

Health and Wellness

Getting a Good Night's Sleep



Sleep is where the body and mind are repaired, reordered and readied for the next day. Going without adequate amounts of it won't just leave you tired and irritable, it can actually be dangerous and seriously deteriorate the quality of your life.

According to the National Institutes of Health (NIH) not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is frequently interrupted or cut short might not get enough of certain stages of sleep. In

other words, how well rested you are and how well you function the next day depend on your total sleep time and how much of the various stages of sleep you get each night.

Physical Benefits

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Mental Benefits

Getting enough quality sleep at the right times helps you function well mentally throughout the day. People who are sleep deficient are less productive. They take longer to finish tasks, have a slower reaction time, and make more mistakes. After several nights of losing

sleep—even a loss of just 1–2 hours per night, your ability to function suffers as if you haven't slept at all for a day or two.

According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. Older adults need about the same amount of sleep as all adults—7 to 9 hours each night.

8 Tips for Better Sleep

- Exercise
- Reserve your bed for sleep
- Keep your bedroom comfortable
- Start a sleep ritual
- Eat—but not too much
- Avoid excessive alcohol and caffeine
- De-stress
- Get checked by your doctor

Wellness Challenge

Optimum Life Inspiration

Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling completely relaxed.

Be Well on Purpose!

Brookdale News

CEO Message



As I reflect on this extraordinary year that is coming to a close, the feeling that stands out is one of gratitude. Brookdale's culture and cornerstones of passion, courage, partnership and trust, as well as our mission of enriching lives, have been vital to the success of our efforts during the challenges this year brought. I am very proud of our Brookdale associates who have gone to extraordinary lengths to help safeguard those they serve. And I am grateful for the way everyone has rallied to focus on the things that matter most. We are stronger together.

As we think about what 2021 will bring, I assure you that Brookdale's top priority remains helping to protect the health and well-being of our residents, patients, and associates. We won't let up on this commitment. Throughout these challenging times, Brookdale has provided essential and high quality care and we will continue to do so. Every day, we will continue to find inspiration and success within our communities.

Knowing the impact we have on those we serve gives true meaning to our work on your behalf. Thank you for your trust and please accept my wishes for a meaningful holiday season.

Sincerely,

Cindy Baier

President & CEO

An Engaged Life

Mrs. Betsy Ambler



Betsy Ambler is living an engaged life every day. When she and her husband Jack moved into Brookdale Chambrel Williamsburg, in Williamsburg, Virginia about 3 years ago, they were looking for a bit of socialization and being close to family. Betsy had always been a social butterfly, with a purpose to serve and watch out for others.

As a former middle school teacher, she's in her element being involved, teaching and encouraging everyone. Betsy stays active and engaged in many ways, such as leading the monthly book club, participating in Bible studies, B-Fit, socials, and EVERYTHING MUSIC! You can always find Betsy checking in on fellow residents, volunteering with programming and serving as Welcome Ambassador to new residents. Betsy enjoys using technology to flex her brain through games and other apps on her iPad.

Betsy especially shines each year during National Assisted Living Week, participating in the Battle of the Brains Flex Your Brain tournament and encouraging others to showcase their talent during the Brookdale's Got Talent show. And not to forget our associates, she helps make heart pillows to present to staff during this special week. Her engagement, beautiful smile, and heart for giving to others is truly an inspiration to everyone.

Brookdale Meridian Englewood

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Skilled Nursing
All activities are subject to change.

		1 TUESDAY		2 WEDNESDAY		3 THURSDAY		4 FRIDAY		5 SATURDAY			
		B-Fit Core Strength & Flexibility Holiday Decorating Musical Entertainment		Individual Projects B-Fit Cardiovascular Meridian University Watercolor		Individual Projects B-Fit Balance & Flexibility Flex Your Brain My Life Story		Individual Projects B-Fit Cardiovascular & Upper Body Strength Crossword Puzzle Nail Spa		Individual Projects B-Fit Coordination & Flexibility Ice Cream Cart			
6 SUNDAY		7 MONDAY		8 TUESDAY		9 WEDNESDAY		10 THURSDAY		11 FRIDAY			
Individual Projects <i>Virtual Church Services</i> B-Fit Relaxation & Breathing Flex Your Brain Acrylic Painting		Individual Projects B-Fit Cardiovascular & Lower Body Strength 10:30 Coffee Chat Movie Matinee 1:15 Scenic Ride BT Bible Study		Individual Projects B-Fit Core Strength & Flexibility Crafting Resident Chat		Individual Projects B-Fit Cardiovascular Meridian University Watercolor		Hanukkah Individual Projects B-Fit Balance & Flexibility Flex Your Brain		Individual Projects B-Fit Cardiovascular & Upper Body Strength Crossword Puzzle Nail Spa		Individual Projects B-Fit Coordination & Flexibility Ice Cream Cart	
13 SUNDAY		14 MONDAY		15 TUESDAY		16 WEDNESDAY		17 THURSDAY		18 FRIDAY			
Individual Projects <i>Virtual Church Services</i> B-Fit Relaxation & Breathing Flex Your Brain Acrylic Painting		Individual Projects B-Fit Cardiovascular & Lower Body Strength Coffee Chat Movie Matinee 1:15 Scenic Ride BT Bible Study		Individual Projects B-Fit Core Strength & Flexibility Crafting		Individual Projects B-Fit Cardiovascular Meridian University Watercolor		Individual Projects B-Fit Balance & Flexibility Flex Your Brain		Individual Projects B-Fit Cardiovascular & Upper Body Strength Crossword Puzzle Nail Spa		Individual Projects B-Fit Coordination & Flexibility Ice Cream Cart	
20 SUNDAY		21 MONDAY		22 TUESDAY		23 WEDNESDAY		24 THURSDAY		25 FRIDAY			
Individual Projects <i>Virtual Church Services</i> Flex Your Brain B-Fit Relaxation & Breathing Acrylic Painting		Individual Projects B-Fit Cardiovascular & Lower Body Strength Coffee Chat Movie Matinee 1:15 Scenic Ride BT Bible Study		Individual Projects B-Fit Core Strength & Flexibility Resident Council Crafting		Individual Projects B-Fit Cardiovascular Meridian University Watercolor		Christmas Eve Individual Projects B-Fit Balance & Flexibility Flex Your Brain <i>Christmas Eve Celebration</i>		Christmas Day Individual Projects B-Fit Cardiovascular & Upper Body Strength Crossword Puzzle Pie Social		Individual Projects B-Fit Coordination & Flexibility Ice Cream Cart	
27 SUNDAY		28 MONDAY		29 TUESDAY		30 WEDNESDAY		31 THURSDAY		LOCATION KEY AR - Activity Room BT - Bus Trip ES - East Side WD - West Dining Room OD - Outside Deck ED - East Dining Room 2nd - 2nd Floor 1st - 1st Floor SR - Sky Room PR - Puzzle Room SL - Sun Lobby -			
Individual Projects <i>Virtual Church Services</i> B-Fit Relaxation & Breathing Flex Your Brain Acrylic Painting		Individual Projects B-Fit Cardiovascular & Lower Body Strength Coffee Chat Movie Matinee 1:15 Scenic Ride BT Bible Study		Individual Projects B-Fit Core Strength & Flexibility Crafting		Individual Projects B-Fit Cardiovascular Meridian University Watercolor		New Year's Eve Individual Projects B-Fit Balance & Flexibility Flex Your Brain <i>New Year's Eve Celebration</i>		AR - Activity Room BT - Bus Trip ES - East Side WD - West Dining Room OD - Outside Deck ED - East Dining Room 2nd - 2nd Floor 1st - 1st Floor SR - Sky Room PR - Puzzle Room SL - Sun Lobby -		<h1>December 2020</h1>	