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November 2018

Brookdale North Scottsdale

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



THE DAILY PATH

UPCOMING EVENTS

- 8:00 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 10:45 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 1:45 Creative/Crafts/Art and Clustered Groups
- 2:15 Physical
- 3:15 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 6:30 Sensory/News and Reading Groups
- 7:00 Refreshments

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

LOCATION KEY

- FR - Family Room
- AR - Activity Room
- MB - Main Building
- ID - In Doors
- OD - Out Doors
- DR - Dining Room
- B - Bistro
- V - Van
- S - Solace Room

License Number

01

Happy Birthday Lilianna M.!
 10:45 On this Day... AR
 11:00 Step In Style AR
 1:45 Java Club AR
 2:30 Coffee Chat B
 3:45 Soothing Hands AR
 6:30 Reading Group FR

02

11:00 Jewish Service FR
 11:00 Step In Style AR
 1:45 Folding Club AR
 2:15 Walking Club ID
2:30 Entertained by Kristina At Happy Hour MB
 3:45 Friday Matinee Show FR

03

10:45 Trivia AR
 11:00 Pampering Time AR
 1:45 Creative Coloring AR
 2:15 Walking Club ID
2:30 D.J. Jones MB
 3:30 Sing-A-Long FR
 6:30 Reading The Paper FR

04

Daylight Saving Time Ends

10:45 Trivia AR
 11:00 Pampering Time AR
 1:45 Folding Club AR
2:30 Debbie Plays The Piano AR
 3:45 Soothing Hands AR
 6:30 Sunday Funday ComedyFR

05

Happy Birthday Jessica F.!

9:30 Catholic Church ServiceFR
 10:45 Step In Style AR
11:30 Lunch at Perks V
 2:30 Playing Bingo AR
 3:45 Monday Manicures AR
 6:30 Reading Group FR

06

Election Day

10:45 Mind Benders AR
 11:00 Step In Style AR
 1:45 Folding Club AR
 2:15 Walking Club ID
2:30 Dave S. Entertains Us MB
 3:45 Soothing Hands AR
 6:30 Reading Group FR

07

10:30 Harpist Plays Music AR
 11:00 Step In Style AR
 1:45 Small Groups AR
2:00 Nov. Birthday Social w/Dan The Music ManAR
 3:45 Relaxing T.V. FR
 6:30 Bed Time Bonanza FR

08

10:45 On this Day... AR
 11:00 Step In Style AR
 1:45 Small Groups AR
 2:15 Walking Club ID
2:30 Pre-Veteran's Bash (Belly Dancers) MB
 4:15 Relaxing T.V. FR

09

10:45 Finish That Song AR
 11:00 Step In Style AR
 1:45 Folding Club AR
 2:15 Walking Club ID
2:30 Entertained by Chris At Happy Hour MB
 3:45 Friday Matinee Show FR

10

10:45 Arm Chair Travel AR
 11:00 Pampering Time AR
 1:45 Creative Coloring AR
 2:30 Red Hatter's Tea Party Social B
 3:30 Sing-A-Long FR
 6:30 Reading the Paper FR

11

Veterans Day

10:45 Trivia AR
 11:00 Pampering Time AR
 1:45 Folding Club AR
2:30 Debbie Plays The Piano AR
2:45 Veteran's Day Social AR
 6:30 Sunday Funday ComedyFR

12

9:30 Catholic Church ServiceFR
 10:45 Step In Style AR
11:30 Lunch Humble Pie V
2:30 Baking A Desert With Jenny B
 3:45 Soothing Hands AR
 6:30 Reading Group FR

13

10:45 Breain Teasers AR
 11:00 Step In Style AR
 1:45 Folding Club AR
 2:15 Walking Club ID
2:30 Paul L. Entertains Us MB
 3:45 Soothing Hands AR
 6:30 Reading Group FR

14

10:45 Name That Song AR
 11:00 Step In Style AR
11:30 Men's Pizza & Beer MB
 1:45 Small Groups AR
2:30 Baking w/Beronica B
 3:45 Relaxing T.V. FR
 6:30 Bed Time Bonanza FR

15

Happy Birthday Bunny & Lilia!
 10:45 On this Day... AR
 11:00 Step In Style AR
2:30 Jenny Plays The Piano AR
3:30 Autumn Festival (Theme Dinner) MB
 6:30 Relaxing T.V. FR

16

10:45 Name That Tune AR
 11:00 Step In Style AR
 1:45 Folding Club AR
 2:15 Walking Club ID
2:30 Entertained by Jay At Happy Hour MB
 3:45 Friday Matinee Show FR

17

10:45 Exercising The Brain AR
 11:00 Pampering Time AR
 1:45 Creative Coloring AR
 2:15 Walking Club ID
2:30 Broadway Babies Entertain Us MB
 6:30 Reading The Paper FR

18

10:45 Trivia AR
 11:00 Pampering Time AR
 1:45 Folding Club AR
2:30 Debbie Plays The Piano AR
 3:45 Soothing Hands AR
 6:30 Sunday Funday ComedyFR

19

9:30 Catholic Church ServiceFR
 10:45 Step In Style AR
11:30 Lunch at McDonald's V
 2:30 Playing Bingo AR
 3:45 Monday Manicures AR
 6:30 Watching The I Love Lucy Show FR

20

10:45 Trivia AR
 11:00 Step In Style AR
 1:45 Folding Club AR
2:00 Resident Council AR
 2:45 Walking Club ID
3:00 Michael Entertains Us MB
 6:30 Reading Group FR

21

10:45 Trivia AR
 11:00 Step In Style AR
 1:45 Art Expression AR
2:30 Baking With Lisa B
3:00 Coffee Chat B
 4:15 Relaxing T.V. FR
 6:30 Bed Time Bonanza FR

22

Thanksgiving Day

10:45 On this Day... AR
 11:00 Step In Style AR
 1:45 Java Club AR
2:30 Giving Thanks Social AR
3:45 Movie And Popcorn FR
 6:30 Reading The Paper FR

23

10:45 **Local Culture AR**
 11:00 Step In Style AR
 1:45 Folding Club AR
 2:15 Walking Club ID
2:30 Entertained by Peter At Happy Hour MB
 3:45 Friday Matinee Show FR

24

10:45 Trivia AR
 11:00 Pampering Time AR
 1:45 Creative Coloring AR
2:30 Hot Chocolate Social With Briana B
 3:30 Sing-A-Long FR
 6:30 Reading The Paper FR

25

10:45 Trivia AR
 11:00 Pampering Time AR
 1:45 Folding Club AR
2:30 Debbie Plays The Piano AR
 3:45 Soothing Hands AR
 6:30 Sunday Funday ComedyFR

26

Happy Birthday Jenelle E.!

9:30 Catholic Church ServiceFR
 10:45 Step In Style AR
11:30 Lunch at McDonalds V
 2:30 Playing Bingo AR
 3:45 Monday Manicures AR
 6:30 Reading Group FR

27

10:45 Trivia AR
 11:00 Step In Style AR
 1:45 Folding Group AR
 2:15 Walking Club ID
2:30 David Keller Entertains Us MB
 3:45 Soothing Hands AR

28

10:45 Trivia AR
 11:00 Step In Style AR
 1:45 Folding Club AR
2:30 Baking With Lois & Lisa B
 3:45 Relaxing T.V. FR
 6:30 Bed Time Bonanza FR

29

10:45 On this Day... AR
 11:00 Step In Style AR
 11:30 Ladies Luncheon MB
 1:45 Java Club AR
2:30 Hot Cider Social B
 3:45 Soothing Hands AR
 6:30 Reading Group FR

30

10:45 Trivia AR
 11:00 Step In Style AR
 1:45 Folding Club AR
 2:15 Walking Club ID
2:30 Entertained by Dan At Happy Hour MB
 3:45 Friday Matinee Show FR

Health and Wellness

Live Your Optimum Life®: Laughter is the Best Medicine



Some researchers think laughter just might be the best medicine, and that laughter may help you feel better. While there is some evidence that laughter may help boost your immune system, overall research results have been mixed. One pioneer in laughter research, Dr. William Fry, professor of Psychology at Stanford University, claimed it took ten minutes on a rowing machine for his heart rate to reach the level it would after just one minute of hearty laughter!

In the last few decades, researchers have studied laughter's effects on the body and turned up some

potentially interesting information on how it affects us.

Blood Flow

Researchers at the University of Maryland studied the effects on blood vessels when people were shown either comedies or dramas. After the screening, the blood vessels of the group who watched the comedy behaved normally -- expanding and contracting easily. But the blood vessels in people who watched the drama tended to tense up, restricting blood flow.

Immune Response

Increased stress is associated with decreased immune system response. Some studies have shown that the ability to use humor may raise the level of infection-fighting antibodies in the body and boost the levels of immune cells, as well.

Blood Sugar Levels

One study of 19 people with diabetes looked at the effects of laughter on blood sugar

levels. After eating, the group attended a tedious lecture. On the next day, the group ate the same meal and then watched a comedy. After the comedy, the group had lower blood sugar levels than they did after the lecture.

Relaxation and Sleep

The focus on the benefits of laughter really began with Norman Cousins's memoir, *Anatomy of an Illness*. Cousins, who was diagnosed with ankylosing spondylitis, a painful spine condition, found that a diet of comedies, like the Marx Brothers films and episodes of the television show *Candid Camera*, helped him feel better. He said that ten minutes of laughter allowed him two hours of pain-free sleep.

Regardless of whether laughter actually improves your health or boosts your energy, it undeniably improves your quality of life.

Wellness Challenge

Optimum Life Inspiration

Find a few simple items, such as photos or comic strips that make you chuckle. Then hang them up at home or someplace you will regularly see them. Keep funny movies or comedy albums on-hand for when you need an added humor boost. Make it a habit to spend time with friends who make you laugh.

Be Well on Purpose!



COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

Why We Walk



Brookdale has been caring for individuals living with dementia for more than 30 years. At Brookdale, we live our mission, "Enriching the lives of those we serve with compassion, respect, excellence and integrity," with passion. Fighting to find a cure for Alzheimer's and supporting those living with dementia and their caregivers closely aligns with this mission.

Last year marked the fourth year that we surpassed the \$2 million dollar mark for the Walk to End Alzheimer's® program as a Diamond National Team, and it's entirely because our residents, families, associates, and business partners truly believe in and support this cause.

We raise funds through associate, resident and family participation in local Walk to End Alzheimer's® events, from efforts of our home office associates in Nashville and Milwaukee and from company business partners. Since 2008, Brookdale has contributed nearly \$12 million to the Walk to End Alzheimer's®. These efforts are not just about donations, it's about making a difference, because we see how dementia impacts lives every day. Please join this nationwide effort as we walk to make a difference in the lives of those living with Alzheimer's, and the fight to find a cure. May we, all together, provide a future without Alzheimer's.

Wishes of a Lifetime

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



Resident reunites with family, meets newest member

Beverly Donelson a 85-year-old resident at Brookdale Altamonte Springs describes herself as "never being bored". Between her volunteering efforts and raising her family, she somehow found time to socialize as well. Beverly's No. 1 priority has always been her family, and a special bond with each of her five children, 10 grandchildren, and seven great-grandchildren. Although most of her children live in different places across the United States, Beverly never misses an opportunity to connect in unique ways with each of her family members. The family would always get together for Christmas holidays and go on family trips together, creating memories that Beverly cherishes dearly. Unfortunately, it was becoming more of a challenge for Beverly to see all her grandchildren due to her declining health.

When an associate at Beverly's community overheard that one of her granddaughters, Kristi, was soon to give birth, they knew a family reunion was in order.

Beverly was able to travel to North Carolina to not only meet and welcome the newest member of the family, baby Zeb but to also create a new family connection and lasting memories.