

S M T W Th F S

Brookdale Chenal Heights
 One Chenal Heights Dr
 Little Rock, AR 72223
 (501) 821-1555 | brookdale.com

01
 10:00 Tower Tumble AR
 11:00 iPad Flex Your Brain AR
 1:00 B-Fit CA
 3:00 Party on the Patio BP

02
 10:00 UNO AR
 11:00 BINGO Store AR
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

03
 10:00 Clever Endeavor AR
 11:00 Musical Balls AR
 1:00 B-Fit CA
 3:00 Happy Hour CA

04
 10:00 iPad Flex Your Brain AR
 10:30 In Memory of Pansies BP
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

05
 10:00 Current Events AR
 11:00 Adult Coloring AR
 1:00 B-Fit Walking LO
 3:00 Birdwatching BP

06
 10:30 Current Events
 1:15 B-Fit Walking Club LO
 2:00 Bingo
 3:00 Relaxation Station AR
 5:45 Puzzles

07
 10:00 JDD-Bake Sale AR
 11:00 SS:Starting w/a Surprise AR
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

08
 10:00 Darts AR
 11:00 iPad Flex Your Brain AR
 1:00 B-Fit CA
 3:00 Happy Hour CA

09
 10:00 Clever Endeavor AR
 11:00 Painting w/ String AR
 1:00 B-Fit CA
 1:30 Resident Council CA
 3:00 BINGO/Happy Hour CA

10
 10:00 Indoor Football AR
 11:00 Grandparent Talk AR
 1:00 B-Fit CA
 3:00 Happy Hour CA

11
 10:00 iPad Flex Your Brain AR
 11:00 Adult Coloring AR
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

12
 10:00 Current Events AR
 11:00 Adult Coloring AR
 1:00 B-Fit Walking LO
 3:00 Birdwatching BP

13
 10:30 Current Events
 1:15 B-Fit Walking Club LO
 2:00 Bingo
 3:00 Relaxation Station AR
 5:45 Puzzles

14 **Flag Day**
 10:00 S&S Bookmark AR
 11:00 Shirt Cuff Pouch AR
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

15
 10:00 My Life Story AR
 11:00 iPad Flex Your Brain AR
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

16
 10:00 Father's Day Cards AR
 11:00 BINGO Store AR
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

17
 10:00 Old Maid AR
 11:00 Peaceful Door Decor AR
 1:00 B-Fit CA
 3:00 Happy Hour CA

18
 10:00 iPad Flex Your Brain AR
 11:00 Go Fish! AR
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

19
 10:00 Current Events AR
 11:00 Adult Coloring AR
 1:00 B-Fit Walking LO
 3:00 Birdwatching BP

20 **Father's Day**
 10:30 Current Events
 1:15 B-Fit Walking Club LO
 2:00 Bingo
 3:00 Relaxation Station AR
 5:45 Puzzles

21
 10:00 Ping Pong Challenge AR
 11:00 Menu Chat CA
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

22
 10:00 JDD-Grandpa's Box AR
 11:00 iPad Flex Your Brain AR
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

23
 10:00 EZ Yahtzee AR
 11:00 Paint-by-Numbers AR
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

24
 10:00 Relative Insanity AR
 11:00 Resident Program Chat CA
 1:00 B-Fit CA
 3:00 Happy Hour CA

25
 10:00 iPad Flex Your Brain AR
 11:00 Adult Coloring AR
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

26
 10:00 Current Events AR
 11:00 Adult Coloring AR
 1:00 B-Fit Walking LO
 3:00 Birdwatching BP

27
 10:30 Current Events
 12:30 Communion AR
 1:15 B-Fit Walking Club LO
 2:00 Bingo
 3:00 Relaxation Station AR
 5:45 Puzzles

28
 10:00 Roll-in-1 AR
 11:00 Nails and Nurturing AR
 1:00 B-Fit CA
 3:00 BINGO/Happy Hour CA

29
 10:00 iPad Flex Your Brain AR
 11:00 Tin Can Tumble BP
 1:00 B-Fit CA
 3:00 Happy Hour CA

30
 10:00 Technology Workshop AR
 11:00 BINGO Store AR
 1:00 B-Fit CA
 2:00 Birthdays! CA
 3:00 BINGO/Happy Hour CA

LOCATION KEY

- BR Bus Ride
- DR Dining Room
- BP Back Patio
- OC Out of Community
- AR Activity Room
- LO Lobby
- CA Common Area

License Number



Health and Wellness

Connecting Through Technology



Social Connection is a feeling of belonging and closeness to other people. Connection is a core psychological need, essential to our sense of well-being. Social connections are different for everyone and change throughout your life. Scientists have identified neural networks in the brain that drive us to connect, in other words, our brains are wired for social connection.

3 Components of Social Connectedness

Socialization:
Interacting with others

Social Support:
Emotional support through difficult times

Social Belonging:
Being a part of something bigger than yourself

Healthy social connections have many benefits including

lower rates of anxiety and depression. Social connection creates a positive feedback loop of social, emotional, and physical well-being.

(Source: Stanford Medicine Center for Compassion and Altruism Research)

Technology can help us overcome barriers to connection. If you can't travel across the country, or even drive across town, you can connect virtually. The three main technologies that can help you to socially connect are video chat, social media, texting and email.

Video Chat allows people to connect virtually face to face over the internet when they cannot see each other in person. You can use the following devices to video chat: computer, smartphone, table or smart display. There are multiple video chat applications, although the most common are: FaceTime, Zoom, and Google Duo.

Social Media websites are designed for social networking. You can share pictures, videos or text and interact with others. Social media can help you connect with old friends and family members as well as find new connections with shared

interests. The most popular social media applications are: Facebook, Instagram and Twitter.

Be cautious on social media. To ensure you feel confident and safe while keeping in touch online, follow these social media tips:

1. Set your privacy settings
2. Selectively choose your friends
3. Share carefully
4. Use private messaging
5. Watch out for scams

Technology is changing how we communicate and connect in our world. Leverage technology as a tool to support real life connection, not as a substitute for real life interaction.

Resources

- Techboomers.com is a free educational website that teaches older adults and other inexperienced internet users with basic computer skills about websites that can help improve their quality of life.
- AARP.com offers great resources including articles relating to seniors and technology.

Be Well on Purpose!

COMMUNITY CONNECTIONS

June 2021

Brookdale News

Helping Seniors Live Their Best Lives. **Cindy Baier, Brookdale President & CEO**



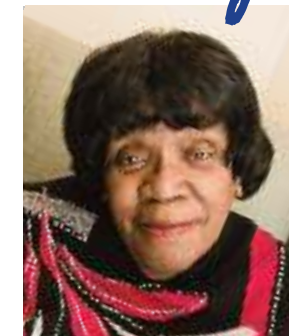
As a Brookdale resident, you've experienced first-hand that Brookdale is all about helping older adults live their best lives. Supporting your wellbeing requires a balance between both your physical and emotional health. So, even during the height of the COVID-19 pandemic, we worked hard to provide new experiences for you and your family. We also developed welcome plans to ensure move-in processes were made easier while still following federal, state – and our own – safety guidelines. Even with a pandemic, we have been pleased to welcome thousands of new residents

across the country and appreciate the opportunity to enrich so many lives!

We are a company filled with servant leaders who unite around our mission to enrich the lives of those we serve in a culture built on our cornerstones of passion, courage, partnership and trust. During the most difficult times the country has faced, our everyday heroes have, together, overcome incredibly difficult challenges to help ensure your safety and wellbeing.

Our focus on what matters most will always be a core part of life here and I appreciate your continued confidence in Brookdale!

An Engaged Life



Vivian McMillian of Wilson, North Carolina, has always led an engaged life! Married for 43 years, she and her husband Archie ran a “mom and pop” store selling candy, sodas, ice cream and other groceries. Vivian loved meeting and engaging with so many of their customers. She also led the church choir, became the lead pianist, and served as the first woman reverend of that church. Since moving to Brookdale Robinwood in Gastonia, North Carolina, in 2018, Vivian says she is “more active than I have ever been....I feel alive....I feel renewed.” Vivian has found purpose through leading church services and bible study whenever possible. She spends days dining with friends, trying new things, and takes her commitment to B-Fit exercise class seriously. She continues to play the piano, sing, and pray with her friends.

Vivian has also been an inspiration to others who are feeling uncomfortable with transitioning into a community setting. She can often be found having a meaningful conversation with several residents or a one-on-one chat after happy hour or while passing them in the hall. Vivian says it best, “I am engaged because I choose to be and the opportunities are endless for me.”