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# October 2020

**Brookdale Overland Park**  
 12000 Lamar Avenue  
 Overland Park, KS 66209  
 (913) 663-2888 | brookdale.com

## 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
- 2:45 Physical
- 3:00 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 6:15 Sensory/News and Reading Groups
- 7:30 Refreshments

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

### LOCATION KEY

- TH - Town Hall
- STR - Skilled Nsg Theatre
- HR - Hearthroom
- SR - Sunroom
- CLP - Clare Patio
- BPO - Bridge Patio
- AD - Amelia's Diner
- LB - Library
- KTC - Kitchen
- BG - Bob's Garage

License Number



<b>04</b> 10:00 B Fit: Breath & Relax IR 10:00 Alzheimer's Walk IR 11:00 Church of Resurrection IR 1:30 IN2L Karaoke IR 2:30 Bowling IR 3:25 Chiefs & Patriots IR 4:00 IN2L: Hymn Sing IR 6:15 IN2L: Audiobook IR	<b>05</b> 10:00 B Fit: Cardio & Upper IR 10:00 Patio:Walking w/Resident 11:00 Wedding Trivia IR 1:30 Watercolors IR 2:30 Horseshoes IR 4:00 Classic Radio IR 6:00 Family Support Group IR 6:15 IN2L: Good News IR	<b>06</b> 10:00 B Fit: Core Strength IR 10:30 One Day App IR 11:00 Trivia: Name That Animal 1:30 Clay Creations IR 2:00 Zoom with Maggie IR 2:30 Bowling IR 4:00 Jazz Radio IR 6:15 Meditate and Relax IR	<b>07</b> 10:00 B Fit: Cardio IR 10:30 Patio: Plants & Flowers IR 11:15 Trivia: Gardening IR 1:30 Art Expression IR 2:30 Magnetic Darts IR 3:00 Mix & Mingle IR 6:00 IN2L: Good News IR 7:00 Relax with Nature CLP	<b>01</b> 10:00 Resident Council IR 10:30 B Fit: Cardio IR 11:00 The Price Is Right IR 12:00 Community Lunch In IR 1:30 Craft:Door Decor IR 2:30 Walking Club CLP 2:30 Zoom with Shara IR 4:00 IN2L: Hymn Sing IR	<b>02</b> 10:00 B Fit: Flexibility IR 10:30 Patio:Walking w/Resident 11:00 Trivia:Gardening IR 1:30 Bake and Take IR 2:30 Ring Toss IR 4:00 IN2L: Karaoke IR 6:15 IN2L: Germany IR 7:00 IN2L: Soft Jazz IR	<b>03</b> 10:00 B Fit: Core Strength IR 11:00 Word-a-thon IR 1:30 Move to the Music IR Of the 60's 2:30 Saturday Cinema IR 4:00 Face Time with Families 6:05 Patio:Walking w/Resident 6:15 Relax with Nature BPO
<b>11</b> 10:00 B Fit: Breath & Relax IR 11:00 Church of Resurrection IR 12:00 Chiefs & Raiders IR 1:05 FaceTime with Families IR 1:30 IN2L Karaoke IR 2:30 Ring Toss IR 4:00 IN2L: Hymn Sing IR 6:15 IN2L: Audiobook IR	<b>12</b> <b>Columbus Day</b> 10:00 B Fit: Cardio & Upper IR 10:00 Patio:Cleaning pots CLP 11:00 National Park Trivia IR 1:30 Watercolors IR 2:30 Magnetic Darts IR 3:00 One Day App IR 4:00 Jukebox IR 6:15 IN2L: Good News IR	<b>13</b> 10:00 B Fit: Core Strength IR 10:30 Face Time with Families 11:00 Trivia: 1950's Movies IR 1:30 Pastels IR 2:00 Zoom with Maggie IR 2:30 Bocce Ball IR 4:00 Classic Radio IR 6:15 Meditate and Relax BPO	<b>14</b> 10:00 B Fit: Cardio IR 10:30 Patio:Walking w/Resident 11:00 Trivia: 1960's Music IR 1:30 Paint with Bob Ross IR 2:30 Ring Toss IR 3:00 Oktoberfest Mix & Mingle 4:15 Patio: Birdwatching CLP 6:15 Relax with Nature BPO	<b>15</b> 10:00 B Fit: Cardio IR 11:00 Trivia: Cooking IR 12:00 Community Lunch In IR 1:30 Craft:Crocky Pumpkin IR 2:30 Walking Club CLP 2:30 Zoom with Shara IR 4:00 Traveling to Poland IR 7:20 Chiefs & Bills IR	<b>16</b> 10:00 B Fit: Flexibility IR 10:30 One Day App IR 11:00 Trivia: Fashion IR 1:30 Bake and Take IR 2:30 Magnetic Darts IR 4:00 Patio:Plants&Birds CLP 6:15 Patio:Ice Cream BPO 7:00 IN2L: Good News IR	<b>17</b> 10:00 B Fit: Core Strength IR 11:00 Word-a-thon IR 1:30 Move to the Music IR Elvis Songs 2:30 Saturday Cinema IR 4:00 Face Time with Families 6:05 Patio:Walking w/Resident 6:15 Relax with Nature BPO
<b>18</b> 10:00 B Fit: Breath & Relax IR 11:00 Church of Resurrection IR 1:05 Face Time with Families IR 1:30 IN2L Karaoke IR 2:30 Ring Toss IR 2:45 Sunday Cinema IR 4:00 IN2L: Hymn Sing IR 6:15 IN2L: Audiobook IR	<b>19</b> 10:00 B Fit: Cardio & Upper IR 10:00 Patio:Walking w/Resident 11:00 Name That Flower IR 1:30 Watercolors IR 2:30 Ring Toss IR 3:00 Face Time with Families IR 4:00 Funny Animals IR 6:15 IN2L: Good News IR	<b>20</b> 10:00 B Fit: Core Strength IR 10:30 Face Time with Families IR 11:00 Trivia: Idioms IR 1:30 Paint with Bob Ross IR 2:00 Zoom with Maggie IR 2:30 Parachute Toss IR 4:00 Funny Animals IR 6:15 Meditate and Relax CLP	<b>21</b> 10:00 B Fit: Cardio IR 10:30 Patio: Walking IR 11:15 Trivia:Fashion IR 1:30 Brush to Canvas IR 2:30 Bowling IR 3:00 Mix & Mingle IR 6:00 IN2L:Good News IR 7:00 Relax with Nature BPO	<b>22</b> 10:00 B Fit: Cardio IR 11:00 Trivia: Entertainment IR 12:00 Community Lunch In IR 1:30 Craft:Chalkboard Pumpkin 2:30 Walking Club CLP 2:30 Zoom with Shara IR 4:00 IN2L: Hymn Sing IR 6:00 Soft Jazz IR	<b>23</b> 10:00 B Fit: Flexibility IR 10:30 Patio:Walking w/Resident 11:00 Trivia:1970's Music IR 1:30 Bake and take IR 2:30 Bocce Ball IR 4:00 IN2L: Karaoke IR 6:00 Traveling to Texas IR 7:00 IN2L: Good News IR	<b>24</b> 10:00 B Fit: Core Strength IR 11:00 Word-a-thon: HalloweenIR 1:30 Move to the Music IR Halloween 2:30 Saturday Cinema IR 4:00 Face Time with Families IR 6:15 Relax with Nature IR 7:00 Soft Jazz IR
<b>25</b> 10:00 B Fit: Breath & Relax IR 11:00 Church of Resurrection IR 1:05 FaceTime with Families IR 1:30 IN2L Karaoke IR 2:30 Horseshoes IR 3:25 Chiefs & Broncos IR 4:00 IN2L: Hymn Sing IR 6:15 IN2L: Audiobook IR	<b>26</b> 10:00 B Fit: Cardio & Upper IR 10:00 Patio:Walking w/Resident 11:00 Trivia: 1950's Muisic IR 1:30 Watercolors IR 2:30 Ring Toss IR 3:00 Face Time with Families IR 4:00 Classic Radio IR 6:15 IN2L: Good News IR	<b>27</b> 10:00 B Fit: Core Strength IR 10:30 One Day App IR 11:00 Trivia: Halloween IR 1:30 Brush to Canvas IR 2:00 Zoom with Maggie IR 2:30 Horseshoes IR 4:00 October Birthday Party! IR 6:15 Meditate and Relax BPO	<b>28</b> 10:00 B Fit: Cardio IR 10:30 One Day App IR 11:15 Trivia: Math IR 1:30 Brush to Canvas IR 2:30 Badminton IR 3:00 Mix & Mingle IR 4:15 Patsy Cline Music CLP 6:00 IN2L:Good News IR	<b>29</b> 10:00 Cardio IR 11:00 Trivia: Wheel Of FortuneIR 1:30 Craft:Button Bracelet IR 2:30 Walking Club 2:30 Zoom with Shara IR 4:00 IN2L: Hymn Sing IR 6:00 Traveling to Colorado IR 7:00 IN2L: Soft Jazz IR	<b>30</b> 10:00 B Fit: Flexibility IR 10:30 Face Time with Families 11:00 Trivia:Name That Animal 1:30 Making Fruit Bowls IR 2:30 Bowling IR 4:00 Patio: Soft Jazz IR 6:00 Traveling to Vegas IR 7:00 Relax with Nature CLP	<b>31</b> <b>Halloween</b> 10:00 B Fit: Core Strength IR 11:00 Word-a-thon IR 1:30 Move to the Music IR Of the 60's 2:30 Saturday Cinema IR 4:00 Face Time with Families IR 6:15 Relax with Nature BPO 7:00 Soft Jazz IR

# Health and Wellness

## Movement is Medicine



Regular physical activity is the closest thing we have to the fountain of youth. The frailty of old age is reversible, age related changes can be slowed or even reversed. It does not matter how old you are or what shape you are in now. Research has shown that the telomeres in the cell, which are directly correlated to longevity, are lengthened by exercise.

### Benefits of Exercise

Regular exercise and movement are critical to your health and well-being. A consistent exercise routine can help you to:

- *Lower your risk of heart disease* - Exercise elevates your heart rate, increasing blood flow and oxygen levels in your body. If you consistently exercise you'll lower your blood pressure and cholesterol which lowers your overall risk of heart diseases.
- *Control blood sugar and insulin* - Exercise lowers blood sugar levels and if you follow a consistent routine your body will have an improved response to insulin, reducing the risk of Type 2 diabetes or making it easier to manage if you have it.
- *Improve your mood* - Exercise causes your body to produce endorphins which make you feel more relaxed, making it easier for you to manage stress and reduce emotional challenges such as depression or anxiety.
- *Maintain brain health as you get older* - Proteins and chemicals released during exercise help improve the brain's structure and function which helps maintain your, and of course the ability to think, learn, and remember things as you get older.
- *Increase and maintain muscle strength and bone density* - Regular strength training exercises help improve your strength and prevent bone density loss and muscle atrophy associated with getting older.

Source: Medline Plus

## Wellness Challenge

### Exercise Safely

If you're new to exercise or getting back into it after a long break, it's important to start slow and increase your intensity gradually. If you exercise too intensely you can cause injury. Be mindful of how you feel during exercises and keep track of your progress. If exercises are difficult, consider lowering the intensity. If they are easy to complete, consider challenging yourself by slowly building up your intensity.

Exercising can be a feel-good experience when you discover the kind of motions that your body enjoys. May you find exercise that brings you health, happiness, and the pure joy of moving with ease!

*Be Well on Purpose!*



# COMMUNITY CONNECTIONS



brookdale.com

## Brookdale News

### Protect Yourself Against Flu



Flu Season has begun, this time with a new set of challenges as it coincides with the ongoing COVID-19 pandemic. Health and wellness is always our priority at Brookdale and this year especially, receiving your flu vaccine is critical.

With social distancing and infection control efforts heightened, this season's community flu clinic may look a bit different. You may experience staggered appointments to accommodate social distancing, and clinics scheduled sooner than before to help ensure flu vaccines can be administered as soon as they're available.

Kim Elliott, SVP Clinical Services at Brookdale says, "Due to the current pandemic, it's more important than ever to protect yourself from potential illness. And, we want it to be as easy as possible for residents to be vaccinated in their own home." CVS Pharmacy will be on site to deliver the senior-dose flu vaccine specific for people over 65 years old. Additionally, if you qualify for a pneumonia, Tdap or shingles vaccine, CVS can provide those on clinic-day as well.

Vaccine costs are covered by Medicare Part B and most Medicare Advantage insurance plans. CVS will perform a pre-authorization to advise you of any co-pays and to determine your eligibility for vaccine.

Watch for posters around the community to inform you of the clinic date, time and place. Then, make plans to receive your annual flu and other wellness vaccines to help protect yourself, your family and your fellow residents from illness this flu season

## An Engaged Life

### Shirlene Jackson - An Engaged Resident



Shirlene grew up and raised her son in Wichita, Kansas. Ten years ago, when she moved to Overland Park, Kansas to be closer to her son, she was truly excited about being near him.

Two years ago, Shirlene needed rehab for a broken arm and chose Brookdale Overland Park where she became very involved in all of the programs and actively participated in her therapy. After completing a few weeks of rehab, she moved into assisted living. During the first few weeks there, Shirlene frequently went back to the rehab area to participate in group activities, watch TV, and eat with the residents. Shirlene missed the friends she had made there. She enjoyed helping them as she became more and more independent.

As her rehab friends moved away, Shirlene became more involved in the programs offered in assisted living. She made new friends, participating in almost all of the programs, became a welcome ambassador, and recently was elected President of the Resident Council. Shirlene is truly living an engaged life!