

S M T W Th F S

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<p><b>05</b> International Day of Charity</p> <p>9:00 Grace Baptist Temple AR                  10:00 Read A Book                  11:30 B-Fit DR                  3:00 Visit With Friends                  4:30 Residents Choice                  6:00 Skip-Bo</p>	<p><b>06</b> Labor Day                  Read A Book Day</p> <p>8:00 Office Time O                  10:15 Catholic Rosary AR                  11:00 Mass on TV &amp; Communion AR                  12:00 Labor Day Lunch DR                  11:45 B-Fit DR                  1:30 Bingo AR                  6:00 Netflix Movie LR</p>	<p><b>07</b> Rosh Hashanah                  Telephone Tuesday</p> <p>8:00 Office Time O                  10:00 Room Visit                  11:20 B-Fit / Yoga Ball LR                  1:00 Resident Programs Chat AR                  3:00 Reminiscing &amp; Ice Cream Social DR                  6:00 Evening Bible Study AR</p>	<p><b>01</b> American Chess Day</p> <p>8:00 Office Time O                  10:00 Walmart Trip BUS                  11:45 B-Fit Balance DR                  1:30 Bingo AR                  3:30 Ipad Connection DR                  6:15 Flex Your Brain FD</p>	<p><b>02</b> V-J Day</p> <p>8:00 Office Time O                  10:00 Music Key Board AR                  11:30 B-Fit / Spiro 100 LR                  1:00 Bingo AR                  3:00 Welcome Residents Happy Hour DR                  6:00 News on TV</p>	<p><b>03</b> National Food Bank Day</p> <p>8:00 Office Time O                  10:00 Music Key Board AR                  10:15 Outing Day BUS                  10:15 Pretty Nails AR                  1:00 Bingo AR                  2:45 B-Fit AR                  3:00 Flex Your Brain AR</p>	<p><b>04</b> World Bread Day</p> <p>9:15 Walking Circle                  10:15 Spiritual Reflections With Andrew                  1:00 Bingo AR                  4:30 B-Fit DR                  6:00 After Dinner Movie LR</p>
<p><b>12</b> Grandparents Day FD                  12-18 Assisted Living Week</p> <p>9:00 Grace Baptist Temple AR                  10:00 Coffee &amp; Donuts FD                  11:30 B-Fit DR                  1:00 Yehzee                  3:00 Hidden Picture DR                  6:00 Card Games</p>	<p><b>13</b> J.B. / Chocolate Day HB</p> <p>8:00 Office Time O                  10:15 Catholic Rosary AR                  11:00 Mass on TV &amp; Communion AR                  11:45 B-Fit DR                  1:30 Bingo AR                  3:00 Wood Burning AR                  6:00 Word Find</p>	<p><b>14</b> Live Creative Day</p> <p>8:00 Office Time O                  11:00 Conversations in Aging AR                  11:30 B-Fit / Yoga Ball LR                  1:00 Resident Council Meeting LR                  3:00 Reminiscing &amp; Ice Cream Social DR                  6:00 Evening Bible Study AR</p>	<p><b>08</b> Literacy Day</p> <p>8:00 Office Time O                  10:00 Walmart Trip Bus                  11:45 B-Fit Balance DR                  1:30 Bingo AR                  3:30 Ipad Connection DR                  6:15 Flex Your Brain FD</p>	<p><b>09</b> School Picture Day</p> <p>8:00 Office Time O                  10:00 Fall Picture Day                  10:00 Music Key Board AR                  1:00 Karaoke AR                  11:30 B-Fit / Spiro 100 LR                  3:00 FFL * Happy Hour * DR                  6:30 Music</p>	<p><b>10</b> Ron S. HB</p> <p>8:00 Office Time O                  9:00 B-Fit Balance CB                  10:00 Music Key Board AR                  10:15 Pretty Nails AR                  11:15 Lunch Bunch BUS                  1:30 Bingo AR                  3:00 Flex Your Brain AR</p>	<p><b>11</b> Pet Memorial Day</p> <p>9:15 Dominoes LR                  10:15 Spiritual Reflections With Andrew                  1:00 Bingo AR                  3:30 Read A Book L                  4:30 B-Fit DR                  6:00 Meditation Time</p>
<p><b>19</b> National Dance Day</p> <p>9:00 Grace Baptist Temple AR                  10:00 Nature Walk                  11:30 B-Fit DR                  1:00 Scrabble                  3:00 Crossword Puzzle LR                  6:00 Puzzle Time</p>	<p><b>20</b> Georgia W. &amp; Mario E. HB</p> <p>8:00 Office Time O                  10:15 Catholic Rosary AR                  11:00 Mass on TV &amp; Communion AR                  11:45 B-Fit DR                  1:30 Bingo AR                  3:00 My Life Story AR                  6:00 Hidden Pictures</p>	<p><b>21</b> World Alzheimer's Day</p> <p>8:00 Office Time O                  10:00 Gratitude is Ageless BUS                  11:20 B-Fit / Yoga Ball LR                  1:00 Ambassador Meeting AR                  3:00 Reminiscing &amp; Ice Cream Social DR                  6:00 Evening Bible Study AR</p>	<p><b>15</b> Get Ready Day</p> <p>8:00 Office Time O                  10:00 Movies BUS                  10:15 Flex Your Brain FD                  11:45 B-Fit Balance DR                  1:30 Bingo AR                  3:30 Ipad Connection DR</p>	<p><b>16</b> Yom Kippur                  Working Parents Day</p> <p>8:00 Office Time O                  10:00 Music Key Board AR                  11:30 B-Fit / Spiro 100 LR                  1:00 Bunco DR                  3:00 Birthday Party W/ Frank Valdez DR                  6:00 News on TV LR</p>	<p><b>17</b> Country Music Day</p> <p>8:00 Office Time O                  9:00 B-Fit CB                  10:00 Music Key Board AR                  10:15 Pretty Nails AR                  11:15 Lunch Bunch BUS                  1:30 Bingo AR                  3:00 Flex Your Brain AR</p>	<p><b>18</b> Eat An Apple Day LR</p> <p>9:15 Walking Circle                  10:15 Spiritual Reflections With Andrew                  1:00 Bingo AR                  4:30 B-Fit DR                  6:00 Crossword Puzzle</p>
<p><b>26</b> Daughters Day</p> <p>9:00 Grace Baptist Temple AR                  10:00 Mix and Mingle                  11:30 B-Fit DR                  1:00 Board Game                  4:30 Word Find                  6:00 Outside with Friends</p>	<p><b>27</b> National Family Day</p> <p>8:00 Office Time O                  10:15 Catholic Rosary AR                  11:00 Mass on TV &amp; Communion AR                  1:00 B-Fit DR                  1:30 Bingo AR                  3:00 Wood Burning AR                  4:00 Facetime With Family AR</p>	<p><b>28</b> National Sons Day                  Voter Registration Day</p> <p>8:00 Office Time O                  10:30 OL Room Visit                  11:20 B-Fit / Yoga Ball LR                  3:00 Reminiscing &amp; Ice Cream Social DR                  6:00 Evening Bible Study AR</p>	<p><b>22</b> Fall Prevention Awareness</p> <p>8:00 Office Time O                  10:00 McNay Art Museum BUS                  11:45 B-Fit Balance DR                  1:30 Bingo AR                  3:30 Ipad Connection DR                  6:15 Flex Your Brain FD</p>	<p><b>23</b> N. Fred Senior Olympics</p> <p>8:00 Office Time O                  9:00 B-Fit / Spiro 100 CB                  10:30 Olympic Games                  1:30 Olympic Games                  3:00 Happy Hour W/ Valerie DR                  4:00 Olympic Award Ceremony DR                  6:30 Dominos DR</p>	<p><b>24</b> National Punctuation Day</p> <p>10:15 Pretty Nails AR                  10:00 Music Key Board AR                  1:00 Happy Tails LR                  1:30 Bingo AR                  3:00 Flex Your Brain AR                  4:00 B-Fit Balance CB                  6:00 Bird Watching OS</p>	<p><b>25</b> National Singles Day</p> <p>9:15 Adult Color Art                  10:15 Spiritual Reflections With Andrew                  1:00 Bingo AR                  2:45 Residents Choice                  4:30 B-Fit DR                  6:00 After Dinner Movie LR</p>
<p><b>29</b> National Coffee Day</p> <p>8:00 Office Time O                  9:00 B-Fit Balance CB                  10:00 Dollar Tree BUS                  10:15 Flex Your Brain FD                  1:30 Bingo AR                  2:45 Coffee Social                  4:00 Ipad Connection DR</p>	<p><b>30</b> World Maritime Day</p> <p>8:00 Office Time O                  10:00 Bell Chior AR                  11:30 B-Fit / Spiro 100 LR                  1:00 Bingo                  2:45 Trivia                  6:00 Mexican Train</p>	<p><b>LOCATION KEY</b></p> <p>AR Activiy Room      O Office                  LR Living Room      CB Clair Bridge                  DR AL Dining Room      ADR AL Dinning Room                  FD Front Desk      LH Library Hall                  Bus Bus                  L Library</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!