

# S M T W Th F S

# September 2021

## Brookdale Mariana Butte

215 Shupe Circle  
Loveland, CO 80537

(970) 622-0012 | brookdale.com



## THE DAILY Path

### UPCOMING EVENTS

- 00:00 Breakfast
- 00:00 B-Fit Exercise
- 00:00 Refreshments
- 00:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 00:00 Lunch
- 00:00 Creative/Crafts/Art and Clustered Groups
- 00:00 Physical
- 00:00 Refreshments
- 00:00 Music/ Intergenerational
- 00:00 Dinner
- 00:00 Sensory/News and Reading Groups
- 00:00 Refreshments

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

### LOCATION KEY

- CP - Club Parlour
- AR - Activity Room
- CC - Country Café
- DR - Main Dining Room
- FR - Formal Dining Room
- SC - Solace Center
- CY - Courtyard
- O - Outing
- AL - Assisted Living
- FL - Fireplace Lounge

License Number



<b>01</b> 9:00 B-Fit Exercise FL 10:00 Trivia AR 11:00 TED Talk AR 1:30 Crafts AR 2:45 Exercise AR 4:00 Easy Listening DR 6:30 Dean Martin Show FL	<b>02</b> 9:00 B-Fit Exercise FL 10:15 Would you rather? AR 11:00 Chicken Noodle Stories AR 1:30 Crafts AR 2:30 Exercise FL 4:00 Country Hits DR 6:30 Animal Planet FL	<b>03</b> 9:00 B-Fit Exercise FL 10:00 Church Service AR 11:00 Let's Talk AR 1:30 Sing Along FL 3:00 Pet Therapy AR 4:00 Love Songs DR 6:30 Netflix Movie FL	<b>04</b> 9:00 B-Fit Exercise FL 10:00 Morning Mediation AR 11:00 The Price is Right! AR 1:30 Exercise AR 2:30 Sing Along AR 4:00 Country Hits DR 6:30 Lawrence Welk Show FL			
<b>05</b> 9:00 B-Fit Exercise AR 10:00 Sunday Hymns AR 11:00 Trivia AR 1:30 Arts and Crafts AR 2:45 Exercise FL 4:00 Western Hits DR 6:30 Animal Planet FL	<b>06 Labor Day</b> 9:00 B-Fit Exercise FL 10:00 Men Coffee and Chat AR 11:00 Name 10! AR 1:30 Crayon Canvas Art AR 2:45 Exercise AR 4:00 1950's Hits DR 6:30 Netflix Movie FL	<b>07 Rosh Hashanah</b> 9:00 B-Fit Exercise FL 10:00 Nail Care AR 11:00 Animal Discussion AR 1:30 Arts and Crafts AR 2:45 Exercise AR 4:00 Love Songs DR 6:30 Dean Martin Show FL	<b>08</b> 9:00 BFit Exercise FL 10:00 Nail Care AR 11:00 Travel Discussion AR 1:30 Music and Art AR 2:45 Band Exercise AR 4:00 Jazz Hits DR 6:30 National Geography FL	<b>09</b> 9:00 B-Fit Exercise FL 10:00 Kansas Discussion AR 11:00 Casino Game AR 1:30 Arts and Crafts AR 2:30 Exercise FL 4:00 1940's Hits DR 6:30 Animal Planet FL	<b>10</b> 9:00 B-Fit Exercise FL 10:00 Church Service AR 11:00 Kay's Discussion AR 1:30 Crafts AR 2:30 Pet Therapy AR 4:00 Glenn Miller Hits DR 6:30 Netflix Movie FL	<b>11</b> 9:00 B-Fit Exercise FL 10:00 Morning Mediation AR 11:00 The Price is Right! AR 1:30 Exercise AR 4:00 Dean Martin Hits DR 6:30 Lawrence Welk Show FL
<b>12</b> 9:00 B-Fit Exercise FL 10:00 Sunday Hymns AR 11:00 Past Time Memories AR 1:30 Crafts AR 2:45 Exercise AR 4:00 Top Motown Hits DR 6:30 Netflix Movies FL	<b>13</b> 9:00 B-Fit Exercise FL 10:00 Memory Game AR 11:00 Color Game AR 1:30 No Baking Snack CC 2:45 Exercise AR 4:00 Motown Hits DR 6:30 50's Hits FL	<b>14</b> 9:00 B-Fit Exercise FL 10:00 Trivia AR 11:00 Storytelling AR 1:30 Bead Making AR 2:30 Exercise-Yoga AR 4:00 Soft Rock Hits DR 6:30 Dean Martin Show FL	<b>15</b> 9:00 BFit Exercise FL 10:00 Brain Teaser AR 11:00 National Park Trivia AR 1:30 Creative Art AR 2:45 Exercise AR 4:00 Easy Listening DR 6:30 Animal Planet FL	<b>16 Yom Kippur</b> 9:00 BFit Exercise FL 10:00 Chicken Soup Discussion AR 11:00 Brain Game AR 1:30 Creative Crafts AR 2:30 Exercise AR 4:00 20's Hits DR 6:30 Animal Planet FL	<b>17</b> 9:00 B-Fit Exercise FL 10:00 Church Service AR 11:00 Knitting with Pat AR 1:30 Crafts AR 2:45 Exercise AR 4:00 30's Hits DR 6:30 Netflix Movie FL	<b>18</b> 9:00 B-Fit Exercise FL 10:00 Morning Mediation AR 11:00 Pet Therapy AR 1:00 Exercise AR 2:45 Sing Along AR 3:45 Top Jazz Hits DR 6:30 Lawrence Welk Show FL
<b>19</b> 9:00 B-Fit Exercise FL 10:00 Morning Prayers AR 11:00 Trivia AR 1:30 Block Art AR 2:45 Exercise AR 4:00 Love Songs DR 6:30 Animal Planet FL	<b>20</b> 9:00 B-Fit Exercise FL 10:00 Birthday Social AR 11:15 Trivia AR 1:30 Creative Art AR 2:45 Exercise AR 4:00 Lou's Music Pick DR 6:30 Netflix Movie FL	<b>21</b> 9:00 B-Fit Exercise FL 10:00 Let's Talk AR 11:00 Sorting Art AR 2:45 Exercise AR 4:00 Country Hits DR 6:30 Dean Martin Show FL	<b>22</b> 9:00 B-Fit Exercise FL 10:00 Brain Teasers AR 11:00 Let's Talk AR 1:30 Crafts AR 2:45 Yoga Exercise AR 4:00 Western Hits DR 6:30 National Geography FL	<b>23</b> 9:00 B-Fit Exercise FL 10:00 Sorting Art AR 11:00 Daily Reading AR 1:30 Crafts -Birdhouse AR 2:30 Exercise FL 4:00 Motown Hits DR 6:30 Animal Planet FL	<b>24</b> 9:00 B-Fit Exercise FL 10:00 Church Service AR 11:00 Coffee and Chat AR 2:00 Sing Along AR 3:00 Pet Therapy AR 4:00 Tom's Music Pick DR 6:30 Netflix Movie FL	<b>25</b> 9:00 B-Fit Exercise 1:1 10:00 Morning Mediation on 1:1 YouTube 11:00 The Price is Right! 1:1 1:30 Exercise 1:1 3:45 InTouch Music 1:1 6:30 Lawrence Welk Show 1:1
<b>26</b> 9:00 B-Fit Exercise AR 10:00 Sunday Hymns AR 11:00 Would You Rather? AR 1:00 Daily Chronicles Read AR 1:45 Crafts AR 3:00 Exercise AR 4:00 Country Hits DR 6:30 Animal Planet FL	<b>27</b> 9:00 B-Fit Exercise FL 10:00 Andrea's Pick AR 11:00 Memory Game AR 1:30 Art AR 2:45 Exercise AR 4:00 Millie's Music Pick DR 6:30 Dean Martin Show FL	<b>28</b> 9:00 B-Fit Exercise FL 10:00 Memory Hane AR 11:00 Sports Discussion AR 1:30 Crafts AR 2:30 Exercise FL 4:00 Kay's Music Pick DR 6:30 Dean Martin Show FL	<b>29</b> 9:00 B-Fit Exercise FL 10:00 Knitting with Pat AR 11:00 Ronnie's Discussion AR 1:30 Creative Art AR 2:45 Exercise AR 4:00 Mike's Music Pick DR 6:30 Price is Right! FL	<b>30</b> 9:45 BFit Exercise FL 10:00 Casino Game AR 11:00 Cards AR 1:30 Art AR 2:45 Ball and Exercise AR 4:00 Helen's Music Pick DR 6:30 Animal Planet FL		

# 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.

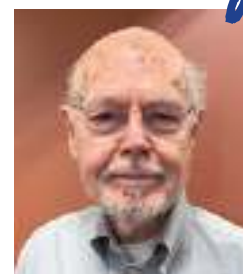
We are innovating to find the best and new ways to try to protect you. In our communities, we've introduced telehealth services and increased partnership with other health organizations. As you may recall, we also partnered with CVS through the federal

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!