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Brookdale Bath

101 N. Cleveland / Massillon Rd.

Akron, OH 44333

(330) 666-7011 | brookdale.com



05
10:00 In the Headlines 1B
10:30 Daily Bread 1TV
11:00 Sunday Worship 1TV
1:30 B-Fit 3L
3:00 Creativity Corner 1TV

06
9:30 Headline News 1B
11:00 Price is Right 1B
1:30 B-Fit 3L
2:00 BUD COUTS Performs! 1B
3:00 Bingo 1B

07
9:30 Headline News 1B
11:00 Who wants to be a Millionair 1B
1:30 B-fit 3L
2:15 RESIDENT Programs Chat 1B
3:00 Garden Club Meets 1TV

08
*Salon is Open HS
9:30 Headline News 1B
11:00 UNO! 3L
1:30 B-Fit 1B
3:00 Card Club Meets 1TV

09
9:30 Headline News 1B
11:00 OUTING TODAY BO
11:00 Hymn Singing 1TV
1:00 St. Hilary's Visit 1TV
1:30 B-fit 3L
3:00 BINGO! 1B

10
9:30 Headline News 1B
11:00 Ipad learning IR
1:30 B-fit 3L
3:00 Social Hour With: 1B
6:00 TRIVIA 1B

11
9:00 Coffee Corner 1B
10:00 In the Headlines 1B
11:00 Word Scramble 1TV
1:30 B-Fit 1B
3:00 Off to the Races Game Kentucky Derby 1TV

12 **Mother's Day**
10:00 In the Headlines 1B
10:30 B-Fit IR
11:00 Sunday Worship 1TV
1:30 MOTHERS DAY TEA & Dessert Bar CORY DAVIS Performs!
3:00 Creativity Corner 1TV

13
9:30 Headline News 1B
1:30 B-Fit 3L
3:00 Bingo 1B
4:00 Manicures 1TV

14
9:30 Headline News 1B
11:00 InTouch Google Maps 1B
1:30 B-fit 3L
3:00 Ambassador Mtg. 3L
4:00 Craft with Kelly 1B

15
*Salon is Open HS
9:30 Headline News 1B
11:00 Price is Right - InTouch 1B
1:30 B-Fit 3L
3:00 Card Club Meets 1TV

16
9:30 Headline News 1B
11:00 OUTING TODAY BO
11:00 Hymn Singing 1TV
1:00 St. Hilary's Visit 1TV
1:30 B-fit 3L
3:00 BINGO! 1B

17
9:30 Headline News 1B
11:00 Scrabble! 1TV
1:30 B-fit 3L
3:00 Vinnie Performs! 1B
4:00 Card Club 3L
6:00 TRIVIA 1B

18 **Armed Forces Day**
9:00 Coffee Corner 1B
10:00 In the Headlines 1B
1:30 B-Fit 1B
11:00 Word Scramble 1TV
3:00 Saturday Cinema 1TV

19
10:00 In the Headlines 1B
10:30 Daily Bread 1TV
11:00 Sunday Worship 1TV
GRACE CHURCH
1:30 B-Fit 3L
3:00 Creativity Corner 1TV

20
9:30 Headline News 1B
10:30 Crafts with Kelly! 1B
1:30 B-Fit 3L
3:00 Bingo 1B

21
9:30 Morning News IR
10:00 Millionaire Game 1B
1:30 B-fit 3L
3:00 RESIDENT COUNCIL 1TV
4:00 Manicures IR

22
*Salon is Open HS
9:30 Headline News 1B
11:00 OUTING TODAY BO
11:00 Garden Care 1B
1:30 B-Fit 1B
3:00 Rummy 1TV

23
9:30 Headline News 1B
11:00 Hymn Singing 1TV
1:00 St. Hilary's Visit 1TV
1:30 B-fit 3L
5:00 FAMILY NIGHT! Cook out TRACY KEYS PERFORMS 1B 1B

24
9:30 Headline News 1B
11:00 Paint with a twist! 1B
1:30 B-fit 3L
3:00 Social Hour With: 1B
6:00 TRIVIA 1B

25
9:00 Coffee Corner 1B
10:00 In the Headlines 1B
11:00 Word Scramble 1TV
1:30 B-Fit 1B
3:00 Saturday Cinema 1TV

26
10:00 In the Headlines 1B
10:30 Daily Bread 1TV
11:00 Sunday Worship 1TV
1:30 B-Fit 3L
3:00 Creativity Corner 1TV

27 **Memorial Day**
9:30 Headline News 1B
11:00 Manicures 3L
1:30 B-Fit 3L
3:00 Bingo 1B

28
9:30 Headline News 1B
11:00 Trivia Time Social 1B
1:30 B-fit 3L
3:00 Let's Play S O R R Y! 1TV
4:00 Ipad learning is fun IR

29
*Salon is Open HS
9:30 Headline News 1B
11:00 Coffee Social 1B
1:30 B-Fit 1B
3:00 Life Storys 1B

30
9:00 Breakfast with 1st Responders DR
11:00 OUTING TODAY BO
11:00 Hymn Singing 1TV
1:00 St. Hilary's Visit 1TV
1:30 B-fit 3L
3:00 BINGO! 1B

31
9:30 Headline News 1B
11:00 JINGO! 3L
1:30 B-fit 3L
3:00 LARRY ALLTOP Performs 1B
6:00 TRIVIA 1B

LOCATION KEY

- 1P 1B
- 2B 2nd Fl Bistro
- 1TV T.V.Lounge
- 3L 3rd Fl Library
- 1D 1st Fl Dining Room
- FP Front Porch
- 2CB Clare Bridge
- ISC ISC Therapy

COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Live Your Optimum Life®: Reducing Your Risk of Falling



associated with falling and a proactive plan.

Risk Factors

Research shows that a combined effect of many interacting factors increases fall risk. According to the CDC this includes:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines
- Visual problems
- Foot pain or poor footwear
- Home hazards

Safety Risks and Preventions

The majority of falls occur in the home. Environmental modifications help older adults to live with greater independence and safety.

- Ensure good lighting
- Eliminate clutter
- Use of adaptive equipment

Exercise to Help Strengthen & Improve Balance

Exercise is one of the most

important ways to lower your chances of falling. It makes you stronger and helps you feel better.

Exercises that improve balance and coordination are the most helpful. Lack of exercise leads to weakness and increases your chances of falling.

Interventions that Can Increase Safety and Reduce the Risk of Falls

Medication Plan of Care:

Speaking with your doctor or pharmacist about your medications and how they make you feel is an essential step to reduce your fall risk. Together, you can come up with a medication plan that addresses your needs.

Therapy:

Physical and Occupational Therapy can assess your risk of falling. Individualized exercises and balance training can help prevent risk of falls.

According to the Centers of Disease Control and Prevention (CDC), each year millions of older people—those 65 and older—fall. In fact, more than one out of four older adults fall each year, but less than half tell their doctor.

A fall is defined as “an event whereby an individual unexpectedly comes to rest on the ground or another lower level without known loss of consciousness.” The best way to minimize the impact of falls is to prevent them altogether. This requires awareness of the problems

Wellness Challenge

10 Tips to Prevent Falls

Avoiding falls requires a proactive approach. Below are 10 tips to help prevent falls.

1. Stay physically active
2. Have annual eye and hearing exams
3. Review your medications with your health care provider

4. Talk with your doctor regarding your Vitamin D level
5. Use assistive devices that have been recommended for you
6. Have your blood pressure checked when both sitting and standing
7. Use recommended assistance if you are at high risk for falls

8. Stay mentally fit
9. Wear safe, properly fitting footwear
10. Do a home safety check or have someone do it for you

Be Well on Purpose!



Brookdale News

Brookdale's Online Newsroom



Staying in the know about all things Brookdale is easy with BrookdaleNews.com, your source for everything happening at Brookdale. Hear inspiring resident stories, meet passionate associates and learn more about local and national events. Check out blogs from Brookdale experts on advancements in Alzheimer's and dementia care, senior living industry insights, and tips for living an Optimum Life.

BrookdaleNews.com has local community stories, reports on corporate initiatives, informative videos, and even short films produced and starring residents and associates. Brookdale news comes from all over the country and features stories that you wouldn't hear other places. Residents and associates are recognized for both the large and small things that they do to daily enrich lives.

At BrookdaleNews.com, go behind the scenes to see what life is really like at Brookdale by reading candid, genuine stories from the field and corporate office. Have a story idea? Click on “Submit a Story” to share your idea with the Public Relations team. Click “Subscribe for News Alerts” at the top of the screen to receive a notification when a new story posts. Share BrookdaleNews.com with your friends and family so they can see how we are enriching lives every day.

Wishes of a Lifetime

Brookdale is proud to honor our residents' wishes and dreams through our partnership with Wish of a Lifetime®



Car Enthusiast Takes Dream 'Victory Lap' in Race Car

Harold Smith has loved cars all of his life. From the moment he bought his first car, he has been able to dismantle an engine and put it back together without a manual or guide. He has owned a 1937 pick-up truck, a 1948 Plymouth, and he currently owns a 1957 red and white Chevy he restored himself.

The 84-year-old Brookdale Spring Arbor resident loves everything about owning, driving and even watching cars — after all he witnessed the very first race of the Daytona 500 when it opened in 1959.

Wish of a Lifetime and Brookdale Senior Living were excited to get Harold back to the racetrack to ride in a race car on November 10, 2018. Charlotte Motor Speedway provided Harold with an hour-long tour of the speedway, then an exhilarating race car ride. Harold practically leapt over the pit-road wall as if he had done it 100 times before. The smile on his face as he made the final round of his “victory lap” said it all.