

# January 2021

## THE DAILY PATH

### UPCOMING EVENTS

- 8:00 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 1:30 Creative/Crafts/Art and Clustered Groups
- 2:00 Physical
- 3:00 Refreshments
- 4:00 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

- Activity Room - AR
- Life Skill Station - LSS
- Parlor - PA
- Kitchen - K
- Court Yard - CY

License Number

S M T W Th F S

**Brookdale Morehead City**  
 107 Bryan Street  
 Morehead City, NC 28557  
 (252) 726-4454 | brookdale.com



<b>31 January</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Aroma Therapy AR 1:30 Church Service PA 3:30 HotChocolateDay K 4:15 Encouraging Word PA	<b>Brookdale Morehead City</b> 107 Bryan Street Morehead City, NC 28557 (252) 726-4454   brookdale.com						<b>01 New Year's Day</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 NewYearsResolutions PA 1:30 New Years Party PA 3:30 Yoga AR 4:15 Cocktail Hour PA	<b>02</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Name That Tune AR 1:30 Birthday Celebration K 3:30 Salsa Lessons AR 4:15 Roman Holiday AR
<b>03</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Aroma Therapy PA 1:30 Church Service PA 3:30 Spa Day PA 4:15 Encouraging Word AR	<b>04</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 WhereTheCrawdadsSingAR 1:30 Textured Art AR 3:30 Top Chief K 4:15 Podcast PA	<b>05</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 IntergenPenPal LSS 1:30 National Bird Day CY 3:30 Resident Council PA 4:15 Bird Nest Treat K	<b>06</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Wacky Rhythms AR 1:30 Art Gallery LSS 3:30 Wellness Wednesday PA 4:15 Bowling LSS	<b>07</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Brian Games PA 1:30 InTouch Program AR 3:30 Garden Painting AR 4:15 Yoga AR	<b>08</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Name that Tune AR 1:30 Happy Birthday Elvis AR 3:30 Banana/PenutSand K 4:15 Yoga LSS	<b>09</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 History Facts LSS 1:30 Senses Program LSS 3:30 Beach Box LSS 4:15 Bird Puzzle PA		
<b>10</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Aroma Therapy AR 1:30 Church Service PA 3:30 Brain Flex AR 4:15 Encouraging Word LSS	<b>11</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 SecretLifeofBees AR 1:30 Hair Care LSS 3:30 Top Chief K 4:15 Podcast PA	<b>12</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 NationalYouthDay LSS 1:30 Acrylic Painting AR 3:30 Resident Council PA 4:15 Giant Word Search PA	<b>13</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Poem Reading LSS 1:30 Art Gallery LSS 3:30 Wellness Wednesday PA 4:15 Golfing LSS	<b>14</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Name that Noise PA 1:30 Pet Therapy LSS 3:30 Top Chief K 4:15 Salsa Lessons LSS	<b>15</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 History Facts LSS 1:30 Hat Making Contest PA 3:30 Hat Modeling LSS 4:15 Aroma Therapy AR	<b>16</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 FunFact LSS 1:30 Senses Program LSS 3:30 Beach Box LSS 4:15 Building Program AR		
<b>17</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Aroma Therapy LSS 1:30 Church Service PA 3:30 Brain Flex PA 4:15 Encouraging Word AR	<b>18 Martin Luther King Jr.</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 SecretLifeofBees AR 1:30 MLK Celebration PA 3:30 Top Chief K 4:15 Podcast AR	<b>19</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 IntergenPenPal LSS 1:30 National Popcorn Day K 3:30 Resident Council PA 4:15 Indoor Mint Garden LSS	<b>20</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Wacky Rhythms AR 1:30 Art gallery LSS 3:30 Wellness Wednesday PA 4:15 Tennis LSS	<b>21</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Guess that Show AR 1:30 Banana Bread Day K 3:30 SecretLifeofBees AR 4:15 Yoga AR	<b>22</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 History Facts LSS 1:30 Blonde Brownie Baking K 3:30 Yoga AR 4:15 Cocktail Hour PA	<b>23</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 FunFact LSS 1:30 Abstract Art LSS 3:30 Pie Day K 4:15 Yoga PA		
<b>24</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Aroma Therapy AR 1:30 Church Service PA 3:30 Brain Flex AR 4:15 Encouraging Word LSS	<b>25</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 SecretLifeofBees AR 1:30 OppositeDayCele AR 3:30 Top Chief K 4:15 Podcast AR	<b>26</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 IntergenPenPal AR 1:30 Birthday Celebration K 3:30 Resident Council PA 4:15 Giant Word Search PA	<b>27</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Poem Reading LSS 1:30 Art Gallery AR 3:30 Wellness Wednesday PA 4:15 Golfing LSS	<b>28</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 NationalDaisyDay LSS 1:30 InTouch Programs AR 3:30 Sculpting LSS 4:15 Salsa Lessons AR	<b>29</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 History Facts LSS 1:30 NationalPuzzleDay AR 3:30 Top Chief K 4:15 Cocktail Hour PA	<b>30</b> 9:30 Music Therapy AR 10:00 B-fit AR 11:30 Name That Tune AR 1:30 Senses Program LSS 3:30 Beach Box LSS 4:15 WestSideStory AR		

# COMMUNITY CONNECTIONS



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## Health and Wellness

### New Year, New You!



It's the New Year! A fresh start and a time when many of us vow to make changes for the better. For some of us, those promises are forgotten a few weeks after they're made. That's often because they are a bit too lofty and perhaps too hard to maintain. The secret to making resolutions that stick is to keep them simple.

#### Making Healthy Changes

- **Set Realistic Goals** - Write down the steps that will help you achieve them.

- **Plan For Obstacles** - Figure out how to overcome them. Don't give up just because you've slipped.
- **Track Your Progress** - A journal or diary is one of the best tools for helping you stay focused and recover from slip-ups.
- **Get Help** - Ask friends and family for support. Consider enrolling in an online class or support program.
- **Reward Yourself** - Give yourself a healthy treat when you've achieved a small goal or milestone.
- **Add Variety** - Keep things interesting by adding new activities or expanding your goals to make them more challenging.

Make a plan to achieve your goal. It's possible that your healthy New Year's resolutions will just click into your normal everyday life,

but many people need to plan things out to make this happen. Establish a routine that will help turn your resolutions into healthy habits. Of course, you don't need a new year to make healthy changes; you can make them any time of the year. But New Year's is an opportunity to think about the improvements you'd like to make and then take concrete steps to achieve them. Set realistic goals, develop an action plan and set it in motion. Don't give up if you miss a step. When it comes to healthy decision making, it's better to do a little bit than nothing at all. Incorporate the Optimum Life six dimensions to help you reach your health and well-being goals to start the New Year and a new you!

*Source: NIH News in Health*

## Wellness Challenge

### Optimum Life Inspiration

A resolution to make major health changes all at once may seem overwhelming. Instead, try setting smaller achievable goals. Think baby steps rather than giant leaps. Make your new year a healthy one.

*Be Well on Purpose!*



## Brookdale News

### Brookdale Wins in 2020 J.D. Power Customer Satisfaction Study



Brookdale Senior Living has received a J.D. Power Award for ranking highest in the J.D. Power 2020 U.S. Senior Living Satisfaction Study. This was a survey of resident/family member/friend's satisfaction with senior living communities. J.D. Power announced earlier in November that Brookdale ranked #1/Highest in Customer Satisfaction (in a tie) with Assisted Living/Memory Care communities. Brookdale was ranked #1 in these four factors: Community Staff, Resident Activities, Resident Apartment/Living Unit, and Community Buildings and Grounds.

"I am so proud of our over 46,000 associates, who have earned this recognition. They have worked tirelessly during these extraordinary times on behalf of our residents and patients, focusing on what matters most," said Brookdale President and Chief Executive Officer Lucinda (Cindy) Baier. She added, "While maintaining high-quality standards during the pandemic, our teams made huge extra efforts to help protect our residents from hurricanes and wildfires, including evacuating residents and their pets when necessary. This is an incredible testament to the resilience and dedication of our teams. They have made countless sacrifices to successfully lead through the largest global health crisis in our lifetimes and an economic crisis while serving those most vulnerable to coronavirus. My gratitude continues for the Brookdale Everyday Heroes and the personal sacrifices they make to help support the health and wellbeing of our residents twenty-four hours a day, every single day."

Survey collection for the J.D. Power 2020 U.S. Senior Living Satisfaction Study was conducted June through August 2020.

## An Engaged Life



The talented residents at Brookdale Fairhaven Assisted Living, in Bellingham, WA recently decided they wanted to do something to help their neighbors by donating more than 115 handmade beanie hats to the nearby Lighthouse Mission. The Knit & Crochet Group had gathered in their living room, working on an assortment of projects, when the idea was born to create handmade beanie hats to donate to the local un-housed population.

The group is no stranger to creating hats for causes in their area. They have produced many baby hats for the charity, "Newborns in Need." They had a need for infant kits for new babies born into crisis, and these creative and resourceful residents supplied the hats. Together the group knitted and crocheted 119 beanies for this year's cause. The ladies wanted to create functional, attractive, contemporary hats in dignified and beautiful colors to suit a variety of personalities.

The hope of the beanie creators is that the individuals at the Mission know that the hats were created by their neighbors with loving care, and a hope for a brighter future for those that will wear them. What a wonderful example of living an engaged life.