

S M T W Th F S

September 2021

THE DAILY Path

Brookdale Grayson View

29 Grayson View Ct

Selinsgrove, PA 17870

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01
Monthly Weights
 9:30 B-Fit LR
 10:30 Finish Line LR
 1:15 Rosary / Pet Visit LR
 2:15 Chair Fitness LR
 2:45 Old time Tunes LR
 6:00 Games, Cards, & NewsDR

02
Monthly Vitals
 9:30 B-Fit LR
 10:30 Finish the Riddle LR
 1:15 Baking Seniors DR
 2:15 Lawn Darts LR
 2:45 Banjo Music LR
 6:00 Board Games DR

03
 9:30 B-Fit LR
 10:30 Spelling Bee LR
 1:15 Resident Council DR
 2:15 Bowling DR
 2:45 Comfort Music LR
 6:00 Senory Bags / Stories LR

04
 9:30 B-Fit LR
 10:30 Sat. Trivia LR
 1:15 Handy Helpers DR
 2:15 Walking with Friends PC
 2:45 Rhythm & Dance LR
 6:00 Daily Chronicle LR

UPCOMING EVENTS

- 8:00 Breakfast
- 9:30 B-Fit Exercise
- 10:00 Refreshments
- 10:30 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 1:15 Creative/Crafts/Art and Clustered Groups
- 2:15 Physical
- 2:00 Refreshments
- 2:45 Music/ Intergenerational
- 4:00 Dinner
- 6:00 Sensory/News and Reading Groups
- 7:30 Refreshments

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

LOCATION KEY

- CH - Chapel
- CY - Courtyard
- BT - Bus Trip
- LR - Living Room
- DR - Dining Room
- PC - Personal Care Side
- AC - Activity Corner
- CB - Confrence Room



05
 9:30 Church Service CH
 9:30 B-Fit LR
 10:30 Brain Flex LR
 1:15 Bird Watching CY
 2:15 Sittercise LR
 2:45 Come sing with Me LR
 6:00 Good News Tonight LR

06
Labor Day
 9:30 B-Fit LR
 10:30 Labor Day Trivia LR
 1:15 Clipping Coupons DR
 2:15 Walking Seniors PC
 2:45 Patriotic Songs LR
 6:00 Poems & Stories LR

07
Rosh Hashanah
 9:30 B-Fit LR
 10:30 Farm or Country LR
 1:15 Cooking Club DR
 2:15 Basketball LR
 2:45 50's Tunes & Dance LR
 6:00 Daily Chronical LR

08
 9:30 B-Fit LR
 10:30 Mind Twister LR
 1:15 What's in the Bag? DR
 2:15 Lawn Darts LR
 2:45 Music Hour LR
 6:00 Current Events LR

09
 9:30 B-Fit LR
 10:30 Salty, Sour, or Sweet LR
 1:15 Rosary / Pet Visit LR
 2:15 Discusion Ball DR
 2:45 Show Tunes LR
 6:00 Good News Today LR

10
 9:30 B-Fit LR
 10:30 Mind Builders LR
 1:15 Visit Elk Farm BT
 2:15 Toss & Talk LR
 2:45 Country Music LR
 6:00 Short Stories LR

11
 9:30 B-Fit LR
 10:30 Hangman LR
 1:15 Fold and Sort DR
 2:15 Chair Yoga LR
 2:45 Instrumental Music LR
 6:00 Story Time LR

12
 9:30 Church Service CH
 9:30 B-Fit LR
 10:30 Crossword Fun LR
 1:15 Coloring & conv. DR
 2:15 Walk with Ease PC
 2:45 Sentimental Favv LR
 6:00 Poems & Stories LR

13
 9:30 B-Fit LR
 10:30 Animal Trivia LR
 1:15 Crafty Monday DR
 2:15 Walk & Stretch PC
 2:45 Bluegrass Music LR
 6:00 Card & Board Games DR
 6:00 Support Meeting CB

14
 9:30 B-Fit LR
 10:30 Spelling Bee LR
 1:15 Cooking Club DR
 2:15 Corn Hole Jr. DR
 2:45 Sounds from the 50's LR
 6:00 Story Time LR

15
 9:30 B-Fit LR
 10:30 Who, What, Where LR
 1:15 Pet Visit / Rosary LR
 2:15 Breath & Stretch LR
 2:45 Smooth Jazz LR
 6:00 Movie Night LR

16
Yom Kippur
 9:30 B-Fit LR
 10:30 Match 4 LR
 1:15 Trip to Isle O Que BT
 2:15 Ping Pong DR
 2:45 G.V. Band LR
 6:00 Classic Radio / T.V. LR

17
 9:30 B-Fit LR
 10:30 What came First LR
 1:15 Funny Animal Videos LR
 2:15 Flexing DR
 2:45 Doo Wop / Dance LR
 6:00 What's in the News LR

18
 9:30 B-Fit LR
 10:30 Everything Fall LR
 1:15 Handy Helpers DR
 2:15 Walk & Talk PC
 2:45 Sing A Long LR
 6:00 News & Reviews LR

19
 9:30 Church Service CH
 9:30 B-Fit LR
 10:30 What did it Cost? LR
 1:15 Handy Helpers DR
 2:15 Tia Chi LR
 6:00 Story Time LR

20
 9:30 B-Fit LR
 10:30 Brain Busters LR
 1:15 Happy Hour in C.Y. CY
 2:15 Simon Says LR
 2:45 G.V. Band LR
 6:00 Story Time / News LR

21
 9:30 B-Fit LR
 10:30 Math Wizard LR
 1:15 Baking Owl Cookies DR
 2:15 Bowling DR
 2:45 Hymn Sing A Long LR
 6:00 Current Events LR

22
 9:30 B-Fit LR
 10:30 Joggin the Noggin LR
 1:15 Rosary / Pet Visit LR
 2:15 Bowling LR
 2:45 Karaoke / Dance LR
 6:00 World Stories LR

23
 9:30 B-Fit LR
 10:30 Quotes & Sayings LR
 1:15 Spa Day DR
 2:15 Horse Shoes LR
 2:45 Best of Broadway LR
 6:00 News Clips / Games DR

24
 9:30 B-Fit LR
 10:30 Down Memory Lane LR
 1:15 Feed fish at W. Lake BT
 2:15 Stroll & Chat PC
 2:45 Easy Listening Music LR
 6:00 News / Devotions LR

25
 9:30 B-Fit LR
 10:30 Crossword Fun DR
 1:15 Seperate & Fold DR
 2:15 Time to Stretch LR
 2:45 Country Music LR
 6:00 Poems & News LR

26
 9:30 Church Service CH
 9:30 B-Fit LR
 10:30 Who's on the Money LR
 1:15 Coloring & Conv. DR
 2:15 P M Stretch LR
 2:45 Sing wiyh Susie LR
 6:00 Movie Night LR

27
 9:30 B-Fit LR
 10:30 Monday Trivia LR
 1:15 Baking Classes DR
 2:15 Bend & Twist LR
 2:45 Name the Band LR
 6:00 Current Events LR

28
 9:30 B-Fit LR
 10:30 Mind Twisters LR
 1:15 Birthday Party DR
 2:15 Ring Toss LR
 2:45 Show Tunes LR
 6:00 CNK for the Soul LR

29
 9:30 B-Fit LR
 10:30 Color Trivia LR
 1:15 Rosary / Pet Visit LR
 2:15 Walking Club PC
 2:45 One hit Wonders LR
 6:00 What's in the News LR

30
 9:30 B-Fit LR
 10:30 Mind Benders LR
 1:15 Going Bird Watching BT
 1:15 Count our Blessings CY
 2:15 Ball Volley LR
 2:45 Polka & Dance LR
 6:00 News / Stories LR

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!