


## THE DAILY PATH

### UPCOMING EVENTS

- 7:30 Breakfast
- 9:30 B-Fit Exercise
- 10:00 Refreshments
- 10:30 Morning Mental Workout Reminiscing/ Discussion and Clustered Groups
- 11:30 Lunch
- 1:00 Creative/Crafts/Art and Clustered Groups
- 1:30 Physical
- 2:00 Refreshments
- 2:00 Music/ Intergenerational
- 4:30 Dinner
- 5:30 Sensory/News and Reading Groups
- 7:00 Refreshments

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

### LOCATION KEY

- PDR - Private Dining Room
- CDR - Clare Bridge Dining Room
- CA - Common Area
- OC - Off Campus
- HCD - HealthCenter Dining Room
- CC - Clare Bridge Cafe
- PL - The Palms Dining Room
- 1A - First Floor A-Wing
- 3A - Third Floor A-Wing
- 3C - Third Floor C-Wing

License Number

## Freedom Village Bradenton Clare Bridge Place

6410 21st Avenue West  
Bradenton, FL 34209  
(941) 798-8200 | brookdale.com



S	M	T	W	Th	F	S
<b>01</b> 9:30 B-Fit Program CA 10:30 Joyful Noise CA 1:00 Table Top Gamers! CA 1:30 Walking Club 2:00 BINGO! CA 3:30 Lawrence Welk CA 5:30 Animal Planet CA 6:00 Fresh Air on the Porch CA	<b>02</b> 9:30 B-Fit Program CA 10:30 TrAiN yOuR bRaIn CA 1:00 Creative Clusters! CA 1:30 Walking Club 2:00 Armchair Travelers CA Route 66 Road Trips 3:30 World Travel Video CA 5:30 News and Views CA	<b>03</b> 9:30 B-Fit Program CA 10:30 Catholic Service 3C 1:00 Creative Ceramics! CA 1:30 Walking Club 1:45 Snactivity Happy Hour!CA 3:00 Sing with Callie! CA 3:30 Word Search Puzzles CA 5:30 Fabulous Forties CA	<b>04 Independence Day</b> Therapy Pups Visit Today 9:30 B-Fit Program CA 10:30 Resident Council CA 1:00 I Remember When... CA 1:30 Walking Club 2:00 Music with Marylyn CA Happy Hour 5:30 Western Wednesday CA	<b>05</b> 9:30 B-Fit Program CA 10:30 bRaIn BeNdErS CA 11:30 Caregiver Support PDR Group Luncheon 1:00 Movement Magic CA 2:00 Word Game Fun! CA 3:30 Classic TV Memories CA 5:30 Puzzle Challenge CA	<b>06</b> 9:30 B-Fit Program CA 10:00 Mystery Tour OC 1:30 Walking Club 2:00 HAPPY HOUR HCD WITH HOWLIN' BOB! 3:30 Nat'l Geographic CA 5:00 iN2L Fun! CA 6:00 News and Views CA	<b>07</b> 9:30 B-Fit Program CA 10:00 iN2L Lifelong Learning CA 1:00 Color Me Calm! CA 1:30 Walking Club 2:00 Nail Pizazz! CA 3:00 Special Music CA with Barry Plowman! 5:30 Puzzle Challenge CA
<b>08</b> 9:30 B-Fit Program CA 10:30 Joyful Noise CA 1:00 Table Top Gamers! CA 1:30 Walking Club 2:00 Vera & Company CA 3:30 Lawrence Welk CA 5:30 Animal Planet CA 6:00 Fresh Air on the Porch CA	<b>09</b> 9:30 B-Fit Program CA 10:30 TrAiN yOuR bRaIn CA 1:00 Creative Clusters! CA 1:30 Walking Club 3:00 Artie & Floyd CA Banjo Music & More! 3:30 World Travel Video CA 5:30 News and Views CA	<b>10</b> 9:30 B-Fit Program CA 10:30 Catholic Service 3C 1:30 Walking Club 2:00 Snactivity Happy Hour CA Jim Scherz Plays! 3:30 Word Search Puzzles CA 5:30 Fabulous Forties CA	<b>11</b> Therapy Pups Visit Today 9:30 B-Fit Program CA 11:00 Let's Do Lunch OC at Applebees! 1:00 I Remember When... CA 1:30 Walking Club 3:00 Karaoke fun with Jody!CA 5:30 Western Wednesday CA	<b>12</b> 9:30 B-Fit Program CA 10:30 bRaIn BeNdErS OC 1:30 Walking Club 2:00 Word Game Fun! CA 2:30 Just Us Duo CA Music of the 50's & 60's 3:30 Classic TV Memories CA 5:30 Puzzle Challenge CA	<b>13</b> 9:30 B-Fit Program CA 10:00 Mystery Tour OC 1:30 Walking Club 2:00 HAPPY HOUR HCD WITH LEE & CAHR! 3:30 Nat'l Geographic CA 5:00 iN2L Fun! CA 6:00 News and Views CA	<b>14</b> 9:30 B-Fit Program CA 10:00 iN2L Lifelong LearningCA 1:00 Color Me Calm! CA 1:30 Walking Club 2:00 Nail Pizazz CA & Musical Memories 5:30 Puzzle Challenge CA
<b>15</b> 9:30 B-Fit Program CA 10:30 Joyful Noise CA 1:00 Table Top Gamers! CA 1:30 Walking Club 2:00 BINGO! CA 3:30 Lawrence Welk CA 5:30 Animal Planet CA 6:00 Fresh Air on the Porch CA	<b>16</b> 9:30 B-Fit Program CA 10:30 TrAiN yOuR bRaIn CA 1:00 Creative Clusters! CA 1:30 Walking Club 2:00 Barry Plowman HCD Beautiful Live Music 3:30 World Travel Video CA 5:30 News and Views CA	<b>17</b> 9:30 B-Fit Program CA 10:30 Catholic Service 3C 1:30 Walking Club 2:00 Birthday Bash with CA Matt Coates! 3:30 Word Search Puzzles CA 5:30 Fabulous Forties CA	<b>18</b> Therapy Pups Visit Today 9:30 B-Fit Program CA 10:00 Sandy's Sing Along HCD 1:00 I Remember When... CA 1:30 Ice Cream Run to CA Steak 'n Shake 2:00 Classic TV Memories CA 5:30 Western Wednesday CA	<b>19</b> 9:30 B-Fit Program CA 10:30 bRaIn BeNdErS CA 1:00 Movement Magic CA 2:00 Word Game Fun! CA 2:30 Brookdale Celebrates CA Route 66 3:30 Classic TV Memories CA 5:30 Puzzle Challenge CA	<b>20</b> 9:30 B-Fit Program CA 10:00 Mystery Tour OC 1:30 Walking Club 2:00 HAPPY HOUR HCD WITH BARRY GRAHAM 3:30 Nat'l Geographic CA 5:00 iN2L Fun! CA 6:00 News and Views CA	<b>21</b> 9:30 B-Fit Program CA 10:00 iN2L Lifelong LearningCA 1:00 Color Me Calm! CA 1:30 Walking Club 2:00 Joe Thayer CA Musical Memories Get Your Kicks Route 66! 5:30 Puzzle Challenge CA
<b>22</b> 9:30 B-Fit Program CA 10:30 Joyful Noise CA 1:00 Table Top Gamers! CA 1:30 Walking Club 2:00 Hymns with Marylyn CA 3:30 Lawrence Welk CA 5:30 Animal Planet CA	<b>23</b> 9:30 B-Fit Program CA 10:30 TrAiN yOuR bRaIn CA 1:00 Creative Clusters! CA 1:30 Walking Club 2:00 iN2L Classic TV CA 3:30 World Travel Video CA 5:30 News and Views CA	<b>24</b> 9:30 B-Fit Program CA 10:30 Catholic Service 3C 1:30 Walking Club 2:00 Snactivity Happy Hour CA Jim Wood Music 3:30 Word Search Puzzles CA 5:30 Fabulous Forties CA	<b>25</b> Therapy Pups Visit Today 9:30 B-Fit Program CA 11:00 Let's Do Lunch OC at the Grapevine! 1:30 Walking Club 2:00 Chimes HCD Music Therapy! 5:30 Western Wednesday CA	<b>26</b> 9:30 B-Fit Program CA 10:30 bRaIn BeNdErS CA 1:30 Walking Club 2:00 Word Game Fun! CA 2:30 Route 66 CA Virtual Tour 3:30 Classic TV Memories CA 5:30 Puzzle Challenge CA	<b>27</b> 9:30 B-Fit Program CA 10:30 Bus Ride & Picnic HCD 1:30 Walking Club 2:00 HAPPY HOUR HCD JEWEL TONES! 3:30 Nat'l Geographic CA 5:00 iN2L Fun! CA 6:00 News and Views CA	<b>28</b> 9:30 B-Fit Program CA 10:00 iN2L Lifelong LearningCA 1:00 Color Me Calm! CA 1:30 Walking Club 2:00 Nail Pizazz CA and Musical Memories 5:30 Puzzle Challenge CA
<b>29</b> 9:30 B-Fit Program CA 10:30 Joyful Noise CA 1:00 Table Top Gamers! CA 1:30 Walking Club 2:00 BINGO! CA 3:30 Lawrence Welk CA 5:30 Animal Planet CA	<b>30</b> 9:30 B-Fit Program CA 10:30 TrAiN yOuR bRaIn CA 1:00 Creative Clusters! CA 1:30 Walking Club 3:30 World Travel Video CA 5:30 News and Views CA	<b>31</b> 9:30 B-Fit Program CA 10:30 Catholic Service 3C 1:30 Walking Club 1:45 Snactivity Happy Hour CA Sing Along with Wendy 3:30 Word Search Puzzles CA 5:30 Fabulous Forties CA				

# Health and Wellness

Live Your Optimum Life®: Reducing Your Risk of Falling



According to the Centers of Disease Control and Prevention (CDC), each year millions of older people—those 65 and older—fall. In fact, more than one out of four older adults fall each year, but less than half tell their doctor.

A fall is defined as “an event whereby an individual unexpectedly comes to rest on the ground or another lower level without known loss of consciousness.” The best way to minimize the impact of falls is to prevent them altogether.

This requires awareness of the problems associated with falling and a proactive plan.

## Risk Factors

Research shows that a combined effect of many interacting factors increases fall risk. According to the CDC this includes:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines
- Visual problems
- Foot pain or poor footwear
- Home hazards

## Safety Risks and Preventions

The majority of falls occur in the home. Environmental modifications help older adults to live with greater independence and safety.

- Ensure good lighting
- Eliminate clutter
- Use of adaptive equipment

## Exercise to Help Strengthen & Improve Balance

Exercise is one of the most

important ways to lower your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination are the most helpful. Lack of exercise leads to weakness and increases your chances of falling.

## Interventions that Can Increase Safety and Reduce the Risk of Falls

Medication Plan of Care: Speaking with your doctor or pharmacist about your medications and how they make you feel is an essential step to reduce your fall risk. Together, you can come up with a medication plan that addresses your needs.

Therapy: Physical and Occupational Therapy can assess your risk of falling. Individualized exercises and balance training can help prevent risk of falls.

# Wellness Challenge

## 10 Tips to Prevent Falls:

Avoiding falls requires a pro-active approach. Below are 10 tips to help prevent falls:

1. Stay physically active
2. Have annual eye and hearing exams
3. Review your medications with your health care provider
4. Talk with your doctor regarding your Vitamin D level
5. Use assistive devices that have been recommended for you
6. Have your blood pressure checked when both sitting and standing
7. Use recommended assistance if you are at high risk for falls
8. Stay mentally fit
9. Wear safe, properly fitting footwear
10. Do a home safety check or have someone do it for you



# COMMUNITY CONNECTIONS



brookdale.com

## Brookdale News

### Inaugural Film Festival Named Best of the Best



Brookdale residents are taking center stage on a national level. Argentum, a leading senior trade organization, recently honored Brookdale with its “Best of the Best” award for Brookdale’s innovative Celebrate Aging Film Festival.

“We established the Celebrate Aging Film Festival to change the perception of aging, and it is doing just that,” said Carol Cummings, senior director of Optimum Life at Brookdale.

The film festival showcased short films created entirely by Brookdale residents and associates using iPads. Each film’s focus was to challenge the stereotypes of senior living and aging.

A total of 74 films were submitted in the inaugural year, and nine received nominations for Best Acting, Best Technical Design, Best Writing, Best Picture and the Courage Award.

The second annual Celebrate Aging Film Festival is scheduled for October 3, 2018 at the historic Franklin Theatre in Franklin, Tennessee.

To learn more, see your Resident Programs or Clare Bridge Programs leader.



## Wishes of a Lifetime

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



### Resident Hopes To Inspire Others With New Skill

It’s never too late to pick up a new talent. Just ask Judy Moore from Brookdale Murray in Kentucky. This lifelong volunteer, who dedicated her life to helping underprivileged children, recently found herself on the receiving end of a little extra kindness.

Wish of a Lifetime partnered with Brookdale Murray to provide Judy with the opportunity to pick up a skill she’d wanted for years: playing the piano.

Through her weekly lessons, Judy learned several carols on the piano. Her dream became a reality, and she even shared her newly developed talents with friends in a Christmas recital.

As with her volunteer efforts earlier in life, learning this skill was about lifting up the people around her. “My friend Sue wants me to teach her if I learn how,” she said.

Judy hopes that her efforts will inspire others that it is never too late to try a new hobby or learn a new skill.