

S M T W Th F S

September 2021

THE DAILY Path

Brookdale Marysville

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Marysville, OH 43040

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			01	02	03	04
			9:30 Daily Bread DR 10:00 B-Fit EA 11:00 Brain Teasers EA 2:00 Shelling peanuts GA 3:00 Bowling EA 3:30 Sundaes DR 4:00 Country Western Oldies DR 6:00 News/Classic TV LR	9:30 Daily Bread 10:00 Sit & Get Fit EA 11:00 Name that Actor EA 1:00 Lady of Our Lourdes CH 2:00 Fall Centerpieces DR 3:00 Mix and Mingle DR 4:00 Corn Hole EA 6:00 Tailgate GO BUCKS DR	9:45 Rosary DR 10:00 B-Fit-garden 11:00 Memory Squares EA 2:00 Apples and Caramel DR 3:00 Wheel Of Fortune LR 4:00 Name that Tune DR 6:00 TV Resident Choice LR	10:00 B-Fit EA 10:30 Corn Hole DR 1:00 Puzzles EA 2:00 Apples and Caramel DR 4:00 Country Western Music 6:00 Classic TV EA
05	06	07	08	09	10	11
9:00 Living Hope Church CH 10:00 B-Fit EA 11:00 Headline News EA 1:00 Puzzles EA 2:00 Trivia EA 3:00 Bowling EA 4:00 Big Band Music DR 6:00 Movie- Resident Choice LR	Labor Day 9:30 Daily Bread 10:00 B-Fit EA 11:00 Junk Drawer Challenge EA 2:00 Painting DR 3:00 Shoot Hoops EA 4:00 Patriotic Music DR 6:00 News LR	Rosh Hashanah 9:30 Daily Bread 10:00 Chair Yoga EA 11:00 Price is Right LR 1:00 50's Music EA 2:00 Salami and crackers DR 3:00 Croquet LR 4:00 Irish Music EA 6:00 Movie LR	9:30 Daily Bread 10:00 B-Fit EA 11:00 Hand Massages EA 2:00 Baked apples DR 3:00 Your pace or mine EA 3:30 Smoothies DR 4:00 Karaoke EA 6:00 Game Shows LR	9:30 Daily Bread 10:00 Sit & Get Fit EA 11:00 Poetry EA 1:00 Lady of Our Lourdes CH 2:00 Finish My Line EA 3:00 Mix & Mingle-garden DR 4:00 Trivia from the 60's DR 6:00 Classic TV LR	9:45 Daily Bread EA 10:00 Rosary DR 10:30 B Fit EA 11:00 Deviled Eggs DR 2:00 Sewing Day EA 3:00 Hoops EA 4:00 Name that Tune EA 6:00 Game Shows LR	9:30 9/11 We Remember EA 10:00 B-Fit EA 11:00 Tailgate Trivia DR 12:00 GO BUCKS DR 2:00 Make a pendant EA 3:00 Chips and Dip DR 4:00 Oldies EA 6:00 Classic TV EA
12	13	14	15	16	17	18
9:00 Living Hope CH 10:00 B-Fit EA 11:00 Headline News EA 2:00 Aqua Paint EA 3:00 Bowling DR 3:30 Chocolate Shakes DR 4:00 Jazz Music EA 6:00 Movie- Resident Choice LR	9:30 Daily Bread 10:00 B-Fit EA 11:00 Word Mining EA 1:30 Life Stories RV 2:30 Gardening 3:00 Croquet LR 4:00 Sing a long EA 6:00 Game Shows LR	9:30 Daily Bread 10:00 Chair Yoga EA 11:00 Bubble Pop EA 2:00 Cream Donut Day DR 3:00 Wheel of Fortune EA 3:30 Beverages in Garden 4:00 Karaoke EA 6:00 News & Game Shows EA	9:30 Daily Bread 10:00 B-Fit EA 10:30 Tea Sandwiches DR 11:00 Picnic in garden 2:00 Puzzles and Trivia DR 3:30 Corn Hole EA 4:00 Elvis Music EA 6:00 Movie LR	Yom Kippur 9:30 Daily Bread 10:00 Sit & Get Fit EA 11:00 Drumming EA 1:00 Lady of Our Lourdes CH 2:00 Manicures EA 3:00 Bowling LR 4:00 Swinging to oldies DR 6:00 News and Game Shows	9:45 Rosary LR 10:00 B-Fit EA 10:45 Spiced Apple Drink DR 11:00 Fill in the blank EA 2:00 Puffed Popcorn DR 3:00 Hoops LR 4:00 Country Music 6:00 Classic TV EA	9:30 Inspirational Reading EA 10:00 B-Fit EA 11:00 Brain Joggers EA 1:00 Puzzles EA 2:00 Tailgate DR 3:00 Corn Hole EA 4:00 Rock a billy EA 6:00 Movie LR
19	20	21	22	23	24	25
9:00 Living Hope Church CH 10:00 B-Fit EA 11:00 Headline News EA 2:00 Bowling DR 3:00 Puzzles EA 4:00 Classical Music EA 6:00 Movie LR	9:30 Daily Bread 10:00 B-Fit EA 11:00 Word Search EA 11:00 Make Pizza DR 2:00 Weaving with Yarn EA 3:00 Targets LR 4:00 Sing a long DR 6:00 Movie LR	9:30 Daily Bread 10:00 Chair Yoga EA 11:00 Make Fruit Salad DR 2:00 Trivia EA 3:00 Wheel of Fortune EA 4:00 Duets EA 6:00 News and weather LR	9:30 Daily Bread 10:00 B-Fit EA 11:00 Hand Massages EA 1:00 Movie Match Up EA 2:00 Snacktivity DR 3:00 Targets EA 4:00 Name that Tune DR 6:00 Movie LR	9:30 Daily Bread 10:00 Sit & Get Fit EA 11:00 Trivia Who's Who? EA 1:00 Lady of Our Lourdes CH 2:00 Aqua Paint DR 3:00 Bowling EA 4:00 Country Western EA 6:00 Game Shows LR	9:30 Rosary LR 9:30 Daily Bread 10:00 B-Fit EA 11:00 Make Deviled Eggs DR 2:00 Sand Scapes EA 3:00 Corn Hole EA 4:00 Big Band EA 6:00 Movie LR	9:30 Word Mining EA 10:00 B-Fit EA 11:00 Finish My Line EA 1:00 GO BUCKS DR 2:00 Tailgate DR 3:00 Corn Hole EA 4:00 Country Western EA 6:00 Classic TV Resident EA
26	27	28	29	30		
9:00 Living Hope Church CH 10:00 B-Fit EA 11:00 Headline News EA 2:00 Root beer Floats DR 3:00 Bowling EA 4:00 Trivia DR 6:00 Movie LR	9:30 Daily Bread 10:00 B-Fit EA 10:30 Cheese Crackers DR 11:00 Name that Tune EA 2:00 Puzzles and Twisters EA 3:00 Croquet LR 4:00 Arm chair traveler EA 6:00 Classic TV	9:30 Daily Bread 10:00 Chair Yoga EA 11:00 Brain Joggers EA 2:00 Painting EA 3:00 Wheel of Fortune EA 4:00 Hymns EA 6:00 Movie LR	9:30 Daily Bread 10:00 B-Fit EA 11:00 Bake Cookies DR 2:00 Paint in Garden 3:00 Hoops EA 4:00 Music Trivia DR 6:00 Game Shows LR	9:30 Daily Bread 10:00 Sit & Get Fit EA 10:30 Frost cookies DR 1:00 Lady of Our Lourdes CH 2:00 Pumpkin Centerpiece DR 3:00 Mix and Mingle DR 4:00 Jazz EA 6:00 Movie LR		



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
- 6:00 Sensory/News and Reading Groups
- 7:00 Refreshments

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

LOCATION KEY

- DR - Dining Room
- ALD - Assit. Living Dining Room
- RV - Room Visits
- CY - Court Yard
- O - Outing
- LR - Living Room
- EA - Engagement Area
- CH - Chapel
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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!

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!