

S M T W Th F S

September 2021

Brookdale Chenal Heights

One Chenal Heights Dr
Little Rock, AR 72223

(501) 821-1555 | brookdale.com



THE DAILY Path

UPCOMING EVENTS

- 7:30 Breakfast
- 9:45 B-Fit Exercise
- 10:30 Refreshments
- 10:45 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 11:30 Lunch
- 1:00 Creative/Crafts/Art and Clustered Groups
- 2:00 Physical
- 3:00 Refreshments
- 3:45 Music/ Intergenerational
- 4:30 Dinner
- 5:30 Sensory/News and Reading Groups
- 6:00 Refreshments

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

LOCATION KEY

- AL - Assisted Living
- CA - Common Area
- OC - Out of Community
- DR - Dining Room
- IT - In-Touch System
- PA - Patio Area



<p>05</p> <p>9:00 B-Fit Coordination CA 9:30 Worship Service AL 1:30 Virtual Painting CA 2:30 Chair Dancing CA 4:00 Finish the Lyrics CA 6:00 60 Minutes on CBS CA</p>	<p>06 Labor Day</p> <p>9:45 B-Fit Flexibility CA 10:30 Reminisce CA 1:30 Fall Craft CA 2:30 Tai Chi CA 3:45 Sunny Side Music CA 6:00 World News CA</p>	<p>07 Rosh Hashanah</p> <p>9:45 B-Fit Upper Body CA 10:30 Trivia CA 1:30 Gardening PA 2:30 Golf CA 4:00 Music & Memories CA 6:00 Lotion Hand Massages CA</p>	<p>01</p> <p>9:45 B-Fit Lower Body CA 10:30 Flex Your Brain Games CA 1:30 Fall Wreath CA 2:30 Walking Club OC 4:00 Music Relaxation PA 6:00 Evening News CA</p>	<p>02</p> <p>9:45 B-Fit Core CA 10:30 Board Games DR 1:30 Volunteer Project CA 2:30 Bowling CA 4:00 Kristen's Live Music CA 6:00 Current Events CA</p>	<p>03</p> <p>9:45 B-Fit Cardio CA 10:30 This or That CA 1:30 Manicures CA 2:30 Walking Club OUT 4:00 Poolside Tunes CA 6:00 Classic Movie Night CA</p>	<p>04</p> <p>9:45 B-Fit Breathing CA 10:30 3 Of A Kind CA 1:30 Adult Coloring CA 2:30 Afternoon Stretch CA 4:00 Jukebox Listening IT 6:00 Where Are You From PA</p>
<p>12</p> <p>9:00 B-Fit Coordination CA 9:30 Worship Service AL 1:30 Back Porch Views PA 2:30 Chair Dancing CA 4:00 Singing with Suzie IT 6:00 60 Minutes on CBS CA</p>	<p>13</p> <p>9:45 B-Fit Flexibility CA 10:30 Remember the 1950s CA 1:00 Classic Sewing Patterns CA 2:00 1950s Party AL 3:45 1950s Hit Songs! CA 6:00 World News CA <i>Happy National Assisted Living Week!</i></p>	<p>08</p> <p>9:45 B-Fit Lower Body CA 10:30 Resident Council CA 1:30 Paint 'n Sip CA 2:30 Walking Club OC 4:00 Music Appreciation CA 6:00 Evening News CA</p>	<p>09</p> <p>9:45 B-Fit Core CA 10:30 Game Time DR 1:30 Banana Bread DR 2:30 Bag-O CA 4:00 Kristen's Live Music CA 6:00 Current Events CA</p>	<p>10</p> <p>9:45 B-Fit Cardio CA 10:30 Porch Chat PA 1:00 Manicures CA 2:30 Racket Ball CA 4:00 Music Game CA 6:00 Classic Movie Night CA</p>	<p>11</p> <p>9:45 B-Fit Breathing CA 10:30 Past Time CA 1:30 Water Paints CA 2:30 Afternoon Stretch CA 4:00 Name that Tune CA 6:00 World News CA</p>	
<p>19</p> <p>9:00 B-Fit Coordination CA 9:30 Worship Service AL 1:30 Puzzles CA 2:30 Chair Dancing CA 3:00 In-Touch Learning CA 4:00 Finish the Lyrics CA 6:00 60 Minutes on CBS CA</p>	<p>20</p> <p>9:45 B-Fit Flexibility CA 10:30 Fill in the Blank CA 1:30 Lila's Flower Arranging CA 2:30 Large Dice Game PA 3:45 Fall Music CA 6:00 World News CA</p>	<p>14</p> <p>9:45 B-Fit Upper Body CA 10:30 The Price is Right LIVE! CA 1:00 Porch Chat & Tidy PA 2:00 Carnival AL 4:00 Fast & Fun Music CA 5:30 Lotion Hand Massages CA</p>	<p>15</p> <p>9:45 B-Fit Lower Body CA 10:30 Wild West Trivia CA 1:30 DIY Wild West Craft CA 2:00 Western Party AL 4:00 Campfire Songs CA 6:00 Evening News CA</p>	<p>16 Yom Kippur</p> <p>9:45 B-Fit Core CA 10:30 Try French Culture! CA 1:00 Crepes DR 2:00 French Celebration AL 4:00 Kristen's Live Music CA 6:00 Current Events CA</p>	<p>17</p> <p>9:45 B-Fit Cardio CA 10:30 Manicures CA 10:30 Share YOUR Favorites... CA 2:00 Ice Cream Truck OUT 4:00 Kristen's Live Music CA 6:00 Classic Movie Night CA</p>	<p>18</p> <p>9:45 B-Fit Breathing CA 10:30 For A Good Cause CA 1:30 Adult Coloring CA 2:30 Afternoon Stretch CA 4:00 Finish The Lyrics CA 6:00 Local News CA</p>
<p>26</p> <p>9:00 B-Fit Coordination CA 9:30 Worship Service AL 1:30 Life Story Review CA 2:30 Chair Dancing CA 4:00 Singing with Suzie IT 6:00 60 Minutes on CBS CA</p>	<p>27</p> <p>9:45 B-Fit Flexibility CA 10:30 Mad Libs CA 1:30 Lila's Flower Arranging CA 2:30 Tai Chi CA 3:45 Patio Music PA 6:00 World News CA</p>	<p>22</p> <p>9:45 B-Fit Lower Body CA 10:30 David's Discussions PA 1:30 Paint 'n Sip CA 2:30 Walking Club OC 4:00 Music Relaxation PA 6:00 Evening News CA</p>	<p>23</p> <p>9:45 B-Fit Core CA 10:30 Board Games DR 1:30 Cinnamon Rolls CA 2:30 Bag-O CA 4:00 Kristen's Live Music CA 6:00 Current Events CA</p>	<p>24</p> <p>9:45 B-Fit Cardio CA 10:30 Flex Your Brain Games CA 1:30 Manicures CA 2:30 Volleyball CA 4:00 David's Music Hour CA 6:00 Classic Movie Night CA</p>	<p>25</p> <p>9:45 B-Fit Breathing CA 10:30 News And Views CA 1:30 Water Paints CA 2:30 Afternoon Stretch CA 4:00 In Touch Music CA 4:00 Name that Tune CA 6:00 Where Are You From CA</p>	
<p>29</p> <p>9:45 B-Fit Lower Body CA 10:30 David's Discussions CA 1:30 Virtual Pet Visit CA 2:30 Walking Club OC 4:00 Jukebox Listening CA 6:00 Evening News CA</p>	<p>28</p> <p>9:45 B-Fit Upper Body CA 10:00 Pet Visit CA 10:30 Life Story Reviews CA 1:30 Gardening PA 2:30 Bag-O CA 4:00 Music & Memories CA 6:00 Funny Pets CA</p>	<p>30</p> <p>9:45 B-Fit Core CA 10:30 Everyday Trivia CA 1:30 Ice Cream Bar CA 2:30 Walking Club OC 4:00 Singing with Suzie CA 6:00 Current Events CA</p>				

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!