

# June 2018

**Brookdale North Scottsdale**  
 15436 North 64th Street  
 Scottsdale, AZ 85254  
 (480) 948-6950 | brookdale.com

Assisted Living  
 All activities are subject to change.

**LOCATION KEY**

- 2L - 2nd Floor Lounge
- 1L - 1st Floor Lounge
- CA - Cantina
- GR - Game Room
- DR - Dining Room
- AR - Activity Room
- LI - Library
- CY - Courtyard
- FL - Front Lobby
- CB - Clare Bridge
- BL - Billiards Room

**1 FRIDAY**

- 9:00 B-Fit 2L
- 10:00 Residents Weigh - in 2F
- 10:15 Group Crossword Puzzle 1L
- 11:00 Jewish Service w/ Hannah 1L
- 1:30 Canasta 2L
- 2:30 *Mix & Mingle/Sharon Sing* FL
- 6:00 *Working Puzzles* GR
- 6:30 *Poker* GR
- 6:30 *Evening Movie* GR

**2 SATURDAY**

- 9:00 *B-Fit* 2L
- 10:00 Shopping Target FL
- 1:30 Matinee Movie 2L
- 1:30 Games of Plenty w/ Katie LI
- 3:00 Bingo with George 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Poker* GR
- 6:30 *Evening Movie* 2L

**3 SUNDAY**

- Church Outings* FL
- 10:30 Walking Club FL
- 1:30 My Life Story LI
- 3:00 La Casa Church Service 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**4 MONDAY**

- 9:00 Communion 2L
- 9:30 B-Fit 2L
- 10:00 Resident's Weigh-In 1F
- 10:00 Yoga w/ Melanie 2L
- 10:30 You Be The Judge LI
- 1:30 Kick' n it with Nicole LI
- 2:00 Bingo with George 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**5 TUESDAY**

- Happy Birthday Robert K.*
- 9:00 B-Fit 2L
- 10:30 Trivia with Kelly LI
- 1:30 Cribbage GR
- 2:30 Dave Swaim FL
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**6 WEDNESDAY**

- 9:00 B-Fit 2L
- 10:00 Fry's Shopping Trip FL
- 11:30 *Birthday Celebration* DR
- 12:00 *April Yeager Sings*
- 10:00 *The Original Movie "Gone with the Wind"!* 2L
- 1:30 *"Gone with the Wind PT 2"* 2L
- 2:00 Bingo 1L
- 3:00 Danielle Plays Harp LI
- 3:30 Choir Practice 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Evening Movie* 2L

**7 THURSDAY**

- 9:00 B-Fit 2L
- 10:00 Yoga w/ Melanie 2L
- 1:00 Arm Chair Travel 2L
- 1:30 Beading w/ Sharon LI
- 3:45 Discussion LI
- 6:00 *Working Puzzles* GR
- 6:30 *Evening Movie* GR
- 6:30 *Rosary* LI

**8 FRIDAY**

- 9:00 B-Fit 2L
- 10:15 Group Crossword Puzzle 1L
- 11:30 New Comer's Lunch DR
- 1:30 Canasta 2L
- 2:30 Mix and Mingle Ralph G. 1L
- 4:00 Dinner at Evo Italian Restaurant
- 6:00 *Working Puzzles* GR
- 6:30 *Poker* GR
- 6:30 *Evening Movie* 2L

**9 SATURDAY**

- Happy B-Day Jeanne S.*
- 9:00 B-Fit 2L
- 10:00 Shopping Dollar Tree FL
- 1:30 Matinee Movie 2L
- 1:30 Discussion w/ Katie LI
- 3:00 Bingo with George 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* 2L
- 6:30 *Evening Movie* 2L

**10 SUNDAY**

- Church Outings* FL
- 10:30 Walking Club FL
- 1:30 Ageless Spirit LI
- 3:00 Emanuel Bible Church 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**11 MONDAY**

- 9:00 Communion 2L
- 9:30 B-Fit 2L
- 10:00 Yoga w/Melanie 2L
- 10:30 Coffee Chat LI
- 1:30 Discussion LI
- 2:00 Bingo with George 1L
- 6:00 *Games of Plenty* GR
- 6:30 *Working Puzzles* GR
- 6:30 *Evening Movie* 2L

**12 TUESDAY**

- 9:00 B-Fit 2L
- 10:30 Trivia with Kelly LI
- 11:00 Hearing Aid Clinic LI
- 1:30 *IPAD -Researching Family History w/ Will* 1L
- 2:30 Paul Lubben plays Piano FL
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**13 WEDNESDAY**

- Happy Birthday Paul B.*
- 9:00 B-Fit 2L
- 10:00 Fry's Shopping Trip FL
- 11:30 Men's Pizza & Beer/Karl CA
- 11:30 *Dbacks vs. Pirates Game* FL
- 2:00 Bingo 1L
- 3:30 Choir Practice 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**14 THURSDAY**

- Flag Day*
- 9:00 B-Fit 2L
- 10:00 Yoga w/ Melanie 2L
- 11:00 Menu Chat 1L
- 1:30 Movies, Stars and More 1L
- 2:30 *Flag Day Social* FL
- 6:00 *Working Puzzles* GR
- 6:30 *Evening Movie* 2L
- 6:30 *Rosary* LI

**15 FRIDAY**

- 9:00 B-Fit 2L
- 10:15 Group Crossword Puzzle 1L
- 11:30 *Welcome Committee Lunch* CR
- 1:30 Canasta 2L
- 2:30 Mix and Mingle w/ Peter 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Poker* GR
- 6:30 *Evening Movie* 2L

**16 SATURDAY**

- 9:00 B-Fit 2L
- 10:00 Shopping Goodwill FL
- 1:30 Matinee Movie 2L
- 3:00 Bingo with George 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**17 SUNDAY**

- Father's Day*
- Church Outings* FL
- 10:30 Walking Club FL
- 1:30 Let's talk sports w/Alex CA
- 3:00 La Casa Church Service LI
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**18 MONDAY**

- Happy Birthday Gerry G.*
- 9:00 Communion 2L
- 9:30 B-Fit 2L
- 10:00 Yoga w/ Melanie 2L
- 10:30 You be the Judge LI
- 11:00 *Brookdale Health Chat w/ Nurse Jenelle* LI
- 1:30 Discussion w/ Katie LI
- 2:00 Bingo with George 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**19 TUESDAY**

- 9:00 B-Fit 2L
- 10:30 Trivia with Kelly LI
- 1:30 Cribbage LI
- 2:00 *Town Hall Meeting* 1L
- 3:00 Michael Elijah/ Keyboard FL
- 4:00 *Remy Day* FL
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**20 WEDNESDAY**

- Happy Birthday Shirley S*
- 9:00 B-Fit 2L
- 9:45 Mary Kay Makeover LI
- 10:00 Fry's Shopping Trip FL
- 11:30 Macaroni Grill Outing FL
- 2:00 Bingo 1L
- 2:30 Java Sing-a-long LI
- 3:30 Choir Practice 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**21 THURSDAY**

- Summer Solstice*
- 9:00 B-Fit 2L
- 10:00 Yoga w/Melanie 2L
- 10:30 *Resident Council Meeting* CR
- 1:00 Arm Chair Travel 2L
- 4:30 *Family Night Dinner* DR
- 6:00 *Working Puzzles* GR
- 6:30 *Evening Movie* 2L
- 6:30 *Rosary* LI

**22 FRIDAY**

- 9:00 B-Fit 2L
- 10:15 Group Crossword Puzzle 1L
- 1:30 Canasta 2L
- 2:30 *Mix and Mingle Klaus Sanders/piano* 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Poker* 1L
- 6:30 *Evening Movie* 2L

**23 SATURDAY**

- 9:00 B-Fit 2L
- 10:00 Shopping Walmart FL
- 1:30 Matinee Movie 2L
- 1:30 Discussion w/ Katie LI
- 3:00 Bingo with George 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**24 SUNDAY**

- Church Outings* FL
- 10:30 Walking Club FL
- 1:30 On This Day LI
- 3:00 Emanuel Bible Church 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**25 MONDAY**

- 9:00 Communion 2L
- 9:30 B-Fit 2L
- 10:00 Yoga w/ Melanie 2L
- 10:30 You Be The Judge LI
- 1:30 Discussion LI
- 2:00 Bingo with George 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Night* 2L

**26 TUESDAY**

- Happy Birthday Marty N.*
- 9:00 B-Fit 2L
- 11:00 Casino Outing FL
- 1:30 Cribbage GR
- 3:00 Lorenzo Drum Circle FL
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**27 WEDNESDAY**

- 9:00 B-Fit 2L
- 10:00 Fry's Shopping Trip FL
- 11:30 Carlos O'Brien Outing FL
- 2:00 Bingo 1L
- 2:30 Java -Sing - a-long LI
- 3:30 Choir Practice 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Game Of Plenty* GR
- 6:30 *Evening Movie* 2L

**28 THURSDAY**

- 9:00 B-Fit 2L
- 10:00 Yoga w/Melanie 2L
- 11:00 Menu Chat 1L
- 2:30 *Baking w/ Lisa & Lois* CB
- 6:00 *Working Puzzles* GR
- 6:30 *Evening Movie* 2L
- 6:30 *Rosary* LI

**29 FRIDAY**

- Happy Birthday Merle M.*
- 9:00 B-Fit 2L
- 10:15 Group Crossword Puzzle 1L
- 1:30 Canasta 2L
- 2:30 *Mix and Mingle DJ Jones sings* 1L
- 6:00 *Working Puzzles* GR
- 6:30 *Games of Plenty* GR
- 6:30 *Evening Movie* 2L

**30 SATURDAY**

- 9:00 B-Fit 2L
- 10:00 Shopping Target FL
- 1:30 Matinee Movie 2L
- 3:00 Bingo with George 1L
- 6:00 *Working Puzzles* GR
- 6 *Poker* GR
- 6:30 *Evening Movie* 2L

## 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.