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May 2019

Brookdale Mandeville

1414 N Causeway

Mandeville, LA 70471

(985) 727-4011 | brookdale.com

THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
10:00 B-Fit Exercise
10:30 Refreshments
11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
12:00 Lunch
2:00 Creative/Crafts/Art and Clustered Groups
3:00 Physical
3:30 Refreshments
4:00 Music/ Intergenerational
5:00 Dinner
6:30 Sensory/News and Reading Groups
7:30 Refreshments

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

LOCATION KEY

- CY - Court Yard
BLR - Breezeway Living Room
AR - Activity Room
AL - Assisted Living
OT - Outing
B - Bistro
KIT - Kitchen Life Skill Area
DR - Dining Room
SR - Sunroom
Chapel -

License Number



05

- 10:00 B- Fit Flexibility BLR
11:00 What does it Cost ? BLR
2:00 Checkers & Cards SR
3:00 Indoor Golf CY
3:30 Chips & Salsa Social CY
4:00 Sing A Long with Loraine DR
6:30 Group Chat BLR

06

- Nurse Week !
10:00 B-Fit Breathing BLR
10:30 Pet Therapy w/ Lizzie BLR
11:00 Bible Study/Darlene BLR
2:00 Manicures BLR
3:00 Stroll On the LakefrontOT
4:00 New Orleans Oldies DR
6:30 Kitchen Scent/Jimmie DR

07

- 10:00 B- Fit Exercise BLR
11:00 Family Feud BLR
2:00 Glass Painting AR
3:00 Basketball Challenge CY
3:30 Catholic Mass AL
4:00 Easy Listening DR
6:00 Lavender Scent BLR

08

- 10:00 B- Fit Cardio BLR
10:30 Rosary & CommunionCH
11:00 Opposites! BLR
2:00 Flower Artwork AR
Rosary & CommunionBLR
3:00 Gardening Club/SandyCY
4:00 Soothing Sounds BLR
6:00 Essential Oil BLR

09

- 10:00 B- Fit Coordination BLR
10:30 Mens Coffee Social AR
11:00 Trivia BLR
11:30 Hymns w/ Stephens BLR
2:00 Bake a Cake/Jimmie KIT
3:00 Ball Toss BLR
4:00 Favorite Tunes DR
6:30 Table side Chat BLR

10

- 8:00 Flap Jack Fridays! KIT
10:00 B- Fit Upper Strength BLR
10:30 Scenic Ride OT
11:00 BINGO! BLR
2:00 Color Pencil Art SR
Mothers Day Tea AL
4:00 Piano by Mary BLR
6:30 Ted Turner Movies BLR

11

- 10:00 B- Fit Exercise BLR
11:00 Family Fued BLR
2:00 Puzzles SR
3:00 Move to the Music AL
Music by Joe B AL
4:00 New Orleans Oldies BLR
with Loraine
6:30 Calming Scents BLR

12

Mother's Day

- 10:00 B- Fit Flexibility BLR
11:00 Tea & Bingo AR
2:00 Art In Color AR
3:00 Noodle Ball CY
3:30 Root Beer Float CY
4:00 Instrumental Classical DR
6:30 Lavender Scents BLR

13

- 10:00 B-Fit Breathing BLR
10:30 Pet Therapy w/ Lizzie BLR
11:00 Pet Therapy BLR
2:00 Glass Painting AR
3:00 Stroll On the LakefrontOT
McDonald Sundaes OT
4:00 Easy Listening DR
6:30 Hand Messages BLR

14

- 10:00 B- Fit Exercise BLR
11:00 Price is Right BLR
2:00 Craft Corner AR
3:00 Bowling CY
3:30 Catholic Mass CH
4:00 Evening Sounds DR
6:30 Book of Choice AR

15

- 10:00 B- Fit Cardio BLR
10:30 Rosary & CommunionCH
11:00 What Does it Cost ? BLR
2:00 Matching Card Game SR
Rosary & CommunionBLR
3:00 Garden Club /Sandy CY
4:00 Smooth Jazz DR
6:30 Essential Oil BLR

16

- 10:00 B- Fit Coordination BLR
11:00 Good News Chat BLR
11:30 Hymns w/ Stephens BLR
2:00 Making Post Cards AR
3:00 Basketball Challenge BLR
4:00 Karaoke / Loraine DR
6:30 Kitchen Scent/JimmieBLR

17

- 8:00 Flap Jack Fridays! KIT
10:00 B- Fit Upper Strength BLR
11:00 Chicktionary BLR
1:30 Nature Ride OT
2:00 Card Matching Game BLR
3:00 Chair Yoga BLR
4:00 Piano by Mary BLR
6:30 Ted Turner Movies BLR

18

Armed Forces Day

- 10:00 B- Fit Exercise BLR
11:00 Louisiana Trivia BLR
2:00 Manicures BLR
3:00 Community Walk AL
Music by Margarita AL
4:00 Evening Sounds BLR
6:30 Group Chats BLR

19

- 10:00 B- Fit Flexibility BLR
11:00 What Does it Cost ? BLR
2:00 Checkers & Cards SR
3:00 Kick Ball Challenge CY
3:30 Ice Cream Sundae CY
4:00 Country Classical DR
6:30 Soothing Scents BLR

20

- 10:00 B-Fit Breathing BLR
10:30 Pet Therapy w/ Lizzie BLR
11:00 Beauty Is Ageless AL
2:00 Spa Manicures BLR
3:00 Stroll On the LakefrontOT
4:00 Sing w/Susie DR
6:30 One on One BLR

21

- 10:00 B- Fit Exercise BLR
11:00 Louisiana Trivia BLR
2:00 Creative Art AR
3:00 Party w/Ron Jones BLR
3:30 Catholic Mass AL
4:00 Sign Hymns /Loraine BLR
5:30 Family Education NightAL
6:30 Good Evening SoundsBLR

22

- 10:00 B- Fit Cardio BLR
10:00 Brookdale Wellness Day AR
11:00 BINGO! BLR
2:00 Making Pudding KIT
Rosary & CommunionBLR
3:00 Gardening Club/SandyCY
4:00 Singing/Mary Sue BLR
6:30 Table Side Chat BLR

23

- 10:00 B- Fit Coordination BLR
10:30 Mens Coffee Social AR
11:00 Good News BLR
11:30 Hymns w/ Stephens BLR
2:00 Red Hatters Club AR
3:00 Walking Club/Jimmie OT
4:00 Classical Music BLR
6:30 Hand Messages BLR

24

- 8:00 Flap Jack Fridays KIT
10:00 B- Fit Upper Strength BLR
10:30 El Paso Mexican Food OT
11:00 Family Frued BLR
2:00 Painting BLR
3:00 Indoor Golf CY
4:00 Piano by Mary BLR
6:30 Tranquil Scents BLR

25

- 10:00 B- Fit Exercise BLR
11:00 Price Bingo BLR
2:00 Color By Number BLR
3:00 Noodle Ball BLR
3:30 Fruit Parfait CY
4:00 New Orleans Jazz / Loraine DR
6:30 Soothing Scents BLR

26

- 10:00 B- Fit Flexibility BLR
11:00 Price Is Right ! BLR
2:00 Pencil Art AR
3:00 Bowling CY
3:30 Sundays Sundaes CY
4:00 Karaoke Tunes DR
6:30 Tranquil Scents BLR

27

Memorial Day

- 10:00 B-Fit Exercise BLR
10:30 Pet Therapy w/ Lizzie BLR
11:00 Pet Stories BLR
1:15 Root Beer Float AL
2:00 Crafts AR
3:00 Stroll On the LakefrontOT
4:00 Evening Sounds DR
6:30 Hand Messages BLR

28

- 10:00 B- Fit Exercise BLR
11:00 Resident Council AR
2:00 Manicures SR
3:00 Feed The Turtles CY
3:30 Catholic Mass CH
4:00 Easy Listening DR
6:30 Tableside Chat/Mrs Gen

29

- 10:00 B- Fit Cardio BLR
10:30 Rosary & Communion CH
11:00 Trivia BLR
2:00 Making Grill Cheese KIT
Rosary & CommunionBLR
3:00 Noodle Ball BLR
4:00 Singing with Susie BLR
6:30 Classic Movies BLR

30

- 10:00 B- Fit Coordination BLR
11:00 Opposites ! BLR
11:30 Hymns w/ Stephens BLR
2:00 Painting AR
3:00 Fresh Air Stroll OT
4:00 Showtime Tunes DR
6:30 Calming Scents BLR

31

- 8:00 Flap Jack Fridays! KIT
10:00 B- Fit Upper Strength BLR
10:30 El Paso Mexican Food OT
11:00 Chicktionary BLR
2:00 Arts & Crafts BLR
3:00 Feed The Turtles CY
4:00 Piano by Mary BLR
6:30 One on One BLR

# Health and Wellness

Live Your Optimum Life®: Reducing Your Risk of Falling



According to the Centers of Disease Control and Prevention (CDC), each year millions of older people—those 65 and older—fall. In fact, more than one out of four older adults fall each year, but less than half tell their doctor.

A fall is defined as “an event whereby an individual unexpectedly comes to rest on the ground or another lower level without known loss of consciousness.” The best way to minimize the impact of falls is to prevent them altogether. This requires awareness of the problems

associated with falling and a proactive plan.

### Risk Factors

Research shows that a combined effect of many interacting factors increases fall risk. According to the CDC this includes:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines
- Visual problems
- Foot pain or poor footwear
- Home hazards

### Safety Risks and Preventions

The majority of falls occur in the home. Environmental modifications help older adults to live with greater independence and safety.

- Ensure good lighting
- Eliminate clutter
- Use of adaptive equipment

### Exercise to Help Strengthen & Improve Balance

Exercise is one of the most

important ways to lower your chances of falling. It makes you stronger and helps you feel better.

Exercises that improve balance and coordination are the most helpful. Lack of exercise leads to weakness and increases your chances of falling.

### Interventions that Can Increase Safety and Reduce the Risk of Falls

#### Medication Plan of Care:

Speaking with your doctor or pharmacist about your medications and how they make you feel is an essential step to reduce your fall risk. Together, you can come up with a medication plan that addresses your needs.

#### Therapy:

Physical and Occupational Therapy can assess your risk of falling. Individualized exercises and balance training can help prevent risk of falls.

## Wellness Challenge

### 10 Tips to Prevent Falls

Avoiding falls requires a proactive approach. Below are 10 tips to help prevent falls.

1. Stay physically active
2. Have annual eye and hearing exams
3. Review your medications with your health care provider

4. Talk with your doctor regarding your Vitamin D level
5. Use assistive devices that have been recommended for you
6. Have your blood pressure checked when both sitting and standing
7. Use recommended assistance if you are at high risk for falls

8. Stay mentally fit
9. Wear safe, properly fitting footwear
10. Do a home safety check or have someone do it for you

### Be Well on Purpose!



# COMMUNITY CONNECTIONS



brookdale.com

## Brookdale News

### Brookdale's Online Newsroom



Staying in the know about all things Brookdale is easy with BrookdaleNews.com, your source for everything happening at Brookdale. Hear inspiring resident stories, meet passionate associates and learn more about local and national events. Check out blogs from Brookdale experts on advancements in Alzheimer's and dementia care, senior living industry insights, and tips for living an Optimum Life.

BrookdaleNews.com has local community stories, reports on corporate initiatives, informative videos, and even short films produced and starring residents and associates. Brookdale news comes from all over the country and features stories that you wouldn't hear other places. Residents and associates are recognized for both the large and small things that they do to daily enrich lives.

At BrookdaleNews.com, go behind the scenes to see what life is really like at Brookdale by reading candid, genuine stories from the field and corporate office. Have a story idea? Click on “Submit a Story” to share your idea with the Public Relations team. Click “Subscribe for News Alerts” at the top of the screen to receive a notification when a new story posts. Share BrookdaleNews.com with your friends and family so they can see how we are enriching lives every day.

## Wishes of a Lifetime

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



### Car Enthusiast Takes Dream 'Victory Lap' in Race Car

Harold Smith has loved cars all of his life. From the moment he bought his first car, he has been able to dismantle an engine and put it back together without a manual or guide. He has owned a 1937 pick-up truck, a 1948 Plymouth, and he currently owns a 1957 red and white Chevy he restored himself.

The 84-year-old Brookdale Spring Arbor resident loves everything about owning, driving and even watching cars — after all he witnessed the very first race of the Daytona 500 when it opened in 1959.

Wish of a Lifetime and Brookdale Senior Living were excited to get Harold back to the racetrack to ride in a race car on November 10, 2018. Charlotte Motor Speedway provided Harold with an hour-long tour of the speedway, then an exhilarating race car ride. Harold practically leapt over the pit-road wall as if he had done it 100 times before. The smile on his face as he made the final round of his “victory lap” said it all.