

The BrookSide Assisted Living Community | Jan 2018

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New Year, New Ways to Embrace a Healthier Life!

Every January 1st, we set our sights on shaping improvements in our daily lives – perhaps by making a healthy lifestyle change, such as in diet or exercise, spending time with friends or learning something new. There is always a new pinnacle to strive towards, whether the change is incremental or significant. It is, after all, what makes us unique.

Benefits of staying active:

- Be happier and less lonely
- Stay motivated with more energy
- Experience fewer mood swings and less depression
- Maintain a healthy weight
- Gain a stronger immune system
- Sleep better and even live longer!

Take steps for a healthier lifestyle.

How about taking a short walk? Or a class? Maybe take up a new hobby? Variety is the spice of life and staying active, both mentally and physically, is a key to continued vibrancy.

Make new friends.

Friends – those who relate and empathize with you, strengthen your entire support system. And being active naturally increases your network of friends.

Learn something new.

Try something you've always wanted to do or reconnect with an activity you already love. Look to one of our clubs or group activities, from painting and photography to technology, even Zumba or aerobics.

When you learn something new, you hone other areas of your brain. This is called neuroplasticity – the ability for your brain to change and grow throughout your life.

We're here to help you reach your goals.

There's nothing to stop you from reaching new heights. For help planning your personal goals, stop in and see us. We'll get you started on a healthier and happier New Year.



The holidays were enjoyed by all this December. Chanukah was celebrated with the Brookside's annual party. Live entertainment, potato latkes and of course jelly doughnuts were in abundance. Nightly Chanukah candle lighting took place in our Town Square led by Rabbi Mandel. Our Christmas tree was adorned with ornaments which the residents hand made, local Freehold students sang carols and Santa even stopped by as candy canes were handed out. Several holiday concerts were enjoyed by all during the month. It was again another memorable holiday season at the Brookside!





Resident Of The MONTH



Seymour

Meet Seymour. He has called the Brookside home since December of 2016. Seymour proudly served his country in WW II with the Air Corp. He loves the many chats that take place at the Brookside as well as joining in with Music Appreciation with Marty. Kind and gentle you will see Seymour helping out his fellow residents. Thank you Seymour for choosing the Brookside for your home, it is our pleasure!

Resident Birthday :

Joseph L.....Jan. 1st
 Minna S.....Jan. 2nd
 Bernice B.....Jan. 7th
 Bea L.....Jan. 7th
 Josephine A.....Jan. 10th
 Tessie JJan. 12th
 Teresa B.....Jan. 15th
 Faye SJan. 15th
 Sandra E.....Jan. 19th
 Linda KJan. 21st
 Seymour K.....Jan. 25th
 Gloria FTJan. 27th
 Israel S.....Jan. 29th
 Florence SJan. 31st



Employee Of The MONTH



Sarah Hernandez

Congratulations to Sarah Hernandez, Brookside's 'Employee of the Month'. Sarah joined the Brookside team November of 2013 with the Housekeeping Department. She now is a member of the Activities Department, both Assisted Living as well as Rose Lane 2 Memory Care. Sarah has formed a Crochet / Knitting Group with the Brookside ladies and together they have created as well as donated numerous blankets and such to different organizations, one being 'The Ronald McDonald House'. Sweet with a smile, Sarah is a marvelous addition to the Activities Department. Great job Sarah!



Thursday, January 25th @ 7:30pm
 Guest Speaker Rabbi Moshe Bryski

Wednesday, February 14th
 Valentine's Day Celebration



Staff Directory of DEPARTMENT HEADS

Executive Director
 Jesse Farmer

Director of Nursing
 Devi Patel

Rose Lane1 Director
 Cecilia Prinke

Rose Lane 2 Director
 Erika Bennett

Director of Resident Services
 RL 1, 2 & Club
 Tammy Adesanya

Director of Sales and Marketing
 Ashleigh Wilson

Sales Manager
 Danielle Christensen

Move-in Coordinator
 Krista Reyes

Business Office Manager
 Teresa Spinicchia

Director of Housekeeping
 Brad Sargent

Director of Maintenance
 Jeff Fabian

Director of Activities
 Susan Fabian

Director of Food Services
 Bobby Maffei

Resident Council President
 Barry Stettin



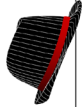



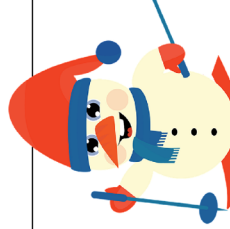
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THE BROOKSIDE
An Assisted Living and Memory Care Community

January 2018

BROOKSIDE ASSISTED LIVING

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>INQUIRE WEEKLY FOR TRIP STATUS</p> <p>NATIONAL ACTIVITY PROFESSIONALS WEEK 21st thru 27th</p>	<p>NEW YEAR'S DAY</p> <p>10:00 Facebook 10:00 AM Exercise 11:00 Spelling Bee 11:00 Target toss Challenge 3:00 NEW YEAR'S DAY CELEBRATION 7:20 Evening Bingo</p>	<p>9:30 Morning News with Clifford 10:00 Daily Exercise 11:00 Imagine Art 3:00 Bingo Matinee 7:20 Tuesday Night Movie</p>	<p>9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Chess with Nolan & Clifford 10:30 Creating with Clay 10:30 Atlantic City Poker 11:00 Yoga with Sheri 7:30 Evening Bingo</p>	<p>TRIVIA DAY 9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 1:00 THERAPY DOG MAX VISITS 2:45 NEW RESIDENT QA with JESSE 3:00 ENTERTAINMENT with AARON 7:20 Evening Bingo</p>	<p>10:00 Daily Exercise 10:00 No \$\$\$ Poker with Alan & Linda 10:00 Manicures 3:00 Friday Movie Matinee 4:27 Candle Lighting</p>	<p>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</p>
<p>10:00 Exercise 11:00 Sunday Word Game 3:00 Bingo Matinee 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>8</p> <p>10:00 Facebook 10:15 EXERCISE with SHANI 11:00 Spelling Bee 11:00 Target toss Challenge 7:20 Evening Bingo</p>	<p>9:30 Morning News with Clifford 10:00 Daily Exercise 11:00 Imagine Art 3:00 Bingo Matinee 7:20 Tuesday Night Movie</p>	<p>10</p> <p>9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Chess with Nolan & Clifford 11:00 Yoga with Sheri 2:30 LADIES CLUB MEETING 4:00 Rabbi Frielich Visits 7:30 Evening Bingo</p>	<p>11</p> <p>9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 1:00 ENTERTAINMENT with ALEXANDER 3:00 Chair Massage with Alita 7:20 Evening Bingo</p>	<p>12</p> <p>10:00 Daily Exercise 10:00 No \$\$\$ Poker with Alan & Linda 10:00 Manicures 3:00 SNOWFLAKE SOCIAL 4:34 Candle Lighting</p> 	<p>13</p> <p>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</p>
<p>14</p> <p>10:00 Exercise 11:00 Sunday Word Game 3:00 Bingo Matinee 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>MARTIN LUTHER KING JR. DAY 15</p> <p>10:00 Facebook 10:00 FOX LED EXERCISE 11:00 Spelling Bee 11:00 Target toss Challenge 7:20 Evening Bingo</p>	<p>16</p> <p>9:30 Morning News with Clifford 10:00 Daily Exercise 11:00 Imagine Art 3:00 Bingo Matinee 6:30 WOMEN'S SUPPORT GROUP 7:20 Tuesday Night Movie</p>	<p>17</p> <p>9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Chess with Nolan & Clifford 11:00 Yoga with Sheri 2:00 PARVE DESSERT COMPETITION 7:30 Evening Bingo</p>	<p>18</p> <p>9:30 Morning News with Clifford 10:00 Exercise 10:30 MENU COMMITTEE MEETS 1:00 THERAPY DOG MAX VISITS 7:20 Evening Bingo 7:30 CABARET NIGHT with JULIAN</p>	<p>19</p> <p>NATIONAL HAT DAY 10:00 Daily Exercise 10:00 No \$\$\$ Poker with Alan & Linda 10:00 Manicures 3:00 HAPPY HOUR 4:42 Candle Lighting</p>	<p>20</p> <p>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</p>
<p>21</p> <p>10:00 Exercise 11:00 Sunday Word Game 3:00 Bingo Matinee 7:20 Sunday Night Movie 7:30 Independent Chat</p>	<p>22</p> <p>10:00 Facebook 10:00 AM Exercise 11:00 Spelling Bee 11:00 Target toss Challenge 3:00 BIRTHDAY PARTY with CARLA 7:20 Evening Bingo</p>	<p>NATIONAL PIE DAY 23</p> <p>9:30 Morning News with Clifford 10:00 Daily Exercise 10:15 RESIDENT COUNCIL 11:00 Imagine Art 3:00 Bingo Matinee 7:20 Tuesday Night Movie</p> 	<p>24</p> <p>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 DEKE 7:30 Evening Bingo</p>	<p>25</p> <p>9:30 Morning News with Clifford 10:00 Exercise 10:30 Catholic Services 1:00 ENTERTAINMENT with JACK 2:30 SPECIAL BINGO / HOSTED BY WILDEWOOD GARDENS 3:00 Evening Bingo 3:30 SPECIAL PRESENTATION WITH RUBEN BROWN</p>	<p>26</p> <p>10:00 Daily Exercise 10:00 No \$\$\$ Poker with Alan & Linda 10:00 Manicures 10:30 COFFEE & TEA with the ED 3:00 Town Square Concert 4:50 Candle Lighting</p>	<p>27</p> <p>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</p>
<p>28</p> <p>10:00 Exercise 11:00 Sunday Word Game 3:00 Bingo Matinee 3:00 ENTERTAINMENT / IT TAKES 2 7:20 Sunday Night Movie 7:30 Independent Chat 7:30 SENIOR PROM</p>	<p>29</p> <p>10:00 Facebook 10:00 CAFE LATTES 10:00 FOX LED EXERCISE 11:00 Spelling Bee 11:00 Target toss Challenge 7:20 Evening Bingo</p>	<p>30</p> <p>9:30 Morning News with Clifford 10:00 Daily Exercise 11:00 Imagine Art 3:00 Bingo Matinee 6:00 BOOK CLUB 6:00 Town Square Trivia 7:15 ACTIVITY HOUR with CHABAD 7:20 Tuesday Night Movie</p>	<p>31</p> <p>TU B'SHEVAT 9:30 Morning News with Clifford 10:00 AM Exercise 10:30 Chess with Nolan & Clifford 11:00 Yoga with Sheri 2:30 ANNUAL PJS & WAFFLES 7:30 Evening Bingo</p> <p>FULL MOON / BLUE MOON</p>	 		

ACTIVITIES SUBJECT TO CHANGE

Did you know...?

- Walking just a quarter mile per day can lower your risk of dementia.
- Aerobic exercise can improve planning and organization skills.
- 45 minutes of exercise three times weekly can increase the volume of your brain.
- Physical activity can improve both short- and long-term memory and even make you think faster.
- People who learn a new skill also see improvements in memory.
- Activities like ping pong and jigsaw puzzles can stimulate your brain.
- A healthy diet high in lean protein can help you to recoup more quickly from illness or injury.
- The Mediterranean diet consisting of fresh fish, fruits, and vegetables may be beneficial in lowering rates of dementia.
- Staying physically active and increasing your stamina, you reduce the potential for a fall.



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