

COMMUNITY CONNECTIONS



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Health and Wellness

Chasing the Blues Away



Everyone gets the blues now and then, especially if you have experienced a recent loss or significant life change. The following suggestions are things that you can do for yourself when you are “in a rut” or just not feeling like yourself.

Get Moving

Physical activity is essential to well-being. It has been shown in numerous research trials to have a beneficial effect on mild depression or anxiety.

Laugh

Laughter has been shown to produce a number of biochemical responses in the body. Those changes result in feeling better and having an improved immune response.

Social Contact

Finding one or two people with whom you can connect and share concerns will help you to live a more Optimum Life. How about getting a socially distanced walking club going now that the weather is getting better?

Help Someone Else

Studies show that older adults who are involved in volunteer activities have less depression. Find a way to help others that matches your time and abilities.

Practice Gratitude

Learning to be thankful helps to move the focus from what you don't have to what you do have. Keep a gratitude journal where you write down five things you are grateful for every day.

Learn a New Skill

Much has been written in recent months and years about the importance of learning new things to keep the brain active. In addition to “building the brain”, mastering a new skill helps to increase your sense that you can handle life's challenges. It helps you to feel good about yourself and gives you a renewed sense of purpose.

Wellness Challenge

Know When to Get Help

If you are having symptoms of depression that won't go away and are interfering with your normal activities, seek the help of a medical professional. According to the National Institute on Aging, symptoms of depression may include the following:

- An “empty” feeling, ongoing sadness, and anxiety
- Tiredness, lack of energy
- Sleep problems
- Eating more or less than usual

Some people will have difficulty recognizing that they are depressed. If you have a friend or family member that you are concerned about, assist them in taking the proper steps to get help. Depression is not normal at any age and it can be successfully treated. Together we can chase those blues away!

Be Well on Purpose!



Brookdale News

Brookdale's Leaders Recognized as McKnight's “Women of Distinction”



Two Brookdale Senior Living leaders have been recognized by McKnight's as “Women of Distinction” in the senior living industry. The Women of Distinction program is a joint offering of both McKnight's Senior Living and McKnight's Long-Term Care News. Mary Sue Patchett, executive vice president of strategic operations, and Juliet Holt Klinger, senior director of dementia care, were named as award recipients in McKnight's 3rd Annual Women of Distinction program.

Beyond her expert leadership at Brookdale, Patchett has dedicated her work to changing how the world views senior living. Her trailblazing efforts include: assisting in the creation of the first senior living trade association now known as Argentum, establishing Florida's chapter of Argentum and changing “Homes for the Aged” to what we now know as Assisted Living. She will be inducted into McKnight's Hall of Honor, which recognizes executive-level women who have made significant contributions to the senior housing and care fields.

Holt Klinger, a gerontologist, was instrumental in developing Brookdale's award-winning dementia care program to support memory care residents and families, has been named a Veteran VIP. This category is new and recognizes leaders with over 15 years of experience who are making an impact on the senior living field and have demonstrated an exceptional commitment to the senior living and care industry through their accomplishments.

“I'm proud to see our dedicated leaders at Brookdale recognized by McKnight's for their impassioned work shaping the senior living industry,” Lucinda (“Cindy”) Baier, Brookdale president and chief executive officer, said.

An Engaged Life



It was 1932 and the music world was abuzz with greats like Bing Crosby, Fred Astaire and Louis Armstrong. It was also the same year that Cathy Lundstrom was born. Perhaps inspired by the abundance of hit songs during this time, a young Cathy learned to play the piano, and her passion for music influenced her enjoyment in playing for herself and others. Music shaped Cathy's career and life as she began to teach others to play the piano.

So, it was just natural that when Cathy moved into Brookdale Montrose in Montrose, Ohio in January 2020, her love of music came with her. If you look for Cathy, you may hear her before you see her, as she is often in the community's large living room playing the piano. Her gentle spirit comes to life as she plays, bringing comfort to herself and others.

In addition to her enjoyment of the piano, Cathy continues to build more connections as she also engages in new experiences and creative projects. Whether it's painting, reading, gardening, or sharing her musical talent, she is dedicated to leading a life of passion and purpose.