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# October 2018



## THE DAILY PATH

### UPCOMING EVENTS

- 8:00 Breakfast
- 10:00 B-Fit Exercise
- 10:30 Refreshments
- 11:00 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 12:00 Lunch
- 2:00 Creative/Crafts/Art and Clustered Groups
- 3:00 Physical
- 3:30 Refreshments
- 4:00 Music/ Intergenerational
- 5:00 Dinner
- 7:00 Sensory/News and Reading Groups
- 7:30 Refreshments

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

### LOCATION KEY

- LG - Lounge
- DR - Dining Room
- GR - Great Room
- VA - Village Auditorium
- GL - Glenn
- GR - Green House
- BUS - Outing
- CY - Court Yard
- \* -
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License Number

01

9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 11:00 What Comes First LG  
 2:00 Snack Creations LG  
 3:00 Creative Crafting LG  
 4:00 Easy Listening LG  
 7:00 Movie Night LG

02

9:15 Good Morning CBP LG  
 10:00 Exercise Warmup LG  
 10:30 B-FIT LG  
 11:00 InTouch Trivia LG  
 2:00 Going Fit LG  
 4:00 Name that Tune LG  
 7:00 Jeopardy LG

03

9:45 Resident Council LG  
 10:00 B-FIT LG  
 10:30 Pet Therapy LG  
 11:00 Reminisce Stories LG  
 2:00 Easy Crafts DR  
 3:00 Entertainment GL  
 4:00 You Tube Funnies LG  
 7:00 Hand Care & Massage LG

04

9:15 Good Morning CBP LG  
 10:30 Scenic Drive BUS  
 11:00 Mind Joggers LG  
 2:00 Creative Corner DR  
 3:00 Sit and Fit LG  
 4:00 Musical Fun LG  
 7:00 Netflix Classics LG

05

10:00 Friday Funnies LG  
 11:30 Life Skill Boxes LG  
 2:00 B-Fit Social CY  
 3:00 Entertainment LG  
 4:00 Making Music LG  
 7:00 Golden Girls LG

06

9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 11:00 Pet Therapy LG  
 11:00 Bingo LG  
 2:00 Saturday Craft LG  
 3:00 Green House Walk LG  
 7:00 Lawrence Welk LG

07

9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 10:30 Catholic Service GR  
 2:00 Sunday Stories LG  
 3:00 Vespers Service GR  
 4:00 You Tube Music LG  
 7:00 Sorting Table LG

08

### Columbus Day

9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 10:30 Catholic Mass GR  
 2:00 Snack Creations LG  
 3:00 Ball Bounce and Chat LG  
 4:00 Sit and Chat LG  
 7:00 Movie Night LG

09

9:15 Good Morning CBP LG  
 10:00 Exercise Warmup LG  
 10:30 B-FIT LG  
 11:00 Mind Teasers LG  
 2:00 Going Fit LG  
 3:00 Celebrations GR  
 Cooking Demo  
 7:00 Jeopardy LG

10

10:00 B-FIT LG  
 10:30 Pet Therapy LG  
 11:00 Reminisce Stories LG  
 2:00 Gardening DR  
 6:15 Apple Cider Social LG  
 4:00 Sentimental Reflections LG

11

9:15 Good Morning CBP LG  
 9:30 Going Fit LG  
 11:00 Lunch Outing LG  
 2:00 Paint by Numbers LG  
 3:00 Sit and Fit LG  
 4:00 Musical Fun LG  
 7:00 Netflix Classics LG

12

10:00 Friday Funnies LG  
 11:30 Life Skill Boxes LG  
 2:00 B-Fit Social CY  
 3:00 Balloon Volley LG  
 4:00 Karaoke LG  
 7:00 Golden Girls LG

13

9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 11:00 Pet Therapy LG  
 11:00 Bingo LG  
 2:00 Saturday Craft LG  
 3:00 Green House Walk LG  
 7:00 Lawrence Welk LG

14

9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 10:30 Catholic Service GR  
 2:00 Sunday Stories LG  
 3:00 Vespers Service GR  
 4:00 Music Lounge LG  
 7:00 Sorting Table LG

15

9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 11:00 What comes first LG  
 2:00 Snack Creations LG  
 3:00 Balloon Tennis LG  
 4:00 Big Band Music LG  
 7:00 Celebration Movie Night LG

16

9:15 Good Morning CBP LG  
 10:00 Exercise Warmup LG  
 10:30 B-FIT LG  
 11:00 Discuss and Recall LG  
 2:00 Going Fit LG  
 4:00 Name that Tune LG  
 7:00 Jeopardy LG

17

10:00 B-FIT LG  
 10:30 Pet Therapy LG  
 11:00 Reminisce Stories LG  
 3:00 Entertainment GR  
 4:00 Funny Home Videos LG  
 7:00 Hand Care & Massage LG

18

9:15 Good Morning CBP LG  
 10:00 Horoscopes LG  
 10:30 Scenic Drive BUS  
 2:00 Pastor Lynch GR  
 3:00 Sit and Fit LG  
 4:00 Musical Fun LG  
 7:00 Netflix Classics LG

19

10:00 Friday Funnies LG  
 10:30 Scenic Drive BUS  
 11:30 Life Skill Boxes LG  
 1:30 B-Fit CY  
 2:30 Celebrations Social LG  
 4:00 Making Music LG  
 7:00 Golden Girls LG

20

9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 11:00 Pet Therapy LG  
 11:00 Bingo LG  
 2:00 Saturday Craft LG  
 3:00 Green House Walk LG  
 7:00 Lawrence Welk LG

21

9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 10:30 Catholic Service GR  
 2:00 Sunday Stories LG  
 3:00 Vespers Service GR  
 4:00 You Tube Music LG  
 7:00 Sorting Table LG

22

9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 11:00 Chicken Soup Stories LG  
 2:00 Snack Creations LG  
 3:00 Parachute LG  
 4:00 Easy Listening Post LG  
 7:00 Movie Night LG

23

9:15 Good Morning CBP LG  
 10:00 Going Fit LG  
 11:00 Reminisce LG  
 2:00 Paint by Color LG  
 3:00 Sing A Long GR  
 7:00 Jeopardy LG

24

10:00 B-FIT LG  
 10:30 Pet Therapy LG  
 11:00 Reminisce Stories LG  
 2:00 Tell Me More DR  
 3:00 Entertainment GR  
 4:00 Sentimental Reflections LG  
 7:00 Hand Care & Massage LG

25

9:15 Good Morning CBP LG  
 9:30 Going Fit LG  
 10:30 Scenic Drive BUS  
 2:00 Being Crafty LG  
 3:00 Sit and Fit LG  
 4:00 Musical Fun LG  
 7:00 Netflix Classics LG

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10:00 B-Fit LG  
 10:30 Art with Chris GR  
 11:30 Life Skill Boxes LG  
 2:00 B-Fit Social CY  
 3:00 Bean Bag Toss LG  
 4:00 Karaoke LG  
 7:00 Golden Girls LG

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9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 11:00 Pet Therapy LG  
 11:00 Bingo LG  
 2:00 Saturday Craft LG  
 3:00 Green House Walk LG  
 7:00 Lawrence Welk LG

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9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 10:30 Catholic Service GR  
 2:00 Sunday Stories LG  
 3:00 Vespers Service GR  
 4:00 Music Lounge LG  
 7:00 Sorting Table LG

29

9:15 Good Morning CBP LG  
 10:00 B-FIT LG  
 2:00 Snack Creations LG  
 2:30 Catch & Tell LG  
 3:30 Halloween Parade LG  
 Preperation  
 6:00 Halloween Parade GR

30

9:15 Good Morning CBP LG  
 10:00 Going Fit LG  
 11:00 Reminisce LG  
 2:00 Paint by Color LG  
 3:00 Sing A Long GR  
 7:00 Jeopardy LG

31

### Halloween

10:00 B-FIT LG  
 10:30 Pet Therapy LG  
 11:00 Reminisce Stories LG  
 1:30 Fall Trivia LR  
 3:00 Entertainment GR  
 7:00 Hand Care & Massage LG

## Freedom Village Brandywine

15 Freedom Blvd.  
 West Brandywine, PA 19320  
 (610) 383-5100 | brookdale.com

## COMMUNITY CONNECTIONS



brookdale.com

## Health and Wellness

## Live Your Optimum Life®: Getting a Good Night's Sleep



**S**leep is where the body and mind are repaired, reordered and readied for the next day. Going without adequate amounts of it won't just leave you tired and irritable, it can actually be dangerous and seriously deteriorate the quality of your life.

According to the National Institutes of Health (NIH) 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.

**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 9 hours each night.

**8 Tips for Better Sleep**

- Exercise
- Reserve your bed for sleep
- Keep your bedroom comfortable
- Start a sleep ritual
- Avoid alcohol and caffeine
- De-stress
- Get checked by your doctor

## 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

## Flu Season



**F**lu Season will be here soon, and Brookdale wants to help you stay well. **Make plans to get vaccinated** to protect yourself, your family and your fellow residents from illness. Preparing is easy!

1. **Watch** for the flu clinic posters to inform you of date and time and place of the community flu clinic
2. **Attend** the community flu clinic and receive your annual influenza vaccine
3. **Stay healthy!**

Kim Elliot, SVP Clinical Services at Brookdale says, “we want it to be as easy as possible for you to be vaccinated in your own home.” She also adds that Brookdale has new opportunities for wellness this year. “We’re excited to be working with one of the nation’s top pharmacies for vaccines. CVS pharmacists will be on site to deliver the senior-dose vaccine specific for those over 65 years old. In addition, if you are eligible for a pneumonia or shingles vaccine, CVS can provide those on clinic-day as well.”

Vaccine costs are covered by Medicare Part B and most Medicare Advantage insurance plans. CVS will perform a pre-authorization to advise you of any co-pays and to determine eligibility for the shingles or pneumonia vaccine.

Take advantage of these opportunities for a healthy start to the flu season.

## Wishes of a Lifetime

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

**Cancer Survivor Tackles Fear, Inspires Others**

Vernie Burkett lives at Brookdale Missoula Valley in Montana. She is a tough woman who is committed to bettering herself and those around her. Five years ago, Vernie was diagnosed with breast cancer. She was also wheelchair-bound. Unwilling to give in to her situation, she says she “outgrew the fear of it” and found the courage to fight back.

Now in remission, Vernie realized she could tackle just about anything, and she turned her attention to her one life-long fear: water. At 72-years-old, Vernie wanted to try swimming lessons. Thanks to Wish of a Lifetime, her Brookdale community and the local YMCA, Vernie not only overcame her fears about the water, she now happily gets in the pool all on her own and starts her aquatic workouts without the prodding of her instructor.

Plus, she has inspired others to join her.

“I learned I’m stronger than I thought I was, and it’s wonderful to be able to do things that you never figured,” Vernie says. “You can’t just sit in a chair. You are wasting your life if you sit there in the chair and can’t do nothing. And the world profits from your experiences.”

Information courtesy of ABCFoxMontana.com