

S M T W Th F S

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



LOCATION KEY

- GR Great Room
- GL The Glen
- LB Library
- ICP Ice Cream Parlor
- ML Main Lobby
- VA Village Auditorium
- DR Dining Room
- OT Outing
- BUS Bus Trip
- VG Village Green

License Number

<p>03</p> <p>10:30 Catholic Eucharistic Minister GR 1:00 Spiro 100 Fitness GR 1:45 Bingo GR 3:00 Vespers GR</p>	<p>04</p> <p>9:45 Chair Yoga GR 10:30 Wii Jeopardy GR 11:30 Longhorn Lunch Outing BUS 1:30 Matinee Movie GR 6:00 Bingo GR</p>	<p>05</p> <p>10:00 B-Fit GR 10:30 Coffee and Currents GR 11:00 Flex Your Brain GR 1:30 Menu Chat GR 1:30 Social Bridge LIB 6:00 Movie Night GR</p>	<p>06</p> <p>9:45 Spiro 100 Fitness GR 10:30 Bible Study GR 10:30 Pet Visits GR 11:30 Hunt Club Lunch Bunch ML 1:30 Bingo GR 3:00 Entertainment GR 4:00 Wine Down Wednesdays ML 5:30 Manicures GR</p>	<p>07</p> <p>10:00 B-Fit GR 10:30 Flex Your Brain GR 11:00 Shake & Bake GR 1:30 Resident Council GR 2:00 Village Green Opening Party: Backyard BBQ VG 6:15 TV Miniseries GR</p>	<p>01</p> <p>9:30 Going Fit Exercise GR 10:30 First Friday Club GR 2:30 Celebration Cooking Demo GR 3:30 Activities Planning Mtg. GR 6:30 Drinks After Dinner</p>	<p>02</p> <p>9:45 Coffee Club GR 10:45 B-Fit GR 11:00 Pet Visits GR 1:30 Bingo GR 3:00 Wii Bowling GR 6:00 Movie Night GR</p>
<p>10</p> <p>10:30 Catholic Eucharistic Minister GR 1:00 Spiro 100 Fitness GR 1:45 Bingo GR 3:00 Vespers GR</p>	<p>11</p> <p>9:45 Chair Yoga GR 10:00 Herr's Chips Tour BUS 10:30 Catholic Mass GR 10:30 Wii Jeopardy GR 1:30 Matinee Movie GR 6:00 Bingo GR</p>	<p>12</p> <p>10:00 B-Fit GR 10:30 Coffee and Currents GR 11:00 Flex Your Brain GR 1:30 Social Bridge LIB 2:00 Doll House Collection GR 4:00 Mix and Mingle GR Peanut Butter Cookie Day 6:00 Movie Night GR</p>	<p>13</p> <p>9:45 Spiro 100 Fitness GR 10:30 Bible Study GR 10:30 Pet Visits GR 11:30 Hunt Club Lunch Bunch ML 1:30 Bingo GR 3:00 Matt Bochanski GR 4:00 Wine Down Wednesdays ML 5:30 Manicures GR</p>	<p>14 <i>Flag Day</i></p> <p>10:00 B-Fit GR 10:30 Flag Presentation GR 1:30 OL Health Talk GR 2:00 Afternoon Tea GR 3:00 iPad Club GR 6:15 TV Miniseries GR</p>	<p>08</p> <p>9:30 Going Fit Exercise GR 10:30 Trivia GR 1:30 Celebrations Movie GR 6:30 Drinks After Dinner</p>	<p>09</p> <p>9:45 Coffee Club GR 10:45 B-Fit GR 11:00 Pet Visits GR 1:30 Bingo L2 2:00 Private Party GR 6:00 Movie Night GR</p>
<p>17 <i>Father's Day</i></p> <p>10:30 Catholic Eucharistic Minister GR 1:00 Spiro 100 Fitness GR 1:45 Bingo GR 3:00 Vespers GR</p>	<p>18</p> <p>9:45 Chair Yoga GR 10:00 Hershey Trip BUS 10:30 Wii Jeopardy GR 1:30 Matinee Movie GR 6:00 Bingo GR</p>	<p>19</p> <p>10:00 B-Fit GR 10:30 Coffee and Currents GR 11:00 Flex Your Brain GR 1:30 Social Bridge LIB 6:00 Movie Night GR</p>	<p>20</p> <p>9:45 Spiro 100 Fitness GR 10:30 Bible Study GR 10:30 Pet Visits GR 11:30 Hunt Club Lunch Bunch ML 1:30 Bingo GR 3:00 Tom Tolnay L2 4:00 Wine Down Wednesdays ML 5:30 Manicures GR</p>	<p>21 <i>Summer Solstice</i></p> <p>10:00 B-Fit GR 10:30 Flex Your Brain GR 11:00 Shake & Bake GR 3:00 Summer Solstice Celebration GR 6:00 TV Miniseries GR</p>	<p>15</p> <p>9:30 Going Fit Exercise GR 10:30 Art Partners with Tia GR 2:30 Celebrations Social: Big Band & Swing GR 6:30 Drinks After Dinner</p>	<p>16</p> <p>9:45 Coffee Club GR 10:45 B-Fit GR 11:00 Pet Visits GR 2:00 Father's Day Event GR 6:00 Movie Night GR</p>
<p>24</p> <p>10:30 Catholic Eucharistic Minister GR 1:00 Spiro 100 Fitness GR 1:45 Bingo GR 3:00 Vespers GR</p>	<p>25</p> <p>9:45 Chair Yoga GR 10:30 Wii Jeopardy GR 11:00 Victory Brewing Lunch BUS 1:30 Matinee Movie GR 6:00 Bingo GR</p>	<p>26</p> <p>10:00 B-Fit GR 10:30 Coffee and Currents GR 11:00 Flex Your Brain GR 1:30 Social Bridge LIB 3:30 New Resident Social GR 6:00 Movie Night GR</p>	<p>27</p> <p>9:45 Spiro 100 Fitness GR 10:30 Bible Study GR 10:30 Pet Visits GR 11:30 Hunt Club Lunch Bunch ML 1:30 Bingo GR 3:00 Ted Jordan GR 4:00 Wine Down Wednesdays ML 5:30 Manicures GR</p>	<p>28</p> <p>10:00 B-Fit GR 10:30 Flex Your Brain GR 11:00 Shake & Bake GR 2:00 Afternoon Tea GR 3:00 iPad Club GR 6:15 TV Miniseries GR</p>	<p>22</p> <p>9:30 Going Fit Exercise GR 10:30 Trivia GR 1:30 Kindness Club GR 3:00 Doggie Daycare GR 6:30 Drinks After Dinner</p>	<p>23</p> <p>9:45 Coffee Club GR 10:45 B-Fit GR 11:00 Pet Visits GR 1:30 Bingo GR 3:00 Wii Bowling GR 6:00 Movie Night GR</p>
<p>29</p> <p>9:30 Going Fit Exercise GR 10:30 Trivia GR 1:30 Kindness Club GR 3:00 Birthday Bash GR 6:30 Drinks After Dinner</p>	<p>30</p> <p>9:45 Coffee Club GR 10:45 B-Fit GR 11:00 Pet Visits GR 1:30 Bingo GR 3:00 Wii Bowling GR 6:00 Movie Night GR</p>					

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!



COMMUNITY CONNECTIONS



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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.