

# February 2019

**Brookdale Rancho Mirage**  
 72201 Country Club Dr  
 Rancho Mirage, CA 92270  
 (760) 340-5999 | brookdale.com



Assisted Living  
 All activities are subject to change.

1 FRIDAY	9:30 Drew & Maddie Visit LR	2 SATURDAY	10:00 Crossword Puzzle AR
	10:00 Crossword Puzzle AR		10:30 B-Fit With Sandy AR
3 SUNDAY	10:30 Sit Fit exercise class LB	4 MONDAY	11:00 Flex Your Brain LB
	1:15 Flex Your Brain LB		1:30 Let's Play Bingo LB
5 TUESDAY	2:00 Doug Anderson Performs LR	6 WEDNESDAY	3:00 Happy Hour LR
	3:30 Money Black Jack LB		6:30 Saturday Night at the Movies LB
7 THURSDAY	6:00 Lets Play Bingo LR	8 FRIDAY	9:30 Drew & Maddie Visit LR
	10:00 Cookie Baking Club AR		10:00 Crossword Puzzle AR
9 SATURDAY	10:15 Help Package Cookies for Meals on Wheels AR	10 SUNDAY	10:30 B-Fit With Sandy AR
	11:00 Sit & Stretch exercise LR		11:00 Flex Your Brain LB
11 MONDAY	1:30 Poker with George LR	12 TUESDAY	1:30 Let's Play Bingo LB
	1:30 Water Aerobics with Donna PA		3:00 Happy Hour LR
13 WEDNESDAY	3:00 Happy Hour With Cookies LR	14 THURSDAY	5:30 Ricky Simms Performs LR
	6:00 Thursday Night Movie LB		6:30 Saturday Night at the Movies LB
15 FRIDAY	9:30 Drew & Maddie Visit LR	16 SATURDAY	10:00 Crossword Puzzle AR
	10:00 Crossword Puzzle AR		10:30 B-Fit With Sandy AR
17 SUNDAY	10:30 Sit Fit exercise class LB	18 MONDAY	11:00 Flex Your Brain LB
	1:15 Flex Your Brain LB		1:30 Let's Play Bingo LB
19 TUESDAY	2:00 Amy Hindman Performs LR	20 WEDNESDAY	3:00 Happy Hour LR
	3:30 Money Black Jack LB		6:30 Saturday Night at the Movies LB
21 THURSDAY	6:00 Lets Play Bingo LR	22 FRIDAY	9:30 Drew & Maddie Visit LR
	10:00 Cookie Baking Club AR		10:00 Crossword Puzzle AR
23 SATURDAY	10:15 Help Package Cookies for Meals on Wheels AR	24 SUNDAY	10:30 B-Fit With Sandy AR
	11:00 Sit & Stretch exercise LR		11:00 Flex Your Brain LB
25 MONDAY	1:30 Poker with George LR	26 TUESDAY	1:30 Let's Play Bingo LB
	1:30 Water Aerobics with Donna PA		3:00 Happy Hour LR
27 WEDNESDAY	3:00 Happy Hour With Cookies LR	28 THURSDAY	5:30 Ricky Simms Performs LR
	6:00 Thursday Night Movie LB		6:30 Saturday Night at the Movies LB
29 FRIDAY	9:30 Drew & Maddie Visit LR	30 SATURDAY	10:00 Crossword Puzzle AR
	10:00 Crossword Puzzle AR		10:30 B-Fit With Sandy AR
31 SUNDAY	10:30 Sit Fit exercise class LB	1 MONDAY	11:00 Flex Your Brain LB
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LOCATION KEY	
AR - Activity Room	TR - Training Room 2nd Floor
CK - Country Kitchen 2nd Floor	BT - BUS TRIP
DR - Dining Room	-
LB - Library	-
LR - Living Room	-
PA - Pool Area	-

# COMMUNITY CONNECTIONS



brookdale.com

## Health and Wellness

### Live Your Optimum Life®: Food Choices to Promote Good Health



We all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don't need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category. According to the Dietary Guidelines for Americans, an essential resource for health professionals, there are many paths to a healthy eating

pattern and emphasizes the importance of overall healthy eating patterns throughout our lifetime.

Eating patterns have a significant impact on health. Diet is one of the most powerful tools we have to reduce the onset of disease. Healthy eating patterns can help prevent obesity, heart disease, high blood pressure, and Type 2 diabetes. Currently, about half of all American adults have one or more of these diet-related chronic diseases.

Healthy eating patterns are adaptable. When people follow a healthy eating pattern, they can incorporate many of the foods they enjoy. Healthy eating patterns can work for anyone, accommodating their

traditions, culture, and budget. Eating food that is healthier and as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain. In addition:

- Consume an eating pattern low in added sugars, saturated fats, and sodium.
- Cut back on foods and beverages higher in added sugars and saturated fats to amounts that fit within healthy eating patterns.
- When selecting beverages, flavored water, tea and low-fat milk are great healthy options over sweetened beverages.

## Wellness Challenge

### Food Choices to Promote Good Health

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease and is also associated with a reduced incidence of cancer, and both Parkinson's and Alzheimer's disease. Here are some Mediterranean diet guidelines for making healthy food choices:

1. Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts.
2. Replacing butter with healthy fats such as olive oil and canola oil.
3. Using herbs and spices instead of salt to flavor foods.
4. Limiting red meat to no more than a few times a month.
5. Eating fish and poultry at least twice a week.
6. Enjoying meals with family and friends.
7. Drinking red wine in moderation (optional).
8. Getting plenty of exercise.

*Be Well on Purpose!*



## Brookdale News

### Join us for Kindness is Ageless



Mark Twain said, "Kindness is the language which the deaf can hear and the blind can see." Participate in this year's Kindness is Ageless campaign and speak the language that everyone understands.

Through Brookdale's Ageless Spirit program we engage in various spiritual practices through "campaigns" that demonstrate the wisdom of our residents. February's campaign is called Kindness is Ageless.

Designed around the spiritual practice of kindness, residents at all Brookdale communities are invited to engage in acts of kindness on

February 14th, in celebration of Random Acts of Kindness Day. Each community makes the acts of kindness meaningful and their own.

Last year one community in New York went to a local diner and surprised guests by handing out homemade chocolates and paying for a portion of their bills.

One of the residents who participated said, "Sometimes you run into people that are sad and that's our job, to show them that everything will be ok in time."

Another resident said, "It isn't just the recipient who feels better. I think the giver is rewarded even more. To think you've made someone, even if for a very brief time, enjoy the day more and feel better about themselves is a great thing."

## Wishes of a Lifetime

Brookdale is proud to honor our residents' wishes and dreams through our partnership with Wish of a Lifetime®



### Sisters Reunited After Eight Years

Elisie Grogan, 71, of Brookdale Tyler East in Tyler, Texas, had a fulfilling life as a Christian clown, a puppeteer and a ventriloquist. In her spare time, Elisie crocheted for others and volunteered for organizations against elder abuse and domestic violence. And she was finding plenty to do in her senior living community.

But she greatly missed her sister, whom she had not seen in eight years. Elisie's sister, Evelyn Todd, who is 14 years older, had been like a

mother to her. Elisie and her sister talked on the phone weekly, though they had been struggling to figure out how to see each other.

Wish of a Lifetime, in collaboration with Brookdale, was thrilled to bring the sisters together again. Elisie and her sister spent three wonderful days together during September 2018. The sisters smiled, laughed, hugged and cried during their long overdue visit. Wish of a Lifetime is so glad to have brought these wonderful sister's together and that they got the reunion that they deserve.