

S M T W Th F S

Brookdale Hilton Head
15 Main St Hilton Head
Hilton Head Island, SC 29926
(843) 342-6565 | brookdale.com



LOCATION KEY

200	200 Hall	100	100 Hall
VS	Village Square	Bar	Bar
AH	Assembly Hall	300	300 Hall
Lib	Library	DR	IL Dining Room
FP	Front Porch	US	Upstairs Common Area
CH	Chapel	DSD	Downstairs Dining Room

License Number

<p>03</p> <p>10:30 Worship Service CH 11:00 Walking Club 200 2:30 Porch Time Social FP 4:00 Sunday Evening Board Games 100 6:30 Movie Night 200</p>	<p>04</p> <p>10:30 B-Fit DSD 11:00 Bible Study w/ Barbara CH 1:30 Walmart 2:30 Sundaes on Mondays FP 3:30 My Life Story! 200 4:00 Canasta AH</p>	<p>05</p> <p>9:30 Catholic Communion CH 10:30 B Fit AH 11:15 LB:Skull Creek Boathouse 2:00 Flex Your Brain 200 3:30 Music with Desi P. DSD 4:00 Happy Hour DSD 6:30 It's Scrabble Time! US</p>	<p>06</p> <p>10:30 B-Fit DSD 11:15 Flex Your Brain 200 1:30 Entertainment w/ Jim P. US 2:30 Bingo AH 3:30 Crosswords AH 4:15 Sign Language Discovery AH 6:15 Poker w/Bruce Lib</p>	<p>07</p> <p>BREAKFAST BUFFET 10:00 Church Service w/ Pastor Ron Atkinson AH 11:15 Current Events AH 1:30 Garden Club Meeting 100 2:00 Menu Chat with Derek! US 2:30 Shelter Cove Shopping AH 4:30 Spiro100: Chair Yoga AH</p>	<p>08</p> <p>10:30 B-Fit DSD 11:00 Music w/ Debbie Darling DSD 1:30 Publix 3:00 Trivia Time! AH 4:00 Happy Hour Bar 6:30 Friday Night Flick 200</p>	<p>09</p> <p>10:30 B Fit AH 11:00 Let's Chat! Bar 2:00 BINGO DSD 3:30 Cards with friends Bar 6:30 Movie Time 200</p>
<p>10</p> <p>10:30 Worship Service CH 11:00 Walking Club 200 2:30 Porch Time Social FP 4:00 Sunday Evening Board Games 100 6:30 Movie Night 200</p>	<p>11</p> <p>10:00 Hos-Pets VS 10:30 B-Fit DSD 11:00 Bible Study w/ Barbara CH 1:30 Walmart 2:00 Movie Matinee Monday! 200 2:30 Sundaes on Mondays FP 4:00 Canasta AH</p>	<p>12</p> <p>9:30 Catholic Communion CH 10:30 B Fit AH 11:15 LB:Ruan Thai Hut 2:00 Flex Your Brain 200 2:30 Bookmobile Visit FP 4:00 Happy Hour DSD 6:30 It's Scrabble Time! US</p>	<p>13</p> <p>10:30 B-Fit DSD 11:15 Flex Your Brain 200 2:00 Bingo AH 3:15 Crosswords AH 4:00 BC: Name that Tune! AH 6:30 Poker Club Bar</p>	<p>14 Flag Day</p> <p>BREAKFAST BUFFET 10:00 Church Service w/ Pastor Ron Atkinson AH 11:15 Current Events AH 1:30 Book Club Meeting US 2:30 Stroll to the Library AH 4:15 Spiro100: Focus on Balance AH</p>	<p>15</p> <p>10:30 B-Fit DSD 1:30 Publix 3:00 Trivia Time! AH 4:00 Happy Hour Bar 4:00 Music with Brian Cossachi Bar 4:00 June Bday Celebration! Bar 6:30 Friday Night Flick 200</p>	<p>16</p> <p>10:30 B Fit AH 11:00 Let's Chat! Bar 2:00 BINGO DSD 3:30 Cards with friends Bar 6:30 Movie Time 200</p>
<p>17 Father's Day</p> <p>10:30 Worship Service CH 11:00 Walking Club 200 2:30 Porch Time Social FP 4:00 Sunday Evening Board Games 100 6:30 Movie Night 200</p>	<p>18</p> <p>10:30 B-Fit DSD 11:00 Bible Study w/ Barbara CH 1:30 Walmart 2:00 Entertainment with Jim Peppers DSD 2:30 Sundaes on Mondays FP 4:00 Canasta AH</p>	<p>19</p> <p>9:30 Catholic Communion CH 10:30 B Fit AH 11:15 LB:Carolina Crab Company 2:00 Flex Your Brain 200 4:00 Happy Hour DSD 4:00 Music with Elvis! DSD 6:30 It's Scrabble Time! US</p>	<p>20</p> <p>10:30 B-Fit DSD 11:15 Flex Your Brain 200 2:00 Bingo AH 3:15 Music with Southern Gratitude DSD 3:15 Crosswords AH 4:15 Sign Language Discovery AH 6:15 Poker w/Bruce Lib</p>	<p>21 Summer Solstice</p> <p>BREAKFAST BUFFET 10:00 Church Service w/ Pastor Ron Atkinson AH 11:15 Current Events AH 1:30 Garden Club Meeting 100 2:00 Menu Chat with Derek! US 3:30 Resident Council AH 4:30 Chair Dancing Exercises AH</p>	<p>22</p> <p>10:30 B-Fit DSD 11:15 Programs Chat! AH 1:30 Publix 3:00 Trivia Time! AH 4:00 Brookdale Celebrates: Music of Our Lives Happy Hour Bar 6:30 Friday Night Flick 200</p>	<p>23</p> <p>10:30 B Fit AH 11:00 Let's Chat! Bar 2:00 BINGO DSD 3:30 Cards with friends Bar 6:30 Movie Time 200</p>
<p>24</p> <p>10:30 Worship Service CH 11:00 Walking Club 200 2:30 Porch Time Social FP 4:00 Sunday Evening Board Games 100 6:30 Movie Night 200</p>	<p>25</p> <p>10:30 B-Fit DSD 11:00 Bible Study w/ Barbara CH 1:30 Walmart 2:00 Movie Matinee Monday! 200 2:30 Sundaes on Mondays FP 4:00 Canasta AH</p>	<p>26</p> <p>9:30 Catholic Communion CH 10:30 B Fit AH 11:15 LB:Chow Daddy's 2:00 Flex Your Brain 200 2:30 Bookmobile Visit FP 4:00 Happy Hour DSD 4:00 Music With Bill Arno DSD 6:30 It's Scrabble Time! US</p>	<p>27</p> <p>10:30 B-Fit DSD 11:15 Flex Your Brain 200 2:00 Bingo AH 3:15 Crosswords AH 4:15 Military Appreciation Discussion/Outreach AH 6:30 Poker Club Bar</p>	<p>28</p> <p>BREAKFAST BUFFET 10:00 Church Service w/ Pastor Ron Atkinson AH 11:15 Current Events AH 1:30 Book Club Meeting US 2:30 Dollar Tree Outing AH 4:15 Spiro100: Strength Class AH</p>	<p>29</p> <p>10:30 B-Fit DSD 1:30 Publix 3:00 Trivia Time! AH 4:00 Sip and Learn: Optimum Life Wellness Event-Reducing Fall Risk AH 6:30 Friday Night Flick 200</p>	<p>30</p> <p>10:30 B Fit AH 11:00 Let's Chat! Bar 2:00 BINGO DSD 3:30 Cards with friends Bar 6:30 Movie time 200</p>

COMMUNITY CONNECTIONS



brookdale.com

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!



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.