

S M T W Th F S

Brookdale Big Creek Roswell
 655 Mansell Rd
 Roswell, GA 30076
 (770) 643-9433 | brookdale.com



LOCATION KEY

MR Media Room L Lobby
 SU Sign Up
 CR Craft Room
 WC Wellness Center
 Lbr Library
 Caf Cafe

License Number

01
 10:00 B-Fit W/Donna WC
 12:30 Shopping Trip SU
 2:30 Friday Festivities CAF
 Black Jack
 6:30 Nickel Bingo CR

02
 10:00 Fun & Fitness WC
 1:30 Chocolate Bingo CR
 4:00 Community Walk SU
 6:00 Saturday Night Movie MR

03
 10:00 Catholic Communion MR
 11:00 Roswell 1st Baptist Airs MR
 1:30 Praise & worship W/ Joe Farrell L
 3:30 Sunday Drive SU

04
 10:00 Exercise w/ Donna WC
 11:00 Menu Chat w/ Marty CR
 1:30 Chocolate Bingo CR
 2:30 Root Beer Float Social L
 3:00 Kroger shopping SU
 6:00 Card Games Caf

05
 10:00 B-Fit WC
 10:45 Banking SU
 11:00 Taco Tuesday
 1:00 Lovely Nails & Massages CR
 2:30 Crafting CR
 (Making Bathroom Rugs)
 3:30 Flex Your Brain MR

06
 10:00 B-Fit WC
 10:30 Catholic Mass MR
 1:00 Watercolor w/Pat CR
 2:30 Wind Down Wednesday L
 50s Sing-A-Long
 3:00 Publix shopping SU

07
 10:00 Exercise w/ Karen (Yoga) WC
 11:00 Flex Your Brain MR
 2:30 Banana Split Social CY
 Court yard
 3:30 Black Jack Games "21" Caf

08
 10:00 B-Fit WC
 12:30 Shopping Trip MR
 2:00 Friday Festivities (Matinee Movie) L
 6:30 Nickel Bingo CR

09
 10:00 Fun & Fitness WC
 1:30 Chocolate Bingo CR
 4:00 Community Walk SU
 6:00 Saturday Night Movie MR

10
 10:00 Catholic Communion
 10:00 Church Runs SU
 11:00 Roswell 1st Baptist Airs MR
 3:30 Sunday Drive SU

11
 10:00 Exercise w/ Jodi WC
 11:00 Menu Chat w/ Marty CR
 1:30 Chocolate Bingo CR
 3:00 Kroger shopping SU
 6:00 Card Games Caf

12
 10:00 B-Fit WC
 10:45 Banking SU
 11:15 Lovely Nails & Massages CR
 1:00 Optimum Health Chat w/ Valerie*Reducing Falls* L
 3:30 Flex Your Brain MR
 4:00 Out to Dinner L

13
 10:00 B-Fit WC
 1:00 WaterColor w/ Pat MR
 2:30 Wind Down Wednesday L
 60s Sing-A-Long
 3:00 Kroger shopping SU
 6:00 Family Social W/ Clear Caption L

14 **Flag Day**
 10:00 Exercise w/ Karen (Pilates & Cardio) WC
 10:30 Health & Wellness Check CR
 11:00 Flex Your Brain MR
 3:30 Crafting CR
 (Making bathroom Rugs)

15
 10:00 B-Fit WC
 11:00 Penny Auction W/ Darlene CR
 11:30 Fathers Day Lunch (Hooters) SU
 2:30 Birthday Bash with Fred Jones L
 6:30 Nickel Bingo CR

16
 10:00 Fun & Fitness WC
 1:30 Chocolate Bingo CR
 4:00 Community Walk SU
 6:00 Saturday Night Movie MR

17 **Father's Day**
 10:00 Catholic Communion MR
 10:00 Church Runs SU
 11:00 Roswell 1st Baptist Airs MR
 3:30 Sunday Drive SU

18
 10:00 Exercise w/Donna WC
 11:00 Menu Chat w/ Marty CR
 1:30 Chocolate Bingo CR
 2:30 Crafting *Making Bathroom Rugs*
 3:00 Kroger shopping SU
 6:00 Card Games Caf

19
 10:00 B-Fit WC
 10:45 Banking SU
 11:00 Taco Tuesday CR
 12:30 Lovely Nails & Massages CR
 1:30 Pattern Bingo CR
 3:30 Flex Your Brain MR

20
 10:00 B-Fit WC
 11:00 Life Stories L
 1:00 Watercolor w/Pat CR
 2:30 Wind Down Wednesday w/ (Al Urezzio) L
 3:00 Kroger shopping SU

21 **Summer Solstice**
 10:00 Exercise w/ Karen (Pilates & Cardio) WC
 11:00 Flex Your Brain MR
 2:30 Food Committee Meeting CR
 3:00 X-Treme Gaming with Daivid MR
 4:00 Men's Meeting MR

22
 10:00 B-Fit WC
 1:30 Learn To Play Bridge W/ (Ruth) SU
 2:30 Friday Festivities L
 6:30 Nickel Bingo CR

23
 Weekly Trivia
 10:00 Fun & Fitness WC
 1:30 Chocolate Bingo CR
 4:00 Community Walk SU
 6:00 Saturday Night Movie MR

24
 10:00 Catholic Communion MR
 10:00 Church Runs SU
 11:00 Roswell 1st Baptist Airs MR
 3:30 Sunday Drive SU

25
 10:00 Exercise w/ Jodi WC
 11:00 Menu Chat w/ Marty CR
 1:30 Chocolate Bingo CR
 3:00 Kroger shopping SU
 6:00 Card Games Caf

26
 10:00 B-Fit WC
 10:45 Banking SU
 11:15 Lovely Nails & Massages CR
 3:00 Ambassador's Meeting MR
 3:30 Flex Your Brain CR
 4:00 Out To Dinner SU

27
 10:00 B-Fit WC
 11:30 Bowling & lunch SU
 1:00 Watercolor w/Pat CR
 2:30 Wine Down Wednesday w/ Alan Wisenburg L
 3:00 Kroger shopping SU

28
 10:00 Exercise w/ Karen (Pilates & Cardio) WC
 11:00 Flex Your Brain MR
 2:30 Butter Bean Auction L
 3:30 Crafting (making Center Pieces) Caf
 6:00 Family Fun Night w/ Ben & Pam L

29
 10:00 B-Fit WC
 12:30 Shopping Trip SU
 2:30 Friday Festivities W/ Dallas *Rock Painting* CR
 6:00 Courtyard Concert w/ Elderly Brothers CY

30
 10:00 Fun & Fitness WC
 1:30 chocolate Bingo CR
 4:00 Community Walk SU
 6:00 Saturday Night Movie MR

Health and Wellness

Live Your Optimum Life®: Pet Therapy



Animals can provide companionship, unconditional love and lifelong friendship. Pet therapy, also known as Animal-Assisted Therapy (AAT), is a broad technique involving any interaction that patients have with animals to make them feel better. Here is the best part, EVERYONE benefits from pet therapy. According to Mario Garrett, Ph.D., professor at San Diego State University, pets provide multiple benefits to their companions. It not only feels good to be around pets, but it makes you healthier.

Garrett says that even just owning a pet has been found to be beneficial. This is great news! Older adult pet owners walk significantly farther when they walked with a dog, which might contribute to their making fewer visits to the doctor. Garrett further notes that even if you don't own a dog, but live in a senior living community, the presence of a dog is associated with reduced need for medication, improved physical functioning, and improved vital signs.

Additional benefits of pet therapy include reductions in loneliness, agitation and depression as well as increases in engagement, well-being, nutritional intake, and social interactions. How are these health benefits being associated to pet therapy? The University of Missouri-Columbia is investigating how pet therapy generates hormones that affect mood.

Research suggests that hormonal changes that naturally occur when humans and dogs interact could help people cope with depression and certain stress-related disorders. Simply petting a dog for a few minutes prompts a release of a number of 'feel good' hormones in humans, including serotonin, prolactin and oxytocin.

If you already have a pet, you can share them and help others. Once your animal is certified you can volunteer with your pet and provide pet therapy to hospice, clinics or schools. If you are unsure how to do this, look up your local Humane Society and SPCA for local programs on training your pet for animal-assisted therapy.

Wellness Challenge

Pet therapy offers a connection that allows older adults to remember, vocalize their recollections and smile. Many enjoy sharing memories of pets that lived in their homes as they grew up, others that were family members as they raised their own children and even pets that served as faithful companions in later life. Start a conversation!

Be Well on Purpose!



COMMUNITY CONNECTIONS



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Brookdale News

June is Brain Health Month



Most of us are aware that age is the biggest risk factor for Alzheimer's and other forms of dementia. While there is no way to prevent it and there is nothing we can do about our age, there are things we can do to reduce the risk of Alzheimer's or other dementias.

The brain is an amazingly complex organ that is impacted by everything we do from a health perspective. Here are the top six things we can all do to help reduce our risk for dementia and maintain a healthy brain:

- Stay socially connected
- Exercise for 20 minutes each day
- Keep learning new things-use the brain in new ways
- Control stress-stress is toxic to brain cells
- Eat good food-follow the MIND diet
- Correct hearing loss-recent research suggests that hearing loss is a risk factor for dementia

At Brookdale, our goal is to support good brain health no matter where a person is in their journey. Our Brain Fit program is designed to educate and promote a brain healthy lifestyle through the Know Your Brain class; provide opportunities to Grow Your Brain with novel and complex projects; and provide a mental fitness workout with weekly Flex Your Brain classes. Our Clare Bridge programs support those who are living with dementia through person-centered approaches to help them live their Optimum Life®.

Wishes of a Lifetime

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



Siblings Reconnect After 30 Years Apart

Thomas Martin found himself orphaned on the steps of the Simpson's family home at age 10. Following the death of his mother, his father had left him and his siblings with various neighbors in an act of desperation. Yet he found himself with a loving adoptive family, with whom he became very close.

Thomas joined the Army Air Corps and then made a career working as a civilian operations/security supervisor at Eglin Air Force Base in Florida. He went on to become a devoted family man, remaining in touch with his adopted family, especially older sister, Ella.

Although life and health issues kept the two apart for 30 years, Thomas received a letter from Ella after her 99th birthday. He knew a visit was in order.

Wish of a Lifetime and Brookdale were happy to reconnect Thomas and Ella in February. The pair stayed up until midnight every night chatting away, reliving memories of childhood and catching up.