

Refer a friend...
Get \$1500!
Contact us for
details.

Recognizing Signs of Depression in Your Loved One

Going into fall leads to less daylight and earlier darkness. This change can onset seasonal depression in some people. That being said, it is important to look for warning signs.

Aging brings changes to older adults' lifestyles. With stressful life events such as the death of a spouse, worrying about having enough money for retirement, and dealing with chronic health conditions, it's understandable that some seniors may feel down from time to time.

However, depression is not a normal part of the aging process. Depression interferes with daily life and may have an impact on seniors' energy levels, sleeping habits, appetites and more. Many older adults may not even realize what they're feeling is more serious than just sadness or negativity. It can be tough to break out of the rut depression brings, but with the right support and treatment, your loved one can get back to enjoying a happy, fulfilling life.

Because of the negative health effects associated with depression, it's important to be able to identify the signs of clinical depression. These signs include:

- Loss of interest in activities previously enjoyed
- Social isolation or no desire to spend time with friends or family
- Sudden weight loss or loss of appetite
- Changes in sleep habits: trouble falling or staying asleep or sleeping more than normal
- Neglecting to take care of themselves, forgetting to take meds or change their clothes

- Lack of energy and motivation
- Having difficulty concentrating or staying focused
- Slower movements or speech
- Behaving out of character, being moody or irritable
- Loss of self-esteem

It's important to recognize that depression is also a side effect of some common medical conditions in seniors like stroke, diabetes, dementia, heart disease, multiple sclerosis and some cancers.

ACTIVITY HIGHLIGHT

On Sunday, October 15th, The Brookside held its annual "Harvest Festival". Although the weather was a bit overcast, the day was clear with happy faces amongst children, residents families and friends. Some of the festivities included: Pony Rides, Face & Pumpkin Painting, (Pumpkins from our very own Pumpkin Patch). Our Petting Zoo was a huge hit, as well as the Train ride around the Brookside grounds. Iced Coffee and Ice Cream Cones were on hand to hit the spot as well as Apple Cider & Dough-nuts donated by the "Gardens at Monroe". It was a great day enjoyed by all!





Resident Of The MONTH



Sandy C

Meet Sandy C. Originally from upstate NY, Sandy has called The Brookside her home since September of 2016. Sandy has two children, three grandchildren and two great grandchildren with another one due this December. Sandy's occupation was that of secretary in NYC with a law firm. She has enjoyed traveling the world, including cruises. Sandy is helpful and kind to other residents and always has a smile for everyone who crosses her path. She is a pleasure to be around and we are so happy to have her at the Brookside.

COMING IN DECEMBER:

Tuesday, December 5th
"The Old Bridge Band"
is back

Thursday, December 14th
Brookside's Annual
Hanukkah Party

Resident Birthday :

Robert B Nov. 3rd
Simon K Nov. 9th
Hilda B Nov. 10th
Lillian W Nov. 10th
Dorothy K Nov. 12th
Florence A Nov. 17th
Salvatore G Nov. 18th
Steve M Nov. 21st

EMPLOYEE OF THE MONTH!



Janelle Sammy

Congratulations to Janelle Sammy, Brookside's November "Employee of the Month". Janelle has been on staff since November of 2012 as a Caregiver. Currently in Rose Lane 1, Janelle has the characteristics of upbeat, funny as well as very compassionate and sweet to our residents. I'm told she loves coffee, chocolate and dough nuts! Great job Janelle!



Staff Directory of DEPARTMENT HEADS

Executive Director
Jesse Farmer

Rose Lane1 Director
Cecilia Prinke

Rose Lane 2 Director
Erika Bennett

Director of Marketing
Carl Prasch

Move-in Coordinator
Krista Reyes

Community Relations
Maryann Warner - Johnson

Business Office Manager
Teresa Spinicchia

Director of Housekeeping
Brad Sargent

Director of Maintenance
Jeff Fabian

Director of Activities
Susan Fabian

Food Service Director
Erin O'Connell

Resident Council President
Barry Stettin



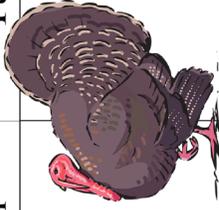
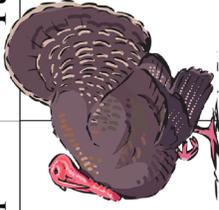
Find us on
facebook



THE BROOKSIDE
A Kosher Assisted Living and Memory Care Community

November 2017

BROOKSIDE ASSISTED LIVING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Daylight Savings Time Ends 5 10:00 Exercise 11:00 Sunday Word Game 1:00 Outing / Library / Colts Neck Band 3:00 Bingo Matinee 7:20 Sunday Night Movie 7:30 Independent Chat	 10:00 Facebook 10:00 Fox Led Exercise 11:00 Spelling Bee 11:00 Veteran's Program with Fred 3:00 Art / Drawing 7:20 Evening Bingo 7:30 Monday Night Football	 5:00 Voting 9:30 Morning News with Clifford 10:00 Daily Exercise 10:00 Facebook 11:00 Art / Painting 2:30 Trip / Shop Rite 3:00 Cafe Chat with Marty 7:20 Tuesday Night Movie	9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Chess with Nolan & Clifford 11:00 Yoga with Sheri 2:30 Drum Circle with Dede 3:00 Crafty Crafting 7:20 Evening Bingo	9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 10:30 Menu Committee Meets 12:00 Men's Club Lunch Trip / Peking P. 3:00 Soothing Hand Massages 3:00 Music Appreciation with Marty 7:20 Evening Bingo	10:00 Daily Exercise 10:00 Manicures 10:00 Poker with Alan & Linda 11:00 Friday Bingo 3:00 Live Entertainment 4:26 Candle Lighting	 9:30 Shacharis Services 10:00 Exercise 11:00 Board Games 11:00 Time with Karen 2:45 Bingo 7:20 Saturday Evening Movie 7:30 Independent Chat
10:00 Exercise 10:30 Activity Hour with Chabad 7th & 8th Graders 11:00 Sunday Word Game 3:00 Bingo Matinee 3:00 Left Right Center 7:20 Sunday Night Movie 7:30 Independent Chat	10:00 Facebook 10:00 AM Exercise 11:00 Spelling Bee 11:00 Art / Drawing 2:30 Shopping / Dollar Store 2:30 Special Bingo by Wedgewood Gardens 7:20 Evening Bingo 7:30 Monday Night Football	9:30 Morning News with Clifford 10:00 Daily Exercise 10:00 Facebook 11:00 Imagine Art 2:30 Shopping / Shop Rite 4:00 Rabbi Friedlich Visits 7:20 Tuesday Night Movie	9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Chess with Nolan & Clifford 11:00 Yoga with Sheri 3:00 Crafty Crafting 7:20 Evening Bingo	9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 11:30 Out to Lunch / Fred & Murrays 3:00 Soothing Hand Massages 3:00 November Birthday Party 7:20 Evening Bingo	10:00 Daily Exercise 10:00 Manicures 10:00 Poker with Alan & Linda 11:00 Friday Bingo 3:00 Happy Hour with Judy 4:20 Candle Lighting	9:30 Shacharis Services 10:00 Exercise 11:00 Board Games 11:00 Time with Karen 2:45 Bingo 7:20 Saturday Evening Movie 7:30 Independent Chat
10:00 Exercise 11:00 Sunday Word Game 3:00 Bingo Matinee 3:00 Left Right Center 7:20 Sunday Night Movie 7:30 Independent Chat	10:00 Facebook 10:00 AM Exercise 11:00 Spelling Bee 11:00 Art / Drawing 2:30 Shopping / Dollar Store 7:20 Evening Bingo 7:30 Monday Night Football	9:30 Morning News with Clifford 10:00 Daily Exercise 10:00 Facebook 11:00 Imagine Art 2:30 Trip / Resident Choice 7:20 Tuesday Night Movie	9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Chess with Nolan & Clifford 11:00 Yoga with Sheri 3:00 Crafty Crafting 7:20 Evening Bingo	9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 11:30 Out to Lunch / Fred & Murrays 3:00 Soothing Hand Massages 3:00 November Birthday Party 7:20 Evening Bingo	10:00 Daily Exercise 10:00 Manicures 10:00 Poker with Alan & Linda 11:00 Friday Bingo 3:00 Black Friday Social 4:16 Candle Lighting	 9:30 Shacharis Services 10:00 Exercise 11:00 Board Games 11:00 Time with Karen 2:45 Bingo 7:20 Saturday Evening Movie 7:30 Independent Chat
10:00 Exercise 11:00 Sunday Word Game 3:00 Bingo Matinee 3:00 Left Right Center 7:20 Sunday Night Movie 7:30 Independent Chat	10:00 Facebook 10:00 AM Exercise 11:00 Spelling Bee 11:00 Art / Drawing 2:30 Shopping / Dollar Store 7:20 Evening Bingo 7:30 Monday Night Football	9:30 Morning News with Clifford 10:00 Daily Exercise 10:00 Facebook 11:00 Imagine Art 2:30 Trip / Resident Choice 7:20 Tuesday Night Movie	9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Chess with Nolan & Clifford 11:00 Yoga with Sheri 3:00 Crafty Crafting 7:20 Evening Bingo	9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 11:30 Out to Lunch / Fred & Murrays 3:00 Soothing Hand Massages 3:00 November Birthday Party 7:20 Evening Bingo	10:00 Daily Exercise 10:00 Manicures 10:00 Poker with Alan & Linda 11:00 Friday Bingo 3:00 Black Friday Social 4:16 Candle Lighting	 9:30 Shacharis Services 10:00 Exercise 11:00 Board Games 11:00 Time with Karen 2:45 Bingo 7:20 Saturday Evening Movie 7:30 Independent Chat

ACTIVITIES SUBJECT TO CHANGE

Favorite Thanksgiving Side ... Maple-Roasted Root Vegetables #FallFest

Thanksgiving is the mother of all meals in America. The one day when tradition trumps food trends and the tables are groaning under the weight of all the food. Many people have to recreate exactly the same Thanksgiving meal year after year, most being absolutely unbending on the menu. They MUST have the same overcooked turkey, sweet potatoes with marshmallows and the green bean casserole. But, why not consider introducing a new side dish this year..

Ingredients

- 1 fennel bulb, fronds discarded, cored and sliced
- 2 sweet potatoes, peeled and cubed
- 5 carrots, tops trimmed, and chopped
- 3 Russet potatoes, peeled and cubed
- 4 Peruvian purple potatoes (or Yukon Gold potatoes if you can't find them)
- 4 red potatoes, cubed
- 1 large onion, peeled and cubed
- 3 tbsp organic olive oil
- 3 tbsp pure maple syrup
- 1 tbsp fresh or dried rosemary
- Kosher salt and freshly ground black pepper
- 2 tbsp maple-vinegar, optional

Instructions

Set a rack in the center of the oven and preheat to 350°F.

Rinse all the vegetables in clean water and place on a cutting board. Chop or cube as directed and place in a large, shallow roasting pan. Drizzle the oil and maple syrup over the top and sprinkle with the rosemary, salt and pepper. Add the maple vinegar if using. Toss the vegetables until everything is mixed and coated with the oil and maple syrup.

Place pan in the hot oven and roast for 20 minutes. Carefully stir the vegetables and continue roasting for another 30 to 45 minutes or until a fork can be easily inserted in the largest pieces.

Remove from the oven, toss again, and serve hot.

If made ahead, cool and store in a covered container in the refrigerator. Reheat before serving. Can be made up to two days in advance.

Serves 8-10



THE BROOKSIDE
A Kosher Assisted Living and Memory Care Community

93 Manalapan Avenue, Freehold, NJ 07728

www.TheBrookSide.com

732-303-8800
