

# S M T W Th F S

# September 2021

## Brookdale Wilton

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Wilton, CT 06897

(203) 761-8999 | brookdale.com



## THE DAILY Path

### UPCOMING EVENTS

- 8:30 Breakfast
- 10:15 B-Fit Exercise
- 10:45 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 3:00 Physical
- 3:30 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 6:15 Sensory/News and Reading Groups
- 6:45 Refreshments

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

### LOCATION KEY

- AA - Activity Room
- SR - Solace Room
- TR - TV Room
- IT - InTouch
- CY - Courtyard
- AL - Assisted Living
- O - Outside
- DR - Dining Room
- HW - Hallway

License Number

## 05

- 10:00 YouTube Sunday Mass IT
- 10:15 B-Fit Exercises TR
- 11:00 News & Trivia TR
- 2:00 Bingo Bonanza! TR
- 3:00 Beach Ball Bash TR
- 3:30 Ice Cream Social TR
- 4:00 Old Time Sing-Along IT
- 6:15 Hand Massages TR

## 06

### Labor Day

- 10:15 B-Fit Balance TR
- 10:45 Hydration TR
- 11:00 American Trivia IT
- 2:00 USA Bingo TR
- 3:00 Bowling Bonanza TR
- 3:30 Sundae Monday Social TR
- 4:00 Patriotic Sing-Along IT
- 6:15 In The News! TR

## 07

### Rosh Hashanah

- 10:15 B-Fit Arms TR
- 10:45 Hydration TR
- 11:00 Famous Faces TR
- 2:00 Guitarist Shawn Taylor AL
- 3:00 Card Sharks/Stretches TR
- 3:30 Refreshments TR
- 4:00 Songs of Yesteryear IT
- 6:15 Photobook Memories TR

## 08

- 10:15 B-Fit Legs TR
- 10:30 Westport Beach Tour OT
- 11:00 Trivial Pursuit TR
- 2:00 Violinist Tom Aalfs! AL
- 3:00 Golf Putt Fun CY
- 3:30 Lemonade Social TR
- 4:00 Clare Bridge Choir IT
- 6:15 Comedy Club TR

## 09

- 10:15 B-Fit Coordination TR
- 10:45 Hydration TR
- 11:00 Fill in the Blank TR
- 2:00 Pianist Jon Tench! AL
- 3:00 JINGO & Snacks AA
- 3:30 Pina Coladas AA
- 4:00 Name That Tune! IT
- 6:15 Poetry Readings TR

## 10

- 10:00 Virtual Rosary IT
- 10:15 B-Fit/Hydration TR
- 11:00 Family Feud! IT
- 2:00 Brownie Baking Club AA
- 3:00 Friday Dance Party! TR
- 3:30 Refreshments TR
- 4:00 Sing with Suzie! IT
- 6:15 Aromatherapy TR

## 11

- 10:15 B-Fit Exercises TR
- 10:45 Hydration TR
- 11:00 Brain Teasers TR
- 2:00 Puzzle Corner AA
- 3:00 Courtyard Strolls CY
- 3:30 Refreshments TR
- 4:00 InTouch Karaoke! IT
- 6:15 Newspaper Headlines TR

## 12

- 10:00 YouTube Sunday Mass IT
- 10:15 B-Fit Exercises TR
- 11:00 Today's Headlines! TR
- 2:00 Magazine Maze TR
- 3:00 Movement to Music TR
- 3:30 Refreshments TR
- 4:00 Rock N' Roll Medley IT
- 6:15 The Daily Chronicles TR

## 13

- 10:15 B-Fit Balance TR
- 10:45 Hydration TR
- 11:00 Trivia A to Z TR
- 2:00 Painting Picassos AA
- 3:00 Bocce Ball TR
- 3:30 Sundae Monday Social TR
- 4:00 Music & Manicures TR
- 6:15 Read Aloud TR

## 14

- 10:15 B-Fit Arms TR
- 10:45 Hydration TR
- 11:00 Finishing Lines TR
- 2:00 Bird Feeders AA
- 3:00 Penny Pitching TR
- 3:30 Root Beer Floats CY
- 4:00 Sing with Suzie! IT
- 6:15 Sounds of Nature IT

## 15

- 10:15 B-Fit Legs TR
- 10:30 Local Ice Cream Stop OT
- 11:00 Scattergories TR
- 2:00 My Name is BINGO AA
- 3:00 Cornhole Competition CY
- 3:30 Refreshments TR
- 4:00 Sinatra Favorites IT
- 6:15 Joke Books TR

## 16

### Yom Kippur

- 10:15 B-Fit Coordination TR
- 10:45 Hydration TR
- 11:00 Hollywood Stars Trivia TR
- 2:00 Watercolors AA
- 3:00 Dominoes/Stretches AA
- 3:30 Happy Hour Social TR
- 4:00 Music w/Mary Sue! IT
- 6:15 Read & Reminisce TR

## 17

- 10:00 Virtual Rosary IT
- 10:15 B-Fit/Hydration TR
- 11:00 Name That Sound TR
- 2:00 Pizza Making Club AA
- 3:00 Target Practice TR
- 3:30 Refreshments TR
- 4:00 Sentimental Sing-Along TR
- 6:15 Travelogues IT

## 18

- 10:15 B-Fit Exercises TR
- 10:45 Hydration TR
- 11:00 Ball Toss & Trivia TR
- 2:00 Weekend BINGO! TR
- 3:00 Walking Club CY
- 3:30 Sweet Treat Social TR
- 4:00 Clare Bridge Karaoke! IT
- 6:15 Short Stories TR

## 19

- 10:00 YouTube Sunday Mass IT
- 10:15 B-Fit Exercises TR
- 11:00 News & Trivia TR
- 2:00 Bingo Bonanza! TR
- 3:00 Beach Ball Bash TR
- 3:30 Ice Cream Social TR
- 4:00 Elvis Sing-Along IT
- 6:15 Hand Massages TR

## 20

- 10:15 B-Fit Balance TR
- 10:45 Hydration TR
- 11:00 Wacky Word Games TR
- 2:00 Sewing Circle AA
- 3:00 Bowl-o-Rama! TR
- 3:30 Sundae Monday Social TR
- 4:00 Irish Sing-Along IT
- 6:15 In The News! TR

## 21

- 10:15 B-Fit Arms TR
- 10:45 Hydration TR
- 11:00 Pictionary! TR
- 2:00 Mandala Paintings AA
- 3:00 POKENO/Stretches TR
- 3:30 Refreshments TR
- 4:00 Music w/Mary Sue! IT
- 6:15 Photobook Memories TR

## 22

- 10:15 B-Fit Legs TR
- 10:30 Calf Pasture Beach OT
- 11:00 Finish the Lyrics TR
- 2:00 Music by Doug+Billy! AL
- 3:00 Courtyard Yoga CY
- 3:30 "Taste of Fall" Social TR
- 4:00 Name That Tune! IT
- 6:15 Comedy Club TR

## 23

- 10:15 B-Fit Coordination TR
- 10:45 Hydration TR
- 11:00 Mental Aerobics TR
- 2:00 Pianist Jon Tench! AL
- 3:00 Card Sharks & Snacks AA
- 3:30 Strawberry Daiquiris AA
- 4:00 Songs of Yesteryear IT
- 6:15 Poetry Readings TR

## 24

- 10:00 Virtual Rosary IT
- 10:15 B-Fit/Hydration TR
- 11:00 Trivial Pursuit TR
- 2:00 Pudding Pie Club AA
- 3:00 Bocce Ball TR
- 3:30 Refreshments TR
- 4:00 Sing with Suzie! IT
- 6:15 Aromatherapy TR

## 25

- 10:15 B-Fit Exercises TR
- 10:45 Hydration TR
- 11:00 News & Trivia TR
- 2:00 Puzzle Corner AA
- 3:00 Courtyard Strolls CY
- 3:30 Refreshments TR
- 4:00 InTouch Karaoke! IT
- 6:15 Newspaper Headlines TR

## 26

- 10:00 YouTube Sunday Mass IT
- 10:15 B-Fit Exercises TR
- 11:00 Today's Headlines! TR
- 2:00 Magazine Maze TR
- 3:00 Movement to Music TR
- 3:30 Refreshments TR
- 4:00 Rat Pack Medley IT
- 6:15 The Daily Chronicles TR

## 27

- 10:15 B-Fit Balance TR
- 10:45 Hydration TR
- 11:00 Resident Council TR
- 2:00 Acrylic Creations AA
- 3:00 JINGO & Snacks TR
- 3:30 Sundae Monday Social TR
- 4:00 Clare Bridge Choir IT
- 6:15 Read Aloud TR

## 28

- 10:15 B-Fit Arms TR
- 10:45 Hydration TR
- 11:00 Family Feud! IT
- 2:00 Accordion with David! AL
- 3:00 Charades CY
- 3:30 Refreshments TR
- 4:00 Country Classics IT
- 6:15 Sounds of Nature IT

## 29

- 10:15 B-Fit Legs TR
- 10:30 Stew Leonard's Trip OT
- 11:00 Trivia A to Z TR
- 2:00 Crafter's Club AA
- 3:00 Horseshoes+Horoscopes TR
- 3:30 Sept. B-day Bash! AA
- 4:00 Sentimental Sing-Along TR
- 6:15 Joke Books TR

## 30

- 10:15 B-Fit Coordination TR
- 10:45 Hydration TR
- 11:00 What Did it Cost? TR
- 2:00 Flower Arranging AA
- 3:00 Yahtzee!/Stretches AA
- 3:30 Happy Hour Social AA
- 4:00 Music & Manicures TR
- 6:15 Read & Reminisce TR



# 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!*

## 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!