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June 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

03
10:45 Trivia AR
11:00 Pampering Time AR
1:45 Folding Club AR
2:30 Debbie Plays The Piano AR
3:45 Relaxing T.V. FR
6:30 Sunday Funday ComedyFR

04
9:30 Catholic Church ServiceFR
10:00 Pet Therapy w/Cooper AR
10:45 Step In Style AR
11:30 McDonalds Lunch AR
2:30 Playing Bingo AR
3:30 Monday Manicures AR
6:30 Reading The Paper FR

05
10:45 Mind Teaser AR
11:00 Step In Style AR
1:45 Small Groups AR
2:15 Walking Club ID
2:30 Dave S. Entertains Us MB
3:45 Soothing Hands AR
6:30 Reading Group FR

06
Happy Birthday Cindy C.!
11:00 Step In Style AR
1:45 Small Groups AR
2:15 Monthly B-Day Soical AR
2:30 Dan The Music Man Entertains AR
6:30 Bed Time Bonanza FR

07
Happy Birthday Kathleen M.!
10:45 On this Day... AR
11:00 Step In Style AR
2:30 Kathleen's Birthday Social B
3:45 Relaxing T.V. FR
6:30 Reading Group FR

08
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 Sharon At Happy Hour MB
3:45 Friday Matinee Show FR

09
10:45 Trivia AR
11:00 Pampering Time AR
1:45 Folding The Kitchen Towels AR
2:45 Coffee Chat B
3:30 Sing-A-Long FR
6:30 Reading the Paper FR

10
10:45 Trivia AR
11:00 Pampering Time AR
1:45 Folding Club AR
2:30 Debbie Plays The Piano AR
3:45 Relaxing T.V. FR
6:30 Sunday Funday ComedyFR

11
Happy Birthday Rose R.!
9:30 Catholic Church ServiceFR
10:00 Pet Therapy w/Cooper AR
10:45 Step In Style AR
2:30 Playing Bingo AR
3:30 Monday Manicures AR
6:30 Reading The Paper FR

12
10:45 Finish That Line AR
11:00 Step In Style AR
1:45 Small Groups AR
2:15 Walking Club ID
2:30 Paul L. Entertains Us MB
3:45 Soothing Hands AR
6:30 Reading Group FR

13
10:45 Mind Benders AR
11:00 Step In Style AR
1:45 Small Groups AR
2:30 Manicures With Beronica AR
3:45 Relaxing T.V. FR
6:30 Bed Time Bonanza FR

14
Flag Day
Happy Birthday Marilyn S.!
10:45 On this Day... AR
11:00 Step In Style AR
2:15 Walking Club ID
2:30 Flag Day Soical MB
3:45 Relaxing T.V. FR
6:30 Reading Group FR

15
10:45 Trivia 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

16
10:45 Exercising The Brain AR
11:00 Pampering Time AR
1:45 Small Groups AR
2:45 Chocolate Ice Cream Social B
3:30 Sing-A-Long FR
6:30 Reading The Paper FR

17
Father's Day
10:45 Trivia AR
11:00 Pampering Time AR
1:45 Folding Club AR
2:15 Father's Day Social AR
2:30 Debbie Plays The Piano AR
6:30 Sunday Funday ComedyFR

18
9:30 Catholic Church ServiceFR
10:00 Pet Therapy w/Cooper AR
10:45 Step In Style AR
1:45 Folding Club AR
2:30 Crafting With Jenny AR
3:30 Monday Manicures AR
6:30 Reading The Paper FR

19
Happy Birthday Brianna & Cecilia!
10:45 It's Trivia! AR
11:00 Step In Style AR
1:45 Folding Club AR
2:45 Walking Club ID
3:00 Michael Entertains Us MB
4:00 Remy Day MB

20
10:45 Finish That Tone AR
11:00 Step In Style AR
11:30 Men's Pizza With Karl MB
2:30 Art Expression AR
3:45 Soothing Hands AR
6:30 Bed Time Bonanza FR

21
Summer Solstice
Happy Birthday Anna C.!
10:45 On this Day... AR
11:00 Step In Style AR
1:45 Folding Club AR
2:30 Jenny Plays The Piano AR
4:30 Themed EntertainmentAR
5:00 Theme Dinner DR

22
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 Klaus At Happy Hour MB
3:45 Friday Matinee Show FR

23
10:45 Trivia AR
11:00 Pampering Time AR
1:45 Folding Kitchen Towels AR
2:30 Lemonade Social B
3:30 Sing-A-Long FR
6:30 Reading The Paper FR

24
10:45 Trivia AR
11:00 Pampering Time AR
1:45 Folding Club AR
2:30 Debbie Plays The Piano AR
3:45 Relaxing T.V. FR
6:30 Sunday Funday ComedyFR

25
9:30 Catholic Church ServiceFR
10:00 Pet Therapy w/Cooper AR
10:45 Step In Style AR
11:30 Pizza Luncheon AR
2:30 Resident Council Meeting FR
3:15 Singing Songs AR

26
10:45 Finish That Song AR
11:00 Step In Style AR
2:15 Cooking With Pam B
3:00 Drum Circle With Lorenzo AR
6:30 Watching The I Love Lucy Show FR

27
10:45 June IQ AR
11:00 Step In Style AR
1:45 Small Groups AR
2:30 Cooking With Nicole B
3:45 Singing Our Favorite Songs AR
6:30 Bed Time Bonanza FR

28
Happy Birthday Katie N.!
10:45 On this Day... AR
11:00 Step In Style AR
1:45 Java Club AR
2:30 Baking With Lois B
4:30 Support Group Meeting ID

29
10:45 Trivia AR
11:00 Step In Style AR
1:45 Folding Club AR
2:15 Walking Club ID
2:30 Entertained by DJ Jones At Happy Hour MG
3:45 Friday Matinee Show FR

30
10:45 Trivia AR
11:00 Pampering Time AR
1:45 Small Groups AR
2:45 Vanilla Ice Cream Social B
3:30 Sing-A-Long FR
6:30 Reading The Paper FR

## 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.