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### 01

8:30 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Activity Cart  
 1:00 Variety Games DR  
 2:30 Ipad Exploration 1AR  
 3:00 Arts/Crafts 1AR

### 02

**Election Day**

8:30 Daily Chronicle Rm  
 10:15 Gardening DR  
 11:00 1:1 Discussions Rm  
 1:00 Trivia DR  
 1:30 Activity Cart Rm  
 2:00 *Mass w/ Father Miguel* 2AR  
 2:30 Tea Time and Chat 1AR

### 03

8:30 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Activity Cart Rm  
 11:30 Bingo DR  
 1:00 1:1 Visits Rm  
 2:30 Wine Down Wednesday DR  
 6:00 Resident Led Scrabble 1AR

### 04

8:30 Daily Chronicle Rm  
 10:00 *Catalina Foothills Church Service w/* 2AR  
 11:00 Trivia DR  
 1:00 Ted Talks AR  
 1:30 Activity Cart Rm  
 2:30 Let's Draw Together! 1AR

### 05

9:15 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 My Life Story 1AR  
 1:00 Menu Chat 1AR  
 2:00 Short Stories DR  
 3:00 Charades DR  
 6:00 Res. Led Spiritual Practice DR

### 06

9:15 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Bingo DR  
 1:30 Activity Cart Rm  
 2:00 Flex Your Brain 1AR  
 3:00 Adult Coloring & Chat 1AR  
 4:00 Resident Led Card Games 1AR

### 07

**Daylight Saving Time Ends**

10:15 Daily Chronicle Rm  
 10:45 B-Fit in Room Rm  
 11:15 1:1 Activities Rm  
 1:00 Weekly Check-in Rm  
 2:00 Activity Cart Rm  
 3:00 *Music w/ David Prouty* 1AR

### 08

8:30 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Activity Cart  
 1:00 Variety Games DR  
 2:30 Ipad Exploration 1AR  
 3:00 Arts/Crafts 1AR

### 09

8:30 Daily Chronicle Rm  
 10:15 Gardening DR  
 10:30 Resident Council 1AR  
 11:00 1:1 Discussions Rm  
 1:00 Trivia DR  
 1:30 Activity Cart Rm  
 2:00 B-Fit in Room DR  
 2:30 Tea Time and Chat DR

### 10

8:30 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Activity Cart Rm  
 11:30 Bingo DR  
 1:00 1:1 Visits Rm  
 2:30 Wine Down Wednesday DR  
 6:00 Resident Led Puzzles 1AR

### 11

**Veterans Day**

8:30 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 *Music w/ Joe Bucci Veteran's Day Special* 1AR  
 1:00 Throwback Thursday DR  
 1:30 Activity Cart Rm  
 2:30 Let's Write Together! 1AR

### 12

9:15 Daily Chronicle Rm  
 11:00 Activity Cart Rm  
 1:00 **Resident Engagement Chat** 1AR  
 2:00 Short Stories DR  
 3:00 Charades DR  
 6:00 Res. Led Spiritual Practice DR

### 13

9:15 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Bingo DR  
 1:30 Activity Cart Rm  
 2:00 Flex Your Brain 1AR  
 3:00 Adult Coloring & Chat 1AR  
 4:00 Resident Led Card Games 1AR

### 14

10:15 Daily Chronicle Rm  
 10:45 B-Fit in Room Rm  
 11:15 1:1 Activities Rm  
 1:00 Weekly Check-in Rm  
 2:00 Rootbeer & Games  
 3:30 Activity Cart Rm

### 15

8:30 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Activity Cart  
 1:00 Variety Games DR  
 2:30 Ipad Exploration 1AR  
 3:00 Arts/Crafts 1AR

### 16

8:30 Daily Chronicle Rm  
 10:15 Gardening DR  
 11:00 1:1 Discussions Rm  
 1:00 Trivia DR  
 1:30 Activity Cart Rm  
 2:00 *Music w/ David Prouty* 1AR  
 2:30 Tea Time and Chat DR

### 17

8:30 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Activity Cart Rm  
 11:30 Bingo DR  
 1:00 1:1 Visits Rm  
 2:30 **Wine Down Wednesday** DR  
 6:00 Resident Led Card Games 1AR

### 18

8:30 Daily Chronicle Rm  
 10:00 *Christian Church Service* 2AR  
 10:30 B-Fit in Room Rm  
 11:00 Trivia DR  
 1:00 Ted Talks DR  
 1:30 Activity Cart Rm  
 2:30 Let's Draw Together! 1AR

### 19

9:15 Daily Chronicle Rm  
 11:00 Activity Cart Rm  
 1:00 **Health Talk** 1AR  
 2:00 Short Stories 1AR  
 3:00 Charades 1AR  
 6:00 Res. Led Spiritual Practice 1AR

### 20

9:15 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Bingo DR  
 1:30 Activity Cart Rm  
 2:00 Flex Your Brain 1AR  
 3:00 Adult Coloring & Chat 1AR  
 4:00 Resident Led Card Games 1AR

### 21

10:15 Daily Chronicle Rm  
 10:45 B-Fit in Room Rm  
 11:15 1:1 Activities Rm  
 1:00 Weekly Check-in Rm  
 1:30 Activity Cart Rm  
 2:00 Turkey Tail 1AR  
 3:00 *Music w/ David Prouty* 1AR

### 22

8:30 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 10:30 Morning Meditation 1AR  
 11:00 Variety Games 1AR  
 1:00 Activity Cart Rm  
 1:30 Ipad Exploration 1AR  
 2:15 Turkey Call Contest 1AR

### 23

8:30 Daily Chronicle Rm  
 10:15 Cornucopia Filling 1AR  
 11:00 1:1 Discussions Rm  
 1:00 Trivia 1AR  
 1:30 Activity Cart Rm  
 2:00 B-Fit in Room 1AR  
 2:30 Tea Time and Chat 1AR

### 24

8:30 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Activity Cart Rm  
 11:30 Bingo 1AR  
 1:00 1:1 Visits Rm  
 2:30 Thankfulness Exercise 1AR  
 3:30 *Stand-Up Comedy With Candy the Comedian* 2AR

### 25

**Thanksgiving**

8:30 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 10:30 Activity Cart Rm  
 11:00 Thanksgiving Trivia 1AR  
 1:00 Reminisce and Sip 1AR  
 2:00 Thankful Craft 1AR  
**Family Gatherings**

### 26

9:15 Daily Chronicle Rm  
 11:00 Activity Cart Rm  
 1:00 Welcome Ambassadors 1AR  
 2:00 Short Stories DR  
 3:00 Charades DR  
 6:00 Res. Led Spiritual Practice DR

### 27

9:15 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Bingo DR  
 1:30 Activity Cart Rm  
 2:00 Flex Your Brain 1AR  
 3:00 Adult Coloring & Chat 1AR  
 4:00 Resident Led Card Games 1AR

### 28

10:15 Daily Chronicle Rm  
 10:45 B-Fit in Room Rm  
 11:15 1:1 Activities Rm  
 1:00 Weekly Check-in Rm  
 2:00 Rootbeer & Games  
 3:30 Activity Cart Rm

### 29

**Hanukkah**

8:30 Daily Chronicle Rm  
 10:00 B-Fit in Room Rm  
 11:00 Activity Cart  
 1:00 Variety Games DR  
 2:30 Ipad Exploration 1AR  
 3:00 Arts/Crafts 1AR

### 30

8:30 Daily Chronicle Rm  
 10:15 Gardening DR  
 11:00 1:1 Discussions Rm  
 1:00 Trivia DR  
 1:30 Activity Cart Rm  
 2:00 B-Fit in Room DR  
 2:30 Tea Time and Chat DR

**Brookdale Santa Catalina**  
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### LOCATION KEY

2LR 2nd Floor Living Room  
 DR 1st Floor Dining Room  
 Bus Sign up w/Activity Staff  
 Rm Individual Room Visits  
 HAL 1st Floor Hall-Act. Staff  
 2AR 2nd Floor Activity Room  
 3LR 3RD FL LIVING ROOM  
 1AR 1st Floor Activity Room

# Health and Wellness

## Getting a Good Night's Sleep



Sleep is where the body and mind are repaired, reordered and readied for the next day. Going without adequate amounts of sleep won't just leave you tired and irritable, it can be a detriment to your overall well-being.

Not only does the quantity of your sleep matter, but the quality of your sleep is important as well. People whose sleep is frequently interrupted or cut short might not get enough of certain stages of sleep. In other words, how well rested you are and how well you function the next day depend on your total sleep time

and how much of the various stages of sleep you get each night.

### Physical Benefits

Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke.

Source: <https://medlineplus.gov/healthysleep.html>

### Mental Benefits

Getting enough quality sleep at the right times helps you function well mentally throughout the day. People who are sleep deficient are less productive. They take longer to finish tasks, have a slower reaction time, and make more mistakes. After several nights of losing sleep—even a loss of just 1–2 hours per night, your ability to function suffers as if you haven't slept at all for a day or two.

According to the National Sleep Foundation, as people age they tend to have a harder time falling asleep and more trouble staying asleep than when they were younger. It is a common misconception that sleep needs decline with age. Older adults need about the same amount of sleep as all adults—7 to 8 hours each night.

Source: <https://www.sleepfoundation.org/how-sleep-works/why-do-we-need-sleep>

### Tips for Better Sleep

- Exercise regularly
- Go to bed and rise around the same time every day
- Keep your bedroom cool
- Avoid looking at your phone or tablet right before bed
- Eat—but not too much
- Avoid excessive alcohol and caffeine
- Relax before bed
- Get checked by your doctor if you have continued trouble sleeping

Source: <https://medlineplus.gov/healthysleep.html>

## Wellness Challenge

### Optimum Life Inspiration

Try a deep breathing exercise before going to bed. Sit upright in a chair and place both feet flat on the floor and rest your hands on top of your legs. Close your eyes and then inhale slowly and deeply, then exhale. Repeat this exercise until you are feeling completely relaxed.

*Be Well on Purpose!*

## Brookdale News

### National Alzheimer's Disease Awareness Month



Each November Brookdale Senior Living joins the rest of the nation in recognizing National Alzheimer's Disease Awareness Month. Although we are focused on the care of people living with dementia, including Alzheimer's disease all year, it is a special time for us to contribute in a larger way to both raise awareness and promote research for the cure and a better quality of life for those living with the disease.

We recognize that with the most recent estimates pointing to more than 6 million Americans living with Alzheimer's and that this number is projected to rise to nearly 13 million by 2050, raising awareness of the disease is a very important mission. As the nation's largest dementia care organization, Brookdale Senior Living has long been a leading fundraiser of the Alzheimer's Association. Brookdale has held specific fundraisers annually and has participated in hundreds of local The Walk to End Alzheimer's™ events, which is the world's largest event to generate awareness and funds for Alzheimer's care, support and research, throughout the country.

Despite the global pandemic, in 2020, Brookdale was proud to raise over 1 million dollars for the Walk to End Alzheimer's Program through the Alzheimer's Association. Since 2008, Brookdale has raised more than \$19 Million for the organization as a National Walk to End Team. This year, Brookdale is on target to raise over \$1 million for the organization.

Our goal at Brookdale continues to be to improve quality of care and outcomes across all our care settings, including quality of life and the lived experience of persons with dementia and their caregivers.

## An Engaged Life



Pat McKinney has always had a heart for service, having begun her nursing career at a young age. Pat completed nursing school when her youngest son was born. She worked in home health going to homes without indoor plumbing and seeing AIDs patients when not much was known about the disease. Later, she was the first hospice nurse in Iredell County, NC and helped develop nursing protocols.

A native of Wales, Pat now uses what she loves to serve others at Brookdale Peachtree in Statesville, NC. She leads group discussions about her time in Wales and her love of the Royal Family, sharing her many magazines and pieces of memorabilia on the topic. Pat also enjoys walking through the community, checking in with residents to ensure they are doing well. Recently on her "rounds," she came upon a resident who had fallen. Pat helped in providing sound nursing advice to the staff, and gently approached the resident to check the resident's pulse while comforting her with encouraging words.

Pat provides us all with a wonderful example about living an engaged life, with the key being this – do things that drive your passion and keep you engaged – and share that passion with others.