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June 2018

Brookdale Big Creek Roswell

655 Mansell Rd

Roswell, GA 30076

(770) 643-9433 | brookdale.com



03 10:00 B-Fit
11:00 Daily Chronicle
2:00 Bingo
3:00 Balloon Badminton
4:15 Finish the lyrics
6:30 Review Weekly Highlights

04 10:00 B-Fit
11:00 Daily Chronicle
2:00 Water color fun
3:00 Basketball
4:15 Name That Tune
6:30 Trivia

05 10:00 B-Fit
11:00 Daily Chronicle
2:00 What Is This
3:00 Bowling
4:15 Classical Jazz
6:30 Look Back In History

06 10:00 B-Fit
11:00 Daily Chronicle
2:00 Putting it together
3:00 Bowling
4:15 Music Memories AR
6:30 Meditation

07 10:00 Bible Study AR
11:00 B Fit
2:00 Gardening
3:00 Parachute Toss
4:15 Karoke
6:30 Show Tunes AR

08 10:00 B-Fit
11:00 Daily Chronicle
2:00 Kitchen Creations
2:30 Happy Hour
3:00 Golf
6:30 Today In History

09 10:00 B-Fit
11:00 Daily Chronicle
2:00 Mind Stretches
3:00 Toss Across
4:15 Piano Playing AR
6:30 Movie Night

10 10:00 B-Fit
11:00 Daily Chronicle
2:00 Bingo
3:00 Balloon Badminton
4:15 Finish the lyrics
6:30 Review Weekly Highlights

11 10:00 B-Fit
11:00 Daily Chronicle
2:00 Water color fun
3:00 Basketball
3:30 Resident's Council AR
4:15 Name That Tune
6:30 Trivia

12 10:00 B-Fit
11:00 Daily Chronicle
2:00 What Is This
3:00 Bowling
4:15 Classical Jazz
6:30 Look Back In History

13 10:00 B-Fit
11:00 Brookdale Celebrations:AR
Music of our lives
11:00 50's and 60's music
2:00 Putting it together
3:00 Bowling
4:15 Music Memories AR
6:30 Meditation

14 Flag Day
10:00 Bible Study AR
11:00 B Fit
2:00 Gardening
3:00 Parachute Toss
4:15 Karoke AR
6:30 Show Tunes

15 10:00 B-Fit
11:00 Daily Chronicle
2:00 Kitchen Creations
2:30 Happy Hour
3:00 Golf
6:30 Today In History

16 10:00 B-Fit
11:00 Daily Chronicle
2:00 Mind Stretches
3:00 Toss Across
4:15 Piano Playing AR
6:30 Movie Night

17 Father's Day
10:00 B-Fit
11:00 Daily Chronicle
2:00 Bingo
3:00 Balloon Badminton
4:15 Finish the lyrics
6:30 Review Weekly Highlights

18 10:00 B-Fit
11:00 Daily Chronicle
2:00 Water color fun
3:00 Basketball
4:15 Name That Tune
6:30 Trivia

19 10:00 B-Fit
11:00 Daily Chronicle
2:00 What Is This
3:00 Bowling
4:15 Classical Jazz
6:30 Look Back In History

20 10:00 B-Fit
11:00 Daily Chronicle
2:00 Putting it together
3:00 Bowling
4:15 Music Memories AR
6:30 Meditation

21 Summer Solstice
10:00 Bible Study AR
11:00 B Fit
2:00 Gardening
3:00 Parachute Toss
4:15 Karoke AR
6:00 ALzheimer's Support MR
Group
6:30 Show Tunes

22 10:00 B-Fit
11:00 Daily Chronicle
2:00 Kitchen Creations
2:30 Happy Hour
3:00 Golf
6:30 Today In History

23 10:00 B-Fit
11:00 Daily Chronicle
2:00 Mind Stretches
3:00 Toss Across
4:15 Piano Playing AR
6:30 Movie Night

24 10:00 B-Fit
11:00 Daily Chronicle
2:00 Bingo
3:00 Balloon Badminton
4:15 Finish the lyrics
6:30 Review Weekly Highlights

25 10:00 B-Fit
11:00 Daily Chronicle
12:00 Brookdale Celebrates:
Inspired Meal
2:00 Water color fun
3:00 Basketball
4:15 Name That Tune
6:30 Trivia

26 10:00 B-Fit
11:00 Daily Chronicle
2:00 What Is This
3:00 Bowling
4:15 Classical Jazz
6:30 Look Back In History

27 10:00 B-Fit
11:00 Daily Chronicle
2:00 Putting it together
3:00 Bowling
4:15 Music Memories AR
6:30 Meditation

28 10:00 Bible Study AR
11:00 B Fit
2:00 Gardening
3:00 Parachute Toss
4:15 Karoke AR
6:30 Show Tunes

29 10:00 B-Fit
11:00 Daily Chronicle
2:00 Kitchen Creations
2:30 Happy Hour
3:00 Golf
6:30 Today In History

30 10:00 B-Fit
11:00 Daily Chronicle
2:00 Mind Stretches
3:00 Toss Across
4:15 Piano Playing AR
6:30 Movie Night

THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
10:00 B-Fit Exercise
11:15 Refreshments
11:30 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
12:00 Lunch
1:45 Creative/Crafts/Art and Clustered Groups
2:30 Physical
3:00 Refreshments
3:30 Music/ Intergenerational
5:00 Dinner
6:00 Sensory/News and Reading Groups
6:30 Refreshments

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

LOCATION KEY

- AR - Activity Room
LB - Lobby
DR - Dining Room
BUS - BUS
CY - Courtyard
MR - Media Room

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



brookdale.com

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.