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April 2021

Brookdale Salem

2001 Ridgewood Drive

Salem, VA 24153

(540) 387-4945 | brookdale.com



01 April Fools' Day
9:30 BFit Balance AR
10:00 Coffee & Conversation AR
11:00 Trivia AR
2:00 Bowling AR
3:00 1:1 Visits
5:00 Golden Oldies AR
6:30 Evening TV Program AR

02 Good Friday
9:30 BFit Cardio & Strength AR
10:00 Coffee & Conversation AR
11:00 Moving & Grooving AR
2:00 Crafts & Creations DR
4:00 Sensory Stimulation AR
5:00 Country Classics AR
6:30 Evening Movie AR

03
9:30 BFit Coordination AR
10:00 Coffee & Conversation AR
11:00 Sing-a-long AR
2:00 In Touch Travel AR
4:00 Resident Choice Music AR
6:30 Evening TV Program AR

04 Passover Ends / Easter
9:30 BFit Relax & Breathing AR
10:00 Coffee & Conversation AR
10:30 Sermon AR
2:00 Bible Stories AR
4:00 Hymns AR
6:00 Evening TV Program AR

05
9:30 BFit Cardio & Strength AR
10:00 Coffee & Conversation AR
11:00 Moving & Grooving AR
2:00 Crafts & Creations DR
4:00 Sensory Stimulation AR
5:00 50's Hits AR
6:30 Evening Movie AR

06
9:30 Bfit Core & Flexibility AR
10:00 Coffee & Conversation AR
11:00 Trivia AR
2:00 Balloon Toss AR
3:00 1:1 Visits
5:00 60's Hits AR
6:30 Evening TV Program AR

07
9:30 BFit Cardio AR
10:00 Coffee & Conversation AR
11:00 Resident Council AR
2:00 Manicures DR
4:00 Aromatherapy AR
5:00 Jazz hits AR
6:30 Evening Movie AR

08
9:30 BFit Balance AR
10:00 Coffee & Conversation AR
11:00 Trivia AR
2:00 Bowling AR
3:00 1:1 Visits AR
5:00 Country Hits AR
6:30 Evening TV Program AR

09
9:30 BFit Cardio & Strength AR
10:00 Coffee & Conversation AR
11:00 Sensory Stimulation AR
2:00 Crafts & Creations AR
4:00 Bingo! DR
5:00 Resident Choice Music AR
6:30 Evening Movie AR

10
9:30 BFit Coordination AR
10:00 Coffee & Conversation AR
11:00 Table Games DR
2:00 In Touch Animals AR
4:00 Resident Choice Music AR
6:30 Evening TV Program AR

11
9:30 BFit Relax & Breathing AR
10:00 Coffee & Conversation AR
10:30 Sermon AR
2:00 Bible Stories AR
4:00 Hymns AR
6:30 Evening TV Program AR

12
9:30 BFit Cardio & Strength AR
10:00 Coffee & Conversation AR
11:00 In Touch Zoo Visit AR
2:00 Crafts & Creations DR
4:00 Bingo! DR
5:00 Jukebox Jams AR
6:30 Evening Movie AR

13
9:30 Bfit Core & Flexibility AR
10:00 Coffee & Conversation AR
11:00 Trivia AR
2:00 Balloon Toss AR
3:00 1:1 Visits
5:00 Country Classics AR
6:30 Evening TV Program AR

14
9:30 BFit Cardio AR
10:00 Coffee & Conversation AR
11:00 Bingo! DR
2:00 Montly Birthday Party! DR
4:00 Aromatherapy AR
5:00 Golden Oldies AR
6:30 Evening Movie AR

15 Tax Day
9:30 BFit Balance AR
10:00 Coffee & Conversation AR
11:00 Trivia AR
2:00 Bowling AR
3:00 Sensory Stimulation AR
5:00 60's Hits AR
6:30 Evening TV Program AR

16
9:30 BFit Cardio & Strength AR
10:00 Coffee & Conversation AR
11:00 Moving & Grooving AR
2:00 Crafts & Creations DR
4:00 Sensory Stimulation DR
5:00 70's Hits AR
6:30 Evening Movie AR

17
9:30 BFit Coordination AR
10:00 Coffee & Conversation AR
11:00 Table Games DR
2:00 In Touch Pets AR
4:00 Resident Choice Music AR
6:30 Evening TV Program AR

18
9:30 BFit Relax & Breathing AR
10:00 Coffee & Conversation AR
10:30 Sermon AR
2:00 Bible Stories AR
4:00 Hymns AR
6:30 Evening TV Program AR

19
9:30 BFit Cardio & Strength AR
10:00 Coffee & Conversation AR
11:00 Sensory Stimulation AR
2:00 Crafts & Creations DR
4:00 Karoke AR
5:00 Golden Oldies AR
6:30 Evening Movie AR

20
9:30 Bfit Core & Flexibility AR
10:00 Coffee & Conversation AR
11:00 Trivia AR
2:00 Balloon Volleyball DR
3:00 1:1 Visits
5:00 Jazz Hits AR
6:30 Evening TV Program AR

21
9:30 BFit Cardio AR
10:00 Coffee & Conversation AR
11:00 Sensory Stimulation AR
2:00 Manicures DR
3:00 Bingo! DR
5:00 Jukebox Jams AR
6:30 Evening Movie AR

22
9:30 BFit Balance AR
10:00 Coffee & Conversation AR
11:00 Trivia AR
2:00 Bowling AR
3:00 1:1 Visits
5:00 Resident Choice Music AR
6:30 Evening TV Program AR

23
9:30 BFit Cardio & Strength AR
10:00 Coffee & Conversation AR
11:00 Moving & Grooving AR
2:00 Crafts & Creations AR
4:00 Sensory Stimulation AR
5:00 60's Hits AR
6:30 Evening Movie AR

24
9:30 BFit Coordination AR
10:00 Coffee & Conversation AR
11:00 Table Games DR
2:00 In Touch Bird Watching AR
4:00 Resident Choice Music AR
6:30 Evening TV Program AR

25
9:30 BFit Relax & Breathing AR
10:00 Coffee & Conversation AR
10:30 Sermon AR
2:00 Bible Stories AR
4:00 Hymns AR
6:30 Evening TV Program AR

26
9:30 BFit Cardio & Strength AR
10:00 Coffee & Conversation AR
11:00 Moving & Grooving AR
2:00 Crafts & Creations DR
4:00 In Touch Travel AR
5:00 Jukebox Jams AR
6:30 Evening Movie AR

27
9:30 Bfit Core & Flexibility AR
10:00 Coffee & Conversation AR
11:00 Trivia AR
2:00 Balloon Volleyball DR
3:00 1:1 Visits
5:00 60's Hits AR
6:30 Evening TV Program AR

28
9:30 BFit Cardio AR
10:00 Coffee & Conversation AR
11:00 Bingo! DR
2:00 Manicures DR
4:00 Aromatherapy AR
5:00 70's Hits AR
6:30 Evening Movie AR

29
9:30 BFit Balance AR
10:00 Coffee & Conversation AR
11:00 Trivia AR
2:00 Bowling AR
3:00 1:1 Visits
5:00 Golden Oldies AR
6:30 Evening TV Program AR

30
9:30 BFit Cardio & Strength AR
10:00 Coffee & Conversation AR
11:00 Sensory Stimulation AR
2:00 Crafts & Creations DR
4:00 Bingo! DR
5:00 Resident Choice Music AR
6:30 Evening Movie AR



THE DAILY PATH

UPCOMING EVENTS

- 8:30 Breakfast
9:30 B-Fit Exercise
10:00 Refreshments
11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
12:30 Lunch
2:00 Creative/Crafts/Art and Clustered Groups
4:00 Physical
2:00 Refreshments
4:00 Music/ Intergenerational
5:30 Dinner
6:00 Sensory/News and Reading Groups
7:00 Refreshments

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

LOCATION KEY

- BT - Bus Trip
AR - Activity Room
DR - Dining Room
P - Patio
L - Lobby
IT - InTouch

Health and Wellness

Prioritizing Your Well-Being



During this time of social distancing, it is important to stay active for both your emotional and physical health.

Each day, it is important to prioritize your well-being despite all that is going on around you. Here are a few tips and inspiration for overall well-being.

Stay connected to family and friends using technology or your phone. Make a list of family and friends to interact with daily. Try things like a virtual breakfast, lunch, or dinner with family or friends.

Optimum Life Inspiration

“Happiness is letting go of what you think your life is supposed to look like and celebrating it for everything that it is.” ~ Mandy Hale

Be Well on Purpose!

To schedule a virtual visit with your family, please reach out to a Resident Programs associate.

Try writing your thoughts and memories down in a journal. Journaling is great emotional therapy. Who knows? You might even discover a hidden talent for writing.

Stay connected spiritually - Attend virtual religious services via the television or online. Consider checking in with a fellow parishioner over the phone and see how they are doing.

Call a friend or family member that you have been wishing to connect with that lives far away. Showing genuine interest in others, sharing positive news, and bringing up old memories can enhance our relationships.

Stay connected through music. Music nourishes the brain. Play some music that

you enjoy listening to on the radio, television or on an electronic device.

Note of Thanks - Try to take note of when people do a good job and find ways to give recognition. For example: a hand written note or card, a call, or perhaps an email to them.

Take time out for activities you enjoy. Read a good book, watch a comedy, play a fun board or video game, make something—whether it’s a new recipe, a craft, or a piece of art. It doesn’t matter what you do, as long as it takes you out of your worries.

Breathing Exercise - Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling more relaxed.

Brookdale News

Brookdale Surpasses Raising \$18 Million for Alzheimer’s Care, Support and Research



In a year like no other, Brookdale Senior Living continued to be a leader in fundraising to fight Alzheimer’s disease. During 2020, in the midst of serving and supporting tens of thousands of residents, patients, and associates during the global COVID-19 pandemic, the Brookdale team maintained its commitment to supporting those seeking a cure for Alzheimer’s and raised almost \$1.2 million as a National Team for the Alzheimer’s Association Walk to End Alzheimer’s. With this contribution, Brookdale has raised more than \$18 million since 2008 to support the care, support and research efforts of the Alzheimer’s Association.

“I am incredibly grateful for the compassion and commitment of all the members of our Brookdale team,” said Lucinda (“Cindy”) Baier, Brookdale’s President and Chief Executive Officer. “It is incredible and admirable that, despite all the hardships and challenges that 2020 brought, our team still kept in their hearts the need to fight Alzheimer’s. They still found ways to continue our tradition of supporting this important cause.” Baier added, “Within Brookdale’s Clare Bridge communities where we offer specialized dementia care with a person-centered approach, we see the impact of Alzheimer’s every day. We look forward to the day when there is a cure and support this cause fully.”

An Engaged Life



Mary Bullock, a resident at Brookdale Monrovia, CA since 2019, regards everyone with respect, kindness and compassion. It is why she has spent her life serving others, while also being a trailblazer as the first African American to work at Arcadia Methodist Hospital. Having begun as a Certified Nursing Assistant, Mary finished her 35 years of service as a Registered Nurse in the Emergency Room.

Since moving to Brookdale Monrovia, Mary has discovered new interests and new passions through engagement with other residents. She recently took up painting and says her work is turning out pretty good. Mary has continued to live an engaged life by trying new things, cultivating friendships and increasing a sense of belonging and well-being for those around her.

Although she has officially retired from nursing, Mary continues to serve others and use her gift of empathy. She notices those who are lonely, draws them into friendship and helps them get connected. And she encourages fellow residents to stay healthy by inviting them to join her for the B-Fit exercise classes. Once a nurse always a nurse. Mary truly sees her community as an extension of the life she lived before moving to Brookdale.