00 BINGO DR

Pajama Day

22
11:00 Flex Your Brain BLR
1:00 Gardening DR
2:00 B-Fit Exercise BLR
4:00 Crafts DR

23
10:45 Devotional BLR
2:00 B-Fit Exercise BLR
4:00 Pet Therapy WR
4:00 BINGO DR

24
10:45 Daily News and Coffee BLR
1:00 Menu Chat DR
2:00 B-Fit Exercise BLR
4:00 Custom Conversation BLR

25
10:45 Daily News and Coffee BLR
1:00 Bird Watching OT
2:00 B-Fit Exercise BLR
4:00 Evening Stroll OT

26
10:45 Daily News And Coffee BLR
1:30 Pastor Paul FR
2:00 B-Fit Exercise BLR
4:00 Church Service FR

27
11:00 Flex Your Brian BLR
12:00 Birthday Celebration DR
2:00 B-Fit Exercise BLR
4:00 Nails BS

28
10:45 Daily News and Coffee BLR
1:00 Custom Conversation BLR
2:00 B-Fit Exercise BLR
4:00 BINGO DR

29
11:00 Flex Your Brain BLR
1:00 Tasty Treats DR
2:00 B-Fit Exercise BLR
4:00 Painting Class DR

30
10:45 Devotional BLR
2:00 B-Fit Exercise BLR
4:00 Pet Therapy WR
4:00 BINGO DR

LOCATION KEY

FR Front Room BS Beauty Salon
DR Dining Room
WR Whole Residence
OT Outside/Outing
BLR Back Living Room
CB Clare Bridge

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!

COMMUNITY CONNECTIONS

September 2021

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!