

# S M T W Th F S

# September 2021

## Brookdale Hamilton

1645 Whitehorse-Mercerville Road  
Hamilton, NJ 08619  
(609) 586-4000 | brookdale.com



## THE DAILY Path

### UPCOMING EVENTS

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

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

### LOCATION KEY

- TS - Town Square
- BLR - Blue Living Room
- OS - Outside in Courtyard
- BDR - Blue Dining Room
- GDR - Green Dining Room
- BS - Beauty Shop
- CR - Conference Room
- BT - Bus Trip
- BCK - Blue Country Kitchen
- GCK - Green Country Kitchen

License Number



<b>05</b> 10:30 TV Catholic Service B/G 11:15 Relaxation Exercise B/G 1:00 Music Sounds B/G 2:00 Bingo Mania B/G 3:00 Breathing Exercise B/G 3:45 Neil Diamond Music B/G 6:00 Hand Massages B/G 7:00 Midnight Club B/G	<b>06 Labor Day</b> 10:15 BFit Cardio Exercise B/G 11:15 Labor Day Disc/Trivia B/G <b>1:00 Back to School Week B/G</b> 2:00 Mix & Mingle Social B/G 3:00 Lower Body Exercise B/G 3:45 Lee Greenwood Music B/G 6:00 Uno Game B/G 7:00 Midnight Club B/G	<b>07 Rosh Hashanah</b> 10:15 BFit Core Strength B/G 11:15 Math Class B/G 1:00 Music Notes B/G <b>2:00 Entertainment/Eddie B/G</b> 3:00 Flexibility Exercise B/G 3:45 Righteous Brothers B/G 6:00 Manicures /w Melissa B/G 7:00 Midnight Club B/G	<b>01</b> 10:15 BFit Cardio B/G 11:15 Dictionary Trivia B/G <b>1:00 Trip to Dollar Store BT</b> 2:00 Bingo Game B/G 3:00 Flexibility Exercise B/G 3:45 Tom Jones Music B/G 6:00 Trivia w/ Mary B/G 7:00 Midnight Club B/G	<b>02</b> 10:15 BFit Balance B/G 11:00 Resident Council Meet B/G 1:00 Music and You B/G 2:00 Cooking Pancakes B/G 3:00 Cardio Workout B/G 3:45 Flexibility Exercise B/G 6:00 Manicures & Music B/G 7:00 Midnight Club B/G	<b>03</b> 10:15 Upper Body Strength B/G 11:15 Disc. Summer Vacations B/G 1:00 Music Notes B/G 2:00 Crafts w/ Mary B/G 3:00 Cardio Exercise B/G 3:45 Glen Miller Music B/G 6:00 Manicures B/G 7:00 Midnight Club B/G	<b>04</b> 10:15 BFit Coordination B/G 11:15 Riddles and More B/G 1:00 Music Sounds B/G <b>2:00 B'day Party w/ Joseph B/G</b> 3:00 Lower Body Exercise B/G 3:45 Platters Music B/G 6:00 Manicures w/ Yuli B/G 7:00 Midnight Club B/G
<b>12</b> 10:30 TV Catholic Service B/G 11:15 Relaxation Exercise B/G 1:00 Music w/ Friends B/G 2:00 Bingo Time B/G 3:00 Breathing Exercise B/G 3:45 Diania Ross Music B/G 6:00 Hand Nail Bar B/G 7:00 Midnight Club B/G	<b>13</b> 10:15 BFit Cardio Exercise B/G 11:15 Riddles B/G <b>1:00 A/L Fashion Week B/G</b> 2:00 Mix & Mingle Social B/G 3:00 Lower Body Exercise B/G 3:45 Susie Q Music B/G 6:00 Manicures B/G 7:00 Midnight Club B/G	<b>14</b> 10:15 BFit Core Strength B/G 11:15 You Be the Judge B/G 1:00 Music Sounds B/G <b>2:00 Decorating Face Mask B/G</b> 3:00 Flexibility Exercise B/G 3:45 Ben King Music B/G 6:00 Manicures /w Melissa B/G 7:00 Midnight Club B/G	<b>08</b> 10:15 BFit Cardio B/G <b>12:00 Brown Bag Lunch B/G</b> <b>1:00 Trip Produce Mkt BT</b> 2:00 Bingo Mania B/G 3:00 Balance Workout B/G 3:45 Chubby Checker Music B/G 6:00 Discussion and Trivia B/G 7:00 Midnight Club B/G	<b>09</b> 10:15 BFit Balance B/G 11:15 Dis.c School Days B/G 2:00 Making Sandwiches B/G 2:30 Back to School Photo B/G 3:00 Flexibility Exercise B/G 3:45 Tony Bennett Music B/G 6:00 Card Game B/G 7:00 Midnight Club B/G	<b>10</b> 10:15 Upper Body Strength B/G 11:15 Name That Sound B/G 1:00 Sounds of Music B/G 2:00 Calling All Artist B/G 3:00 Cardio Exercise B/G 3:45 Petula Clark B/G 6:00 Disc. & Manicures B/G 7:00 Midnight Club B/G	<b>11</b> 10:15 BFit Coordination B/G 11:15 Math Trivia B/G 1:00 In Touch Music B/G 2:00 Calling All Artist B/G 3:00 Lower Body Exercise B/G 3:45 Susie Q Music B/G 6:00 Manicures w/ Yuli B/G 7:00 Midnight Club B/G
<b>19</b> 10:30 TV Catholic Service B/G 11:15 Relaxation Exercise B/G 1:00 Our Kind of Music B/G 2:00 Bingo w/ Friends B/G 3:00 Breathing Exercise B/G 3:45 Andre Boccelli Music B/G 6:00 Hand Nail Bar B/G 7:00 Midnight Club B/G	<b>20</b> 10:15 BFit Cardio Exercise B/G 11:15 Disc. New Jersey B/G 1:00 Music Sounds B/G 2:00 Mix & Mingle Social B/G 3:00 Lower Body Exercise B/G 3:45 Elvis Music B/G 6:00 Uno Game B/G 7:00 Midnight Club B/G	<b>21</b> 10:15 BFit Core Strength B/G 11:15 Disc. Large Families B/G 1:00 Music Time B/G 2:00 Bible Talk B/G 3:00 Flexibility Exercise B/G 3:45 Roy Orbison Music B/G 6:00 Manicures /w Melissa B/G 7:00 Midnight Club B/G	<b>15</b> 10:15 BFit Cardio B/G 11:15 Trivia - New Jersey B/G <b>1:00 Trip to Flower Stand BT</b> <b>2:00 Sporting Necklaces B/G</b> 3:00 Balance Workout B/G 3:45 Neil Sedaka Music B/G 6:00 Uno Game B/G 7:00 Midnight Club B/G	<b>16 Yom Kippur</b> 10:15 BFit Balance B/G 11:00 Common Sayings B/G 2:00 Baking Hot Rolls B/G <b>2:30 Men's Tie Photo B/G</b> 3:00 Flexibility Exercise B/G 3:45 Elvis Music B/G 6:00 Manicures w/ Melissa B/G 7:00 Midnight Club B/G	<b>17</b> 10:15 Upper Body Strength B/G 11:15 Flower Trivia B/G 1:00 Everything Music B/G 2:00 Resident of the Month B/G 3:00 Cardio Exercise B/G 3:45 Paula Anks Music B/G 6:00 Hand Massages B/G 7:00 Midnight Club B/G	<b>18</b> 10:15 BFit Coordination B/G 11:15 Train Trivia B/G 1:00 Music Notes B/G 2:00 Shooting Hoops B/G 3:00 Lower Body Exercise B/G 3:45 Rat Pack Music B/G 6:00 Manicures w/ Yuli B/G 7:00 Midnight Club B/G
<b>26</b> 10:30 TV Catholic Service B/G 11:15 B Fit Shape Up B/G 1:00 Relaxation Exercise B/G 2:00 Bingo Time B/G 3:00 Breathing Exercise B/G 3:45 Susan Boyle Music B/G 6:00 In The News B/G 7:00 Midnight Club B/G	<b>27</b> 10:15 BFit Cardio Exercise B/G 11:15 Music Sound Trivia B/G 1:00 Our Kind of Music B/G 2:00 Mix & Mingle Social B/G 3:00 Lower Body Exercise B/G 3:45 Patsy Cline Music B/G 6:00 Card Game B/G 7:00 Midnight Club B/G	<b>28</b> 10:15 BFit Core Strength B/G 11:15 Disc. Baseball Players B/G 1:00 Music e/ Friends B/G 2:00 Bible Chat B/G 3:00 Flexibility Exercise B/G 3:45 Bary Manilow Music B/G 6:00 Manicures /w Melissa B/G 7:00 Midnight Club B/G	<b>22</b> 10:15 BFit Cardio TS 11:15 Trivia - Flowers TS <b>1:00 Trip to Pizza Parlor BT</b> 2:00 Bingo Mania TS 3:00 Balloon Volleyball TS 3:45 Susan Boyle Music TS 6:00 Trivia 4 All B/G 7:00 Midnight Club B/G	<b>23</b> 10:15 BFit Balance B/G 11:15 Did You Know? B/G 1:00 Music Notes B/G 2:00 Cooking Burgers B/G 3:00 Flexibility Exercise B/G 3:45 Bluegrass Music B/G 6:00 Balloon Volleyball B/G 7:00 Midnight Club B/G	<b>24</b> 10:15 Upper Body Strength B/G 11:15 Hangman Trivia B/G 1:00 Music Notes B/G 2:00 Craft Time B/G 3:00 Cardio Exercise B/G 3:45 Glen Miller Music B/G 6:00 Uno Game B/G 7:00 Midnight Club B/G	<b>25</b> 10:15 BFit Coordination B/G 11:15 The Year was 1971 B/G 1:00 Music for All B/G <b>2:00 Entertainment/Eddie B/G</b> 3:00 Lower Body Exercise B/G 3:45 Tony Bennett Music B/G 6:00 Manicures w/ Yuli B/G 7:00 Midnight Club B/G
<b>29</b> 10:15 BFit Cardio B/G 11:15 Hangman Game B/G <b>1:00 Trip to Walmart BT</b> 2:00 Bingo w/ U B/G 3:00 Balance Exercise B/G 3:45 Frank Sinatra Music B/G 6:00 Uno Game B/G 7:00 Midnight Club B/G	<b>30</b> 10:15 BFit Balance B/G 11:15 Beatles Trivia B/G 1:00 Music Sounds B/G 2:00 French Toast B/G 3:00 Flexibility Exercise B/G 3:45 Frank Sinatra B/G 6:00 Manicures B/G 7:00 Midnight Club B/G					

# 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!