

August 2018

Brookdale North Scottsdale

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

Assisted Living
All activities are subject to change.

5 SUNDAY	Church Outings FL	6 MONDAY	Happy Birthday Eddie C. 9:00 Communion 2L	7 TUESDAY	Happy B-Day Samantha R. 9:00 B-Fit 2L	8 WEDNESDAY	Happy Birthday Edna 9:00 B-Fit 2L	9 THURSDAY	9:00 B-Fit 2L	10 FRIDAY	9:00 B-Fit 2L	11 SATURDAY	Happy Birthday Velma M 9:00 B-Fit 2L
	9:30 B-Fit 2L		9:30 B-Fit 2L		10:30 Flex Your Brain Trivia LI		9:00 B-Fit 2L		10:00 Yoga w/ Melanie 2L		10:00 Fry's Shopping Trip FL		9:00 B-Fit 2L
12 SUNDAY	Church Outings FL	13 MONDAY	9:00 Communion 2L	14 TUESDAY	Happy Birthday Dr. Royce 9:00 B-Fit 2L	15 WEDNESDAY	9:00 B-Fit 2L	16 THURSDAY	9:00 B-Fit 2L	17 FRIDAY	9:00 B-Fit 2L	18 SATURDAY	9:00 B-Fit 2L
	9:30 B-Fit 2L		9:30 B-Fit 2L		10:30 Flex Your Brain Trivia LI		9:45 Mary Kay Makeover LI		10:00 Yoga w/Melanie 2L		10:00 Fry's Shopping Trip FL		10:15 Group Crossword Puzzle 1L
19 SUNDAY	Church Outings FL	20 MONDAY	9:00 Communion 2L	21 TUESDAY	9:00 B-Fit 2L	22 WEDNESDAY	9:00 B-Fit 2L	23 THURSDAY	9:00 B-Fit 2L	24 FRIDAY	9:00 B-Fit 2L	25 SATURDAY	Happy Birthday Cynthia B 9:00 B-Fit 2L
	9:30 B-Fit 2L		9:30 B-Fit 2L		10:30 Flex Your Brain Trivia LI		1:00 Butterfly Wonderland FL		10:00 Yoga w/Melanie 2L		10:00 Fry's Shopping Trip FL		10:15 Group Crossword Puzzle 1L
26 SUNDAY	Church Outings FL	27 MONDAY	9:00 Communion 2L	28 TUESDAY	Happy Birthday Bea P. 9:00 B-Fit 2L	29 WEDNESDAY	9:00 B-Fit 2L	30 THURSDAY	9:00 B-Fit 2L	31 FRIDAY	9:00 B-Fit 2L	LOCATION KEY	2L - 2nd Floor Lounge
	9:30 B-Fit 2L		9:30 B-Fit 2L		10:30 Flex Your Brain Trivia LI		11:3 Carlos O'Brein FL		10:00 Fry's Shopping Trip FL		10:00 Yoga w/ Melanie 2L		10:15 Group Crossword Puzzle 1L

CA - Cantina	GR - Game Room	DR - Dining Room	AR - Activity Room	LI - Library	CY - Courtyard	FL - Front Lobby	CB - Clare Bridge	BL - Billiards Room
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COMMUNITY CONNECTIONS



brookdale.com

Health and Wellness

Live Your Optimum Life®: Fruits & Veggies – More Matters Month



However, many people don't eat enough fruits and vegetables:

- Fewer than 1 in 4 adults eat the recommended amount of fruits every day.
- Fewer than 1 in 7 adults eat the recommended amount of vegetables every day.

Next month is “Fruits & Veggies – More Matters Month”. We can use this month to raise awareness about the importance of getting enough fruits and vegetables in our daily diet.

Eating fruits and vegetables has many health benefits. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk for heart disease, Type 2 Diabetes, and some types of cancer. Eating healthy can also help prevent obesity and high blood pressure.

The good news is communities, health professionals, businesses, and families can work together to encourage people to eat more fruits and vegetables. Help spread the word about tips for healthy eating and encourage your family and friends to get involved.

Get Involved

- Post information about a different vegetable or fruit every week and include a quick and easy recipe in your community newsletter or bulletin.

- Help start or support a community garden.
- Conduct a cooking demonstration using recipes full of vegetables and fruits.
- Find a farmers market in your area.

More than 90 percent of both adults and children do not eat the amount of fruits and vegetables recommended by the latest Dietary Guidelines for Americans and the ChooseMyPlate.gov nutrition guide. Try to remember these two helpful tips to add more fruits and veggies into your diet:

1. Fill half your plate with fruits and vegetables at each meal or eating occasion
2. All forms (fresh, frozen, canned, dried and 100% juice) count toward your daily intake

Wellness Challenge

Eating more fruits and veggies can be fun – and it's worth it!

Here are some ideas to help you fit more fruits and vegetables into your day:

- Keep a bowl of fruit handy.
- When possible, cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
- Challenge yourself to try a new fruit or vegetable each week.
- Buy vegetables and fruits in a variety of colors.

Be Well on Purpose!



Brookdale News

Brookdale Launches New Online Newsroom



Want to stay “in the know” on all things Brookdale? Check out Brookdale’s new online newsroom at BrookdaleNews.com. BrookdaleNews.com is your source for everything happening at Brookdale. From local community stories to corporate initiatives and expert blogs, BrookdaleNews.com is your one-stop-shop to get all the information you want. Hear inspiring resident stories, meet passionate associates and learn more about local and national events. Read blogs from Brookdale experts on topics relevant to you, such as advancements in Alzheimer’s and dementia care, senior living industry insights and tips for living an Optimum Life. BrookdaleNews.com brings stories from the field and corporate office to life. It is candid, genuine and beneficial to anyone wanting to know what life is

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Wishes of a Lifetime

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



Helen Takes a Thrilling Ride

Florida resident Helen Takagi has not tamed her wild streak. The 95-year-old may seem reserved, but this petite thrill seeker has always wanted to ride a Harley-Davidson motorcycle.

Helen spent most of her life raising four children and volunteering in their schools. Later, she spent her life travelling wherever the wind took her. Now she teaches exercise classes at her assisted living community within Lake Port Square and plays pool on her off time.

Wish of a Lifetime and Brookdale were thrilled to grant Helen’s unique and daring wish. She finally got a true Harley experience December 21. Leesburg’s Gator Harley Davidson made sure that Helen was riding in style, supplying her with a black and white riding vest, sunglasses and riding gloves so that she looked “like a true biker babe,” Helen said.

Helen hit the road on a brand new 2018 Harley Davidson Ultra Limited driven by one of the company’s employees, Johnny Malik. They took a scenic ride around Lake Harris and even swung by Lake Port Square to greet her friends.