

# February 2019

**Brookdale Yorba Linda**  
 17803 Imperial Hwy  
 Yorba Linda, CA 92886  
 (714) 777-9666 | brookdale.com



Assisted Living  
 All activities are subject to change.

1 FRIDAY	9:15 YMCA Chair Yoga RA	2 SATURDAY	9:15 <b>Groundhog Day</b> RA
	10:00 Sr. Topics with Mary Frances B		9:15 <i>B-Fit and Zumba Gold with Sylvia</i> RA
3 SUNDAY	11:00 <i>Lunch Out: Flappy Jack's Restaurant (sign up pls)</i> BT	4 MONDAY	10:30 Angie Dog Therapy RA
	1:00 Aromatherapy and Nails B		1:00 Brain Fit: Flex Your Brain B
	2:30 B-Fit Exercise RA		1:30 Bingo B
	3:00 Amazing Grace Bible Study B		3:00 Live Music by Gale RA
5 TUESDAY	3:00 Poker Club TVR	6 WEDNESDAY	3:00 Happy Hour Social RA
7 THURSDAY	9:15 B-Fit Exercise RA	8 FRIDAY	9:15 <i>B-Fit and Zumba Gold with Sylvia</i> RA
	9:30 Walmart and Trader Joe's Shopping BT		10:30 Pet Visits RA
9 SUNDAY	1:00 <i>Resident Engagement Chat</i> B	10 MONDAY	1:00 Brain Fit: Flex Your Brain B
	1:30 Bingo B		1:00 Aromatherapy and Nails B
	3:00 <i>Live Entertainment by Ron Johnson</i> RA		2:30 B-Fit Exercise RA
	6:00 Bible Study RA		3:00 Amazing Grace Bible Study B
11 TUESDAY		12 SATURDAY	3:00 Live Music by Gene Walder RA
			3:00 Happy Hour Social RA
13 WEDNESDAY	9:15 B-Fit Exercise RA	14 FRIDAY	9:15 <i>B-Fit and Zumba Gold with Sylvia</i> RA
	9:30 Health & Wellness Class with Meeta RA		10:30 Angie Dog Therapy RA
15 SUNDAY	1:00 Catholic Communion TVR	16 MONDAY	1:00 Brain Fit: Flex Your Brain B
	1:30 <i>Resident Council Meeting</i> DR		1:00 Aromatherapy and Nails B
	2:30 <i>IPAD Tutorial</i> AR		2:00 <i>February Birthday Bash Piano by Matthew G.</i> RA
	3:00 Movie & Popcorn B		3:00 Live Music by Darden Sisters RA
17 TUESDAY	3:00 Poker Club TVR	18 SATURDAY	3:00 Happy Hour Social RA
19 THURSDAY	9:15 B-Fit Exercise RA	20 FRIDAY	9:15 <i>B-Fit and Zumba Gold with Sylvia</i> RA
	9:30 Health & Wellness Class with Meeta RA		10:30 Pet Visits RA
21 SUNDAY	1:30 Catholic Communion TVR	22 MONDAY	1:00 Brain Fit: Flex Your Brain B
	2:00 <i>Menu Chat with Kim</i> B		1:00 Aromatherapy and Nails TVR
	2:30 <i>IPAD Tutorial</i> AR		3:00 <i>Yorba Linda High Salsa Dance Social</i> B
	3:00 Movie & Popcorn B		3:00 Poker Club TVR
23 TUESDAY	3:00 Poker Club TVR	24 SATURDAY	3:00 Live Music by Armando RA
			3:00 Happy Hour Social RA
25 WEDNESDAY	9:15 B-Fit Exercise RA	26 FRIDAY	9:15 <i>B-Fit and Zumba Gold with Sylvia</i> RA
	9:30 Health & Wellness Class with Meeta RA		10:30 Pet Visits RA
27 SUNDAY	1:30 Catholic Communion TVR	28 MONDAY	1:00 Brain Fit: Flex Your Brain B
	2:30 <i>IPAD Tutorial</i> AR		1:00 Aromatherapy and Nails TVR
	2:30 Movie & Popcorn B		3:00 <i>Yorba Linda High Salsa Dance Social</i> B
	3:00 Poker Club TVR		3:00 Poker Club TVR
29 TUESDAY		30 SATURDAY	3:00 Live Music by Armando RA
			3:00 Happy Hour Social RA

LOCATION KEY	
CK - Country Kitchen	PDR - Private Dining Room
B - Bistro	TVR - TV Room
CY - Courtyard	L - Library
RA - Receiving Area/Piano Area	AR - Activity Room
DR - Dining Room	-
BT - Bus Trip	-

## COMMUNITY CONNECTIONS



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## Health and Wellness

## Live Your Optimum Life®: Food Choices to Promote Good Health



We all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don't need to eliminate certain categories of food from your diet, but rather select the healthiest options from each category. According to the Dietary Guidelines for Americans, an essential resource for health professionals, there are many paths to a healthy eating

pattern and emphasizes the importance of overall healthy eating patterns throughout our lifetime.

Eating patterns have a significant impact on health. Diet is one of the most powerful tools we have to reduce the onset of disease. Healthy eating patterns can help prevent obesity, heart disease, high blood pressure, and Type 2 diabetes. Currently, about half of all American adults have one or more of these diet-related chronic diseases.

Healthy eating patterns are adaptable. When people follow a healthy eating pattern, they can incorporate many of the foods they enjoy. Healthy eating patterns can work for anyone, accommodating their

traditions, culture, and budget. Eating food that is healthier and as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain. In addition:

- Consume an eating pattern low in added sugars, saturated fats, and sodium.
- Cut back on foods and beverages higher in added sugars and saturated fats to amounts that fit within healthy eating patterns.
- When selecting beverages, flavored water, tea and low-fat milk are great healthy options over sweetened beverages.

## Wellness Challenge

## Food Choices to Promote Good Health

Research has shown that the traditional Mediterranean diet reduces the risk of heart disease and is also associated with a reduced incidence of cancer, and both Parkinson's and Alzheimer's disease. Here are some Mediterranean diet guidelines for making healthy food choices:

1. Eating primarily plant-based foods, such as fruits and vegetables, whole grains, legumes and nuts.
2. Replacing butter with healthy fats such as olive oil and canola oil.
3. Using herbs and spices instead of salt to flavor foods.
4. Limiting red meat to no more than a few times a month.
5. Eating fish and poultry at least twice a week.
6. Enjoying meals with family and friends.
7. Drinking red wine in moderation (optional).
8. Getting plenty of exercise.

*Be Well on Purpose!*



## Brookdale News

## Join us for Kindness is Ageless



Mark Twain said, "Kindness is the language which the deaf can hear and the blind can see." Participate in this year's Kindness is Ageless campaign and speak the language that everyone understands.

Through Brookdale's Ageless Spirit program we engage in various spiritual practices through "campaigns" that demonstrate the wisdom of our residents. February's campaign is called Kindness is Ageless.

Designed around the spiritual practice of kindness, residents at all Brookdale communities are invited to engage in acts of kindness on

February 14th, in celebration of Random Acts of Kindness Day. Each community makes the acts of kindness meaningful and their own.

Last year one community in New York went to a local diner and surprised guests by handing out homemade chocolates and paying for a portion of their bills.

One of the residents who participated said, "Sometimes you run into people that are sad and that's our job, to show them that everything will be ok in time."

Another resident said, "It isn't just the recipient who feels better. I think the giver is rewarded even more. To think you've made someone, even if for a very brief time, enjoy the day more and feel better about themselves is a great thing."

## Wishes of a Lifetime

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



## Sisters Reunited After Eight Years

Elisie Grogan, 71, of Brookdale Tyler East in Tyler, Texas, had a fulfilling life as a Christian clown, a puppeteer and a ventriloquist. In her spare time, Elisie crocheted for others and volunteered for organizations against elder abuse and domestic violence. And she was finding plenty to do in her senior living community.

But she greatly missed her sister, whom she had not seen in eight years. Elisie's sister, Evelyn Todd, who is 14 years older, had been like a mother to her. Elisie and her sister talked on the phone weekly, though they had been struggling to figure out how to see each other.

Wish of a Lifetime, in collaboration with Brookdale, was thrilled to bring the sisters together again. Elisie and her sister spent three wonderful days together during September 2018. The sisters smiled, laughed, hugged and cried during their long overdue visit. Wish of a Lifetime is so glad to have brought these wonderful sister's together and that they got the reunion that they deserve.