

S M T W Th F S

Brookdale Altamonte Springs
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<p>05</p> <p>9:00 B-Fit Exercise GR 10:00 Virtual Catholic Mass LR 10:30 The Seniors' Chapel TR 1:30 Menu Chat with JP TR 2:00 Sunday Family Film: <i>Love's Enduring Promise</i> LR 3:00 Golden Needles AR</p>	<p>06 Labor Day</p> <p>9:30 B-Fit Exercise GR 10:00 Bio-Pic: Ernest Hemingway LR 1:30 In-Touch BINGO LR 2:00 Monday Musical: <i>An American in Paris</i> LR 2:30 Wii Bowling TR 3:00 Trivia! AR 6:00 Evening Encore LR</p>	<p>07 Rosh Hashanah</p> <p>9:30 B-Fit Exercise GR 10:00 Flex Your Brain AR 1:30 10-cent BINGO AR 2:00 Tuesday TV Classic: <i>What's My Line?</i> LR 2:30 Wii Bowling TR 3:00 Resident Engagement Chat AR</p>	<p>08</p> <p>9:30 B-Fit Exercise GR 1:30 10-cent BINGO AR 2:00 Midweek Matinee: <i>Wide Awake</i> LR 2:30 Wii Bowling TR 3:00 Bunco AR 6:00 Evening Game Clubs AR</p>	<p>09</p> <p>9:30 B-Fit Exercise GR 10:30 Adventures From ... <i>The Best of the Midwest</i> LR 1:30 In-Touch BINGO* LR 2:00 Classic Comedies: <i>That Uncertain Feeling</i> LR 2:30 Wii Bowling TR 3:00 Moments of Peace AR</p>	<p>10</p> <p>9:30 B-Fit Exercise GR 10:00 Flex Your Brain AR 10:30 You Be the Judge AR 1:30 10-cent BINGO AR 2:30 Wii Bowling TR 2:30 Poker with David AR 3:00 Group Crossword LR 6:00 Friday Feature Film LR</p>	<p>11</p> <p>9:00 B-Fit Walking Club CY 10:15 Johnny Carson <i>Comedy Gold</i> LR 1:30 In-Touch BINGO LR 2:00 Saturday Cinema: <i>The Fast and The Furious</i> LR 2:30 Wii Bowling TR 6:00 Evening Encore LR</p>
<p>12</p> <p>9:00 B-Fit Exercise GR 10:00 Virtual Catholic Mass LR 10:30 The Seniors' Chapel TR 2:00 Grandparents' Day AR Ice Cream Social 3:00 Golden Needles AR <i>National Assisted Living</i> <i>Week: Sept 12-18</i></p>	<p>13</p> <p>9:30 B-Fit Exercise GR 10:00 Bio-Pic: Paul Newman LR 1:30 In-Touch BINGO LR 2:30 Wii Bowling TR 3:00 Birthday Celebration with Ginger! LR</p>	<p>14</p> <p>9:30 B-Fit Exercise GR 10:00 Flex Your Brain AR 1:30 10-cent BINGO AR 2:00 Tuesday TV Classic: <i>The Ed Sullivan Show</i> LR 3:00 Conversations in Aging - <i>Living Well Through Social Connections</i> GR</p>	<p>15</p> <p>9:30 B-Fit Exercise GR 10:30 Artistic Expressions: <i>Themed Rock Painting</i> AR 1:30 10-cent BINGO AR 2:00 Midweek Matinee: <i>Harvest</i> LR 2:30 Wii Bowling TR 3:00 Yahtzee AR 6:00 Evening Game Clubs AR</p>	<p>16 Yom Kippur</p> <p>9:30 B-Fit Exercise GR 10:30 Adventures In ... <i>Hawaii's Volcanoes</i> LR 1:30 In-Touch BINGO LR 2:00 Classic Comedies: <i>The Doctor Takes a Wife</i> LR 2:30 Wii Bowling TR 3:00 Card Club AR</p>	<p>17</p> <p>9:30 B-Fit Exercise GR 10:00 Flex Your Brain AR 10:30 You Be the Judge AR 11:30 Cookout with JP! CY 1:30 10-cent BINGO AR 2:30 Wii Bowling TR 3:00 Group Crossword LR 6:00 Friday Feature Film LR</p>	<p>18</p> <p>9:00 B-Fit Walking Club CY 10:15 Johnny Carson <i>Comedy Gold</i> LR 1:30 In-Touch BINGO LR 2:00 Saturday Cinema: <i>Chariots of Fire</i> LR 2:30 Wii Bowling TR 6:00 Evening Encore LR</p>
<p>19</p> <p>9:00 B-Fit Exercise GR 10:00 Virtual Catholic Mass LR 10:30 The Seniors' Chapel TR 2:00 Sunday Family Film: <i>Love's Long Journey</i> LR 3:00 Golden Needles AR</p>	<p>20</p> <p>9:30 B-Fit Exercise GR 10:00 Bio-Pic: Billie Holiday LR 1:30 In-Touch BINGO LR 2:00 Monday Musical: <i>No, No Nanette</i> LR 2:30 Wii Bowling TR 3:00 Trivia! AR 6:00 Evening Encore LR</p>	<p>21</p> <p>9:30 B-Fit Exercise GR 10:00 Flex Your Brain AR 1:30 10-cent BINGO AR 2:00 Tuesday TV Classic: <i>The Dick VanDyke Show</i> LR 2:30 Wii Bowling TR 3:00 Resident Council LR <i>Gratitude is Ageless!</i></p>	<p>22</p> <p>9:30 B-Fit Exercise GR 1:30 10-cent BINGO AR 2:00 Midweek Matinee: <i>Pioneer Woman</i> LR 2:30 Wii Bowling TR 2:30 Pianist David Witte AR 6:00 Evening Game Clubs AR</p>	<p>23</p> <p>9:30 B-Fit Exercise GR 10:30 Adventures Over ... <i>Arizona</i> LR 1:30 In-Touch BINGO LR 2:00 Classic Comedies: <i>Too Many Husbands</i> LR 2:30 Wii Bowling TR 3:00 Moments of Peace AR</p>	<p>24</p> <p>9:30 B-Fit Exercise GR 10:00 Flex Your Brain AR 10:30 You Be the Judge AR 1:30 10-cent BINGO AR 2:30 Wii Bowling TR 3:00 Group Crossword LR 6:00 Friday Feature Film: <i>Remember the Titans</i> LR</p>	<p>25</p> <p>9:00 B-Fit Walking Club CY 10:15 Johnny Carson's <i>Comedy Gold</i> LR 1:30 In-Touch BINGO* LR 2:00 Saturday Cinema LR 2:30 Wii Bowling TR 2:30 Poker with David AR 6:00 Evening Encore LR</p>
<p>26</p> <p>9:00 B-Fit Exercise GR 10:00 Virtual Catholic Mass LR 10:30 The Seniors' Chapel TR 1:30 Menu Chat with JP TR 2:00 Sunday Family Film: <i>Love's Abiding Joy</i> LR 3:00 Golden Needles AR</p>	<p>27</p> <p>9:30 B-Fit Exercise GR 10:00 Bio-Pic: Bob Hope LR 1:30 In-Touch BINGO LR 2:00 Monday Musical: <i>Gigi</i> LR 2:30 Wii Bowling TR 3:00 Trivia! AR 6:00 Evening Encore LR</p>	<p>28</p> <p>9:30 B-Fit Exercise GR 10:00 Flex Your Brain AR 1:30 10-cent BINGO AR 2:00 Tuesday TV Classic: <i>The Waltons</i> LR 2:30 Wii Bowling TR 3:00 My Life Story - <i>Discussion & Reminiscing</i> GR</p>	<p>29</p> <p>9:30 B-Fit Exercise GR 1:30 10-cent BINGO AR 2:00 Midweek Matinee: <i>Faith Like Potatoes</i> LR 2:30 Wii Bowling TR 3:00 Bunco AR 6:00 Evening Game Clubs AR</p>	<p>30</p> <p>9:30 B-Fit Exercise GR 10:30 Adventures Above ... <i>NY - The Empire State</i> LR 1:00 In-Touch BINGO LR 2:30 Wii Bowling TR 2:00 <i>Health Talk & Tai Chi with Amanda</i> LR 3:00 Card Club AR</p>	<p>LOCATION KEY</p> <p>AR Activity Room LR Living Room CY Courtyard MR Meeting Room DR Dining Room RO Resident Outing GR Game Room TR Theater Room</p>	

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!