

S M T W Th F S

Brookdale Mandeville
1414 N Causeway
Mandeville, LA 70471
(985) 727-4011 | brookdale.com

LOCATION KEY

- | | |
|------------------|-------------------------|
| AR Activity Room | CB Clare Bridge |
| PR Piano Room | CY1 Court Yard Activity |
| DR Dining Room | CY2 Court Yard Piano |
| TV TV Room | B Bistro |
| LIB Library | OT Outing |
| CH Chapel | LBY Front Lobby |
- License Number

<p>04</p> <p>11:00 Manicures w/R.A's AR</p> <p>1:30 Where It Came From TV</p> <p>2:00 Weekend Movie TV</p> <p>4:00 Resident Choice Games AR</p> <p>6:00 Patio Time w/ Friends LBY</p>	<p>05</p> <p><i>National Apple Betty Day</i></p> <p>10:00 Love & Beauty w/Sharon AR</p> <p>11:00 Life Story w/Residents</p> <p>1:30 B-Fit Lower Body TV</p> <p>Strength Exercise</p> <p>3:30 Candy Pokeno AR</p> <p>6:00 Puzzles w/ Friends TV</p>	<p>06</p> <p>10:00 B-Fit Core Strength & Flexibility Exercise TV</p> <p>11:00 Video Chat w/Family TV</p> <p>2:00 Bingo AR</p> <p>3:30 Catholic Mass</p> <p>6:00 Scrabble w/ Friends AR</p>	<p>07</p> <p>10:00 Communion & Rosary TV</p> <p>11:00 Menu Chat w/ Mattie PR</p> <p>1:30 B-Fit Exercise TV</p> <p>3:30 Candy Pokeno AR</p> <p>6:00 Patio Time w/Friends CY1</p>	<p>08</p> <p><i>International Coffee Day</i></p> <p>10:00 B-Fit Balance & Flexibility Exercise TV</p> <p>11:00 I-Pad Games TV</p> <p>1:30 Bingo AR</p> <p>3:30 Watermelon Party TV</p> <p>6:00 Resident Choice Games AR</p>	<p>09</p> <p><i>International Pizza Day</i></p> <p>10:00 Love & Beauty w/Sharon AR</p> <p>11:00 B-Fit Upper Body TV</p> <p>Exercise</p> <p>1:30 Candy Pokeno AR</p> <p>3:00 Happy Hour (Ice Cream Floats) PR</p> <p>6:00 Resident Choice Game AR</p>	<p>10</p> <p>10:00 Resident Choice Games TV</p> <p>11:00 Trivia & Cookies TV</p> <p>2:00 Movie & Popcorn TV</p> <p>4:00 Residents Choice Games</p> <p>6:00 Circle Time w/Friends CY1</p>
<p>11</p> <p><i>Father -Daughter Day</i></p> <p>11:00 Manicures w/R.A's AR</p> <p>1:30 Where It Came From TV</p> <p>2:00 Weekend Movie TV</p> <p>4:00 Resident Choice Games</p> <p>6:00 Patio Time w/ Friends CY1</p>	<p>12</p> <p><i>Columbus Day</i></p> <p>10:00 Love & Beauty w/Sharon AR</p> <p>11:00 Life Story w/Residents PR</p> <p>1:30 B-Fit Lower Body TV</p> <p>Strength Exercise</p> <p>2:30 Art & Craft Club (Lets Paint) AR LIB</p> <p>4:00 Residents Choice Game</p> <p>6:00 Puzzles w/ Friends TV</p>	<p>13</p> <p><i>National Chess Day</i></p> <p>10:00 B-Fit Core Strength & Flexibility Exercise TV</p> <p>11:00 Video Chat w/Family TV</p> <p>2:00 Bingo AR</p> <p>3:30 Catholic Mass CH</p> <p>6:00 Scrabble w/ Friends LIB</p>	<p>14</p> <p><i>National Dessert Day</i></p> <p>10:00 Communion & Rosary CH</p> <p>11:00 Gardening w/ Carmen CY1</p> <p>1:30 B-Fit Exercise TV</p> <p>3:30 Candy Pokeno AR</p> <p>6:00 Patio Time w/Friends CY1</p>	<p>15</p> <p>10:00 B-Fit Balance & Flexibility Exercise TV</p> <p>11:00 I-Pad Games TV</p> <p>2:00 Bingo AR</p> <p>3:30 Resident Council Meeting DR</p> <p>6:00 Resident Choice Games AR</p>	<p>16</p> <p><i>Boss Day</i></p> <p>10:00 Love & Beauty w/Sharon AR</p> <p>11:00 B-Fit Upper Body TV</p> <p>Exercise</p> <p>1:30 Candy Pokeno AR</p> <p>3:00 Happy Hour (Ice Cream Bar) PR</p> <p>6:00 Resident Choice Game TV</p>	<p>17</p> <p><i>Sweetest Day</i> TV</p> <p>11:00 Trivia & Cookies TV</p> <p>2:00 Movie & Popcorn TV</p> <p>4:00 Resident Choice Games</p> <p>6:00 Circle Time w/Friends</p>
<p>18</p> <p><i>National Chocolate Cup cake Day</i></p> <p>11:00 Manicures w/R.A's AR</p> <p>1:30 Where it came From</p> <p>2:00 Weekend Movie TV</p> <p>4:00 Crosswords w/Friends AR</p> <p>6:00 Resident Choice Game AR</p>	<p>19</p> <p>10:00 Love & Beauty w/Sharon AR</p> <p>1:30 B-Fit Lower Body TV</p> <p>Strength Exercise</p> <p>2:15 Life Story w/Resident TV</p> <p>3:00 Family Fued AR</p> <p>6:00 Puzzles w/ Friends TV</p>	<p>20</p> <p>10:00 B-Fit Core Strength & Flexibility Exercise TV</p> <p>11:00 Hymns by Stephen TV</p> <p>1:30 Bingo AR</p> <p>3:30 Catholic Mass CH</p> <p>6:00 Scrabble w/ Friends LIB</p>	<p>21</p> <p>10:00 Communion & Rosary CH</p> <p>11:00 Gardening w/ Carmen CY1</p> <p>1:30 B-Fit Exercise TV</p> <p>3:30 Candy Pokeno AR</p> <p>6:00 Cards w/ Friends LIB</p>	<p>22</p> <p>10:00 B-Fit Balance & Flexibility Exercise TV</p> <p>11:00 I-Pad Games TV</p> <p>1:30 Bingo AR</p> <p>3:00 Cooking Class w/Lorenzo PR</p> <p>6:00 Resident Choice Games AR</p>	<p>23</p> <p>10:00 Love & Beauty w/Sharon AR</p> <p>11:00 B-Fit Upper Body TV</p> <p>Exercise</p> <p>1:30 Candy Pokeno AR</p> <p>3:00 Happy Hour (Ice Cream Floats) TV</p> <p>6:00 Patio Time w/Friends CY1</p>	<p>24</p> <p><i>Natiional Bologna Day</i></p> <p>11:00 Trivia & Muffins TV</p> <p>2:00 Movie & Popcorn TV</p> <p>4:00 Resident Choice Games AR</p> <p>6:00 Circle Time w/Friends CY1</p>
<p>25</p> <p><i>World Pasta Day</i></p> <p>11:00 Manicures w/R.A's AR</p> <p>1:30 Where It Came From TV</p> <p>2:00 Weekend Movie TV</p> <p>4:00 Residents Choice Games AR</p> <p>6:00 Patio Time w/ Friends CY1</p>	<p>26</p> <p><i>National Pretzel Day</i></p> <p><i>Fall Hallway Decorating</i> HW1</p> <p>10:00 Love & Beauty w/Sharon AR</p> <p>1:30 B-Fit Lower Body TV</p> <p>Strength Exercise</p> <p>2:30 Candy Pokeno AR</p> <p>4:00 Life Story w/Residents</p> <p>6:00 Puzzles w/ Friends TV</p>	<p>27</p> <p><i>Fall Hallway Decorating</i> HW2</p> <p>10:00 B-Fit Core Strength & Flexibility Exercise TV</p> <p>11:00 Video Chat w/Family TV</p> <p>1:30 Bingo AR</p> <p>3:30 Catholic Mass</p> <p>6:00 Scrabble w/ Friends LIB</p>	<p>28</p> <p><i>Fall Hallway Decorating</i> HW3</p> <p><i>National Chocolate Day</i></p> <p>10:00 Communion & Rosary TV</p> <p>11:00 Gardening w/ Carmen CY1</p> <p>1:30 B-Fit Core Exercise TV</p> <p>3:30 Candy Pokeno AR</p> <p>6:00 Word Find w/ Friends AR</p>	<p>29</p> <p><i>Fall Hallway Decorating</i> HW4</p> <p>10:00 B-Fit Balance & Flexibility Exercise TV</p> <p>11:00 I-Pad Games TV</p> <p>1:30 Bingo AR</p> <p>3:00 Flex Your Brain Word Game TV</p> <p>6:00 Resident Choice Games AR</p>	<p>30</p> <p><i>Costume Day w/Residents</i></p> <p>10:00 Love & Beauty w/Sharon AR</p> <p>11:00 B-Fit Upper Body TV</p> <p>Exercise</p> <p>1:30 Halloween Decorations w/ residents TV</p> <p>3:00 Happy Hour Halloween PR</p> <p>6:00 Tricks For Treats</p>	<p>31</p> <p><i>Halloween</i></p> <p><i>National Carmel Apple</i> Day</p> <p>11:00 Trivia & Cookies TV</p> <p>2:00 Movie & Popcorn TV</p> <p>4:00 Resident Choice Game AR</p> <p>6:00 Circle Time w/Friends CY1</p>

Health and Wellness

Movement is Medicine



Regular physical activity is the closest thing we have to the fountain of youth. The frailty of old age is reversible, age related changes can be slowed or even reversed. It does not matter how old you are or what shape you are in now. Research has shown that the telomeres in the cell, which are directly correlated to longevity, are lengthened by exercise.

Benefits of Exercise

Regular exercise and movement are critical to your health and well-being. A consistent exercise routine can help you to:

- *Lower your risk of heart disease* - Exercise elevates your heart rate, increasing blood flow and oxygen levels in your body. If you consistently exercise you'll lower your blood pressure and cholesterol which lowers your overall risk of heart diseases.
- *Control blood sugar and insulin* - Exercise lowers blood sugar levels and if you follow a consistent routine your body will have an improved response to insulin, reducing the risk of Type 2 diabetes or making it easier to manage if you have it.
- *Improve your mood* - Exercise causes your body to produce endorphins which make you feel more relaxed, making it easier for you to manage stress and reduce emotional challenges such as depression or anxiety.
- *Maintain brain health as you get older* - Proteins and chemicals released during exercise help improve the brain's structure and function which helps maintain your, and of course the ability to think, learn, and remember things as you get older.
- *Increase and maintain muscle strength and bone density* - Regular strength training exercises help improve your strength and prevent bone density loss and muscle atrophy associated with getting older.

Source: Medline Plus

Wellness Challenge

Exercise Safely

If you're new to exercise or getting back into it after a long break, it's important to start slow and increase your intensity gradually. If you exercise too intensely you can cause injury. Be mindful of how you feel during exercises and keep track of your progress. If exercises are difficult, consider lowering the intensity. If they are easy to complete, consider challenging yourself by slowly building up your intensity.

Exercising can be a feel-good experience when you discover the kind of motions that your body enjoys. May you find exercise that brings you health, happiness, and the pure joy of moving with ease!

Be Well on Purpose!



COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

Protect Yourself Against Flu



Flu Season has begun, this time with a new set of challenges as it coincides with the ongoing COVID-19 pandemic. Health and wellness is always our priority at Brookdale and this year especially, receiving your flu vaccine is critical.

With social distancing and infection control efforts heightened, this season's community flu clinic may look a bit different. You may experience staggered appointments to accommodate social distancing, and clinics scheduled sooner than before to help ensure flu vaccines can be administered as soon as they're available.

Kim Elliott, SVP Clinical Services at Brookdale says, "Due to the current pandemic, it's more important than ever to protect yourself from potential illness. And, we want it to be as easy as possible for residents to be vaccinated in their own home." CVS Pharmacy will be on site to deliver the senior-dose flu vaccine specific for people over 65 years old. Additionally, if you qualify for a pneumonia, Tdap or shingles vaccine, CVS can provide those on clinic-day as well.

Vaccine costs are covered by Medicare Part B and most Medicare Advantage insurance plans. CVS will perform a pre-authorization to advise you of any co-pays and to determine your eligibility for vaccine.

Watch for posters around the community to inform you of the clinic date, time and place. Then, make plans to receive your annual flu and other wellness vaccines to help protect yourself, your family and your fellow residents from illness this flu season

An Engaged Life

Shirlene Jackson - An Engaged Resident



Shirlene grew up and raised her son in Wichita, Kansas. Ten years ago, when she moved to Overland Park, Kansas to be closer to her son, she was truly excited about being near him.

Two years ago, Shirlene needed rehab for a broken arm and chose Brookdale Overland Park where she became very involved in all of the programs and actively participated in her therapy. After completing a few weeks of rehab, she moved into assisted living. During the first few weeks there, Shirlene frequently went back to the rehab area to participate in group activities, watch TV, and eat with the residents. Shirlene missed the friends she had made there. She enjoyed helping them as she became more and more independent.

As her rehab friends moved away, Shirlene became more involved in the programs offered in assisted living. She made new friends, participating in almost all of the programs, became a welcome ambassador, and recently was elected President of the Resident Council. Shirlene is truly living an engaged life!