

# S M T W Th F S

# September 2021

## Brookdale East Niskayuna

2861 Troy-Schenectady Road  
Niskayuna, NY 12309

(518) 782-7381 | brookdale.com



## THE DAILY Path

### UPCOMING EVENTS

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

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

### LOCATION KEY

- BHL - Bridge House Living Room
- CDR - Clare House Dining Room
- BDR - Bridge House Dining Room
- BHK - Bridge House Country Kite
- CHK - Clare House Country Kite
- CHL - Clare House Living Room
- BS - Beauty Salon
- LR - Living Room
- CK - Country Kitchen
- DR - Dining Room

License Number



**01**  
9:30 B-Fit Cardio/Core BHL  
11:00 Cranium Crunchers CHK  
11:30 Symbol Cards BHK  
1:30 Cooking with Theresa CK  
2:30 Hallway Bowling LR  
4:00 Name that Tune LR  
6:30 What's the news? LR

**02**  
9:30 B-Fit Balance/Flex CHL  
10:30 Dry Erase Boards CH  
11:30 Group Crosswords BHK  
1:30 Beading CHK  
2:30 Chair Stretch LR  
4:00 Country Classics LR  
6:30 Nails & Photo Albums LR

**03**  
9:30 B-Fit Cardio/Arms BHL  
11:00 Object Sorting CHK  
11:30 Fun Facts BHL  
1:30 Kindness Rocks CHK  
2:30 Walk/Gardening LR  
4:00 Instruments LR  
6:30 Bingo LR

**04**  
9:30 B-Fit Legs/Core CHL  
11:00 Picture Cards BDR  
11:30 Handwriting CHK  
1:30 Adult Sketching BHK  
2:30 Balloon Toss LR  
4:00 1940's Name that Tune LR  
6:30 Poetry Reading LR

**05**  
9:30 B-Fit Legs/Coord BHL  
11:00 Sock Sorting CHK  
11:30 In-Touch Trivia BHK  
1:30 Sunday Smoothies CK  
2:30 Table Tennis LR  
4:00 Java Music Club LR  
6:30 Sunday News LR

**06 Labor Day**  
9:30 B-Fit Arms/ Cardio CHL  
11:00 Brainteasers BHK  
11:30 Conversation Cards CHK  
1:30 Patriotic Suncatchers CK  
2:30 Birthday Party CK  
4:00 1950's Name that Tune LR  
6:30 Book Club LR

**07 Rosh Hashanah**  
9:30 B-Fit Balance/Relax BHL  
10:00 Church Service CHL  
11:30 Would You Rather... BHK  
1:30 Rainbow Project BHK  
2:30 Weight Workout CHL  
4:00 1960's Name that Tune LR  
6:30 Day in Review LR

**08**  
9:30 B-Fit Cardio/Core CHL  
11:00 Resident Council LR  
11:30 Person, Place, Thing? BHL  
1:30 Cooking with Theresa CK  
2:30 Bean Bag Toss LR  
4:00 Oldies but Goodies LR  
6:30 Favorite Poems LR

**09**  
9:30 B-Fit Balance/Flex BHL  
11:00 In-Touch Trivia CH  
11:30 Object in a bag CHL  
1:30 Magazine Collage BHK  
2:30 Hoops and Badminton LR  
4:00 Name that Sound LR  
6:30 Cocoa Chat LR

**10**  
9:30 B-Fit Cardio/Arms CHL  
11:00 This or That Trivia BHL  
11:30 Paint by Number CHK  
1:30 Apron Decorating BBK  
2:30 Conversation Ball LR  
4:00 Karaoke LR  
6:30 What's the News LR

**11**  
9:30 B-Fit Legs/Core BHL  
11:00 In-Touch Trivia CHL  
11:30 Button Sorting BHK  
1:30 Spiritual Connections LR  
2:30 Hallway Dancing LR  
4:00 Oldies but Goodies LR  
6:30 Board Games CK

**12**  
9:30 B-Fit Legs/Coord CHL  
11:00 Bingo BHL  
11:30 Write that Number CHK  
1:30 Scrapbooking BDR  
2:30 Exercise Ball LR  
4:00 Java Music Club LR  
6:30 Poetry Reading LR

**13**  
9:30 B-Fit Arms/ Cardio BHL  
11:00 Card Games CHK  
11:30 Watercolors BHK  
1:30 Baking with Tiffany CK  
2:30 Patio Exercise LR  
4:00 Musical Bingo CK  
6:30 Newspaper Chat LR

**14**  
9:30 B-Fit Balance/Relax CHL  
10:00 Church Service BHL  
11:30 Complete the Phrase CHL  
1:30 Washi Bookmarks BHK  
2:30 Walk/Gardening LR  
4:00 Music Quiz LR  
6:30 Pictionary LR

**15**  
9:30 B-Fit Cardio/Core BHL  
11:00 Read and Write CHK  
11:30 Dry Erase Boards BHK  
1:30 Cooking with Theresa CK  
2:30 Hallway Cornhole LR  
4:00 Sing the Next Line LR  
6:30 Share your Album LR

**16 Yom Kippur**  
9:30 B-Fit Balance/Flex CHL  
11:00 Cranium Crunchers CH  
11:30 Dictionary Roulette BHK  
1:30 Stitch Lacing Cards CHK  
2:30 Bean Bag Toss LR  
4:00 Musical Masterpieces LR  
6:30 Story Board LR

**17**  
9:30 B-Fit Cardio/Arms BHL  
11:00 Jigsaw Puzzles CHK  
11:30 Word in a Word BHK  
1:30 Handbag Decorating CHK  
2:30 Ring Toss LR  
4:00 Happy Hour LR  
6:30 Cocoa Chat LR

**18**  
9:30 B-Fit Legs/Core CHL  
11:00 Brainteasers BHL  
11:30 Fun Facts CHL  
1:30 Spiritual Connections LR  
2:30 Table Tennis LR  
4:00 Today's Hits LR  
6:30 Nails and Scrabble CK

**19**  
9:30 B-Fit Legs/Coord BHL  
11:00 Food Trivia CDR  
11:30 Board Games BHK  
1:30 Sharpie Mug Craft CHK  
2:30 Walk/Gardening LR  
4:00 Java Music Club LR  
6:30 Sunday News LR

**20**  
9:30 B-Fit Arms/ Cardio CHL  
11:00 Paint by Number BHK  
11:30 Chalk Art CHK  
1:30 Baking with Tiffany CK  
2:30 Brain Joggers LR  
4:00 Record Player LR  
6:30 Favorite Poems LR

**21**  
9:30 B-Fit Balance/Relax BHL  
10:00 Church Service CHL  
11:30 In-Touch Trivia CHK  
1:30 Clay Sculpting BHK  
2:30 Hallway Balloon Toss LR  
4:00 Karaoke LR  
6:30 Day in Review LR

**22**  
9:30 B-Fit Cardio/Core CHL  
11:00 Cranium Crunchers BHL  
11:30 Fold and Sort CHK  
1:30 Cooking with Theresa CK  
2:30 Conversation Ball LR  
4:00 Country Classics LR  
6:30 Poetry Reading LR

**23**  
9:30 B-Fit Balance/Flex BHL  
11:00 Five Senses CHK  
11:30 How many Workds? BHL  
1:30 Sign Language Day CK  
2:30 Pet Related LR  
4:00 Musical Bingo LR  
6:30 Story Boards LR

**24**  
9:30 B-Fit Cardio/Arms CHL  
11:00 What's in the bag? BHL  
11:30 Brainteasers CHK  
1:30 Canvas Painting BHK  
2:30 Weight Workout LR  
4:00 Drum Along LR  
6:30 Scented Sensory Cards LR

**25**  
9:30 B-Fit Legs/Core BHL  
11:00 Cranium Crunchers BHL  
11:30 Handwriting CHK  
1:30 Wood Painting BHK  
2:30 Hallway Bowling LR  
4:00 1940's: Name that Tune LR  
6:30 Book Club LR

**26**  
9:30 B-Fit Legs/Coord CHL  
11:00 Person, Place, Thing? BHK  
11:30 Spelling Bee CHL  
1:30 Beading BHK  
2:30 Patio Exercise LR  
4:00 Java Music Club LR  
6:30 Sensory Bins LR

**27**  
9:30 B-Fit Arms/ Cardio BHL  
11:00 Sticker by Number CHK  
11:30 Crosswork Puzzles BHK  
1:30 Baking with Tiffany CK  
2:30 Hoops and Badminton LR  
4:00 Instruments LR  
6:30 Day in Review LR

**28**  
9:30 B-Fit Balance/Relax CHL  
10:00 Church Service BHL  
11:30 Uno CHK  
1:30 Rainbow Project BHK  
2:30 Hallway Cornhole LR  
4:00 Favorite Songs LR  
6:30 Newspaper Chat LR

**29**  
9:30 B-Fit Cardio/Core BHL  
11:00 In-Touch Trivia CDR  
11:30 Cooking with Theresa CK  
1:30 Walk/Gardening LR  
2:30 Chair Stretch LR  
4:00 1950's: Name that Tune LR  
6:30 Picture Chat LR

**30**  
9:30 B-Fit Balance/Flex CHL  
11:00 Candy Trivia BDR  
11:30 Board Games CDR  
1:30 Hot Mulled Cider Day CK  
2:30 Pet Related LR  
4:00 Classical Music LR  
6:30 Nails and Cards LR

# 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!