

S M T W Th F S

September 2021

THE DAILY Path

UPCOMING EVENTS

- 08:00 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 10:45 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 11:30 Lunch
- 12:45 Creative/Crafts/Art and Clustered Groups
- 02:00 Physical
- 02:45 Refreshments
- 03:00 Music/ Intergenerational
- 04:30 Dinner
- 05:30 Sensory/News and Reading Groups
- 06:30 Refreshments

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

LOCATION KEY

- DR - Dining Room
- O - Outing
- LR - Living Room
- CL - Clusters
- CY - Court Yard
- AL - Assisted Living
- SR - Solace Room
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01
10:00 B-Fit Lower Body DR
10:45 Geography Today DR
12:45 Creative Writing LR
2:00 Walking Club SR
3:00 Perfect Pair: Lois LR
5:30 Aroma Therapy SR

02
10:00 B-Fit Relaxation/Breathing DR
10:45 Fill in the Blank DR
12:45 Bird feeder fillin DR
2:00 Sit and be Fit SR
3:00 Music for Dementia LR
5:30 Good News DR

03
10:00 B-Fit Flexibility DR
10:45 Coffee & Conversation DR
12:45 Out & about O
2:00 Flexing Fridays DR
3:00 Ballads DR
5:30 Audio Book Club LR

04
10:00 B-Fit Strength DR
10:45 Crosswords&Convo DR
12:45 Coloring to Country DR
2:00 Hallway bowling DR
3:00 I love Lucy DR
5:30 Game Night DR

05
10:00 B-Fit Cardio LR
10:45 Spiritual Trivia DR
12:45 Canvas Painting DR
2:30 Afternoon Exercise LR
3:30 Hymn Sing-a-long DR
5:30 Sunday Encouragement DR

06 Labor Day
10:00 B-Fit Upper Body DR
10:45 Labor day trivia DR
12:45 Labor day crafts DR
2:00 sittercise DR
3:00 Karaoke:America DR
5:30 Manicure Monday DR

07 Rosh Hashanah
10:00 B-Fit Coordination DR
10:00 Perfect Pair: Jane LR
10:45 Rosh Hasanah Trivia DR
12:45 RH Craft DR
2:00 Perfect Pair: Paulette LR
2:00 Giant Checkers DR
3:00 Music for Dementia DR
5:30 News paper Reading DR

08
10:00 B-Fit Lower Body DR
10:45 Weekly Game DR
12:45 DIY Stickers DR
2:00 Walking Club SR
3:00 Perfect Pair: Lois LR
5:30 Easy Listening DR

09
10:00 B-Fit Relaxation/Breathing DR
10:45 puzzle mania DR
12:45 Sorting Stationary DR
2:00 sit and Be fit SR
3:00 Music for Dementia LR
5:30 Good News DR

10
10:00 B-Fit Flexibility DR
10:45 Coffee & Conversation DR
12:45 Out & About O
2:00 Flexing Fridays DR
3:00 1940s DR
5:30 Audio Book Club LR

11
10:00 B-Fit Strength DR
10:45 Crosswords&Convo DR
12:45 Fall Decor making DR
2:00 Chair Dancing DR
3:00 Elvis DR
5:30 Game Night DR

12
10:00 B-Fit Cardio LR
10:45 Millionaire DR
12:45 Coloring to gospel DR
2:30 Afternoon Exercise LR
3:30 Hymn Sing-a-long DR
5:30 Sunday Encouragement DR

13
10:00 B-Fit Upper Body DR
10:45 What does it cost DR
12:45 Wreath making DR
2:00 chair aerobics DR
3:00 cole porter classics DR
5:30 Manicure Monday DR

14
10:00 B-Fit Coordination DR
10:00 Perfect Pair: Jane LR
10:45 Bingo! DR
12:45 Garden Club DR
2:00 Perfect Pair: Paulette LR
2:00 Fowling SR
3:00 Music for Dementia DR
5:30 News Paper Reading DR

15
10:00 B-Fit Lower Body DR
10:45 Common Saying DR
12:45 Picture Sorting DR
2:00 Walking Club SR
3:00 Perfect Pair: Lois LR
5:30 Aroma Therapy SR

16 Yom Kippur
10:00 B-Fit Relaxation/Breathing DR
10:45 Yom Kippur Trivia DR
12:45 Bread Making DR
2:00 Sit and be fit SR
3:00 Music for Dementia LR
5:30 Good News DR

17
10:00 B-Fit Flexibility DR
10:45 Morning Mental DR
12:45 Out and about O
2:00 Flexing Fridays DR
3:00 The Roaring 20's DR
5:30 Audio Book Club LR

18
10:00 B-Fit Strength DR
10:45 Triva- cats DR
12:45 Scar crow making DR
2:00 Chair Yoga DR
3:00 Dean Martin DR
5:30 Game Night DR

19
10:00 B-Fit Cardio LR
10:45 trivia-religion DR
12:45 coloring to Jazz DR
2:30 Afternoon Exercise LR
3:30 Hymn Sing-a-long DR
5:30 Sunday Encouragement DR

20
10:00 B-Fit Upper Body DR
10:45 Word Scramble DR
12:45 Garden Club! DR
2:00 toe tappin DR
3:00 "Alexa Play.." DR
4:00 Birthday Party AL
5:30 Manicure Monday DR

21
10:00 B-Fit Coordination DR
10:00 Perfect Pair: Jane LR
10:45 Bingo! DR
12:45 Carmel Apple making DR
2:00 Perfect Pair: Paulette LR
2:00 sit and be fit SR
3:00 Music for Dementia DR
5:30 Nature Sounds DR

22
10:00 B-Fit Lower Body DR
10:45 Fam Trivia DR
12:45 Letter Writing DR
2:00 Walking Club SR
3:00 Perfect Pair: Lois LR
5:30 Audio Book Club DR

23
10:00 B-Fit Relaxation/Breathing DR
10:45 Categories DR
12:45 flower design DR
2:00 sit and be fit SR
3:00 Birthday Party DR
5:30 Good News DR

24
10:00 B-Fit Flexibility DR
10:45 Resident Council LR
12:45 Out and about O
2:00 Flexing Fridays DR
3:00 The Rat Pack DR
5:30 Audio Book Club LR

25
10:00 B-Fit Strength DR
10:45 Fill in the blank DR
12:45 Cat treat making DR
2:00 Stretching Saturdays DR
3:00 Pet theray w/ Dale DR
5:30 Game Night DR

26
10:00 B-Fit Cardio LR
10:45 Hangman DR
12:45 Junk Drawer sorting DR
2:30 Afternoon Exercise LR
3:30 Hymn Sing-a-long DR
5:30 Sunday Encouragement DR

27
10:00 B-Fit Upper Body DR
10:45 Garden Trivia DR
12:45 Paint By Number DR
2:00 Chair yoga DR
3:00 Doris Day DR
5:30 Manicure Monday DR

28
10:00 B-Fit Coordination DR
10:00 Perfect Pair: Jane LR
10:45 Bingo! DR
12:45 Woven Tissue Box DR
2:00 Perfect Pair: Paulette LR
2:00 Walking Club SR
3:00 Music for Dementia DR
5:30 fairy Tales DR

29
10:00 B-Fit Lower Body DR
10:45 recipe reminiscing DR
12:45 Sorting Stationary DR
2:00 Walking Club SR
3:00 Perfect Pair: Lois LR
5:30 Ted Talks DR

30
10:00 B-Fit Relaxation/Breathing DR
10:45 Family Fued DR
12:45 Fall Clean Up! CY
2:00 Walking Club SR
3:00 Music for Dementia LR
5:30 Good News DR



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!