

31 SUNDAY	Church Transportation		March 2019	Brookdale Trinity Towers 101 North Upper Broadway Corpus Christi, TX 78401 (361) 887-2000 brookdale.com Independent Living All activities are subject to change.			LOCATION KEY	AR - Art Room	1 FRIDAY	8:00 Walking Club	Bus	2 SATURDAY	10:30 Catholic Mass	PR						
	9:00 Worship Service	PR						Bus - Bus Trip		9:00 HEB	Bus		2:30 Poker	GR						
	11:00 Catholic Holy Communion	PR						DR - Dining Room		10:00 B-Fit	PR		3:00 Coffee Hour	PR						
	3:00 Coffee Hour	PR						GR - Game Room		10:30 Library Committee	Lib		6:30 Bingo	PR						
								Par - Parlor		2:30 Poker	GR									
							PR - Potpourri Room													
							2nd - 2nd Floor Exercise Room													
							BN - Book Nook													
							Lib - Library													
							SP - Swimming Pool													
							PDR - Private Dining Room													
							AR - Holy Communion													
3 SUNDAY	Church Transportation		4 MONDAY	9:00 Pink Elephant		5 TUESDAY	8:00 Walking Club	Bus	7 THURSDAY	8:15 Flex Your Brain	PR	8 FRIDAY	7:30 Depart for Painted Churches Tour	Bus	9 SATURDAY	10:30 Catholic Mass	PR			
	9:00 Worship Service	PR		10:00 B-Fit	PR		9:15 Blood Pressure Clinic	PR		9:00 HEB	Bus		2:30 Poker	GR						
	11:00 Catholic Holy Communion	PR		2:00 Flex Your Brain	PR		9:30 Balance For Life	PR		10:00 B-Fit	PR		3:00 Coffee Hour	PR						
	3:00 Coffee Hour	PR		2:30 Poker	GR		10:00 Bible Study	PR		2:30 Poker	GR		6:30 Bingo	PR						
	3:30 Holy Communion	AR		3:00 Coffee Hour	PR		10:30 Tai Chi Class	AR		3:00 Coffee Hour	PR									
							2:30 Poker	GR												
							3:00 Coffee Hour	PR												
							3:00 Outside Banking	Bus												
							4:00 Mardi Gras Party	PR												
							6:30 Bingo	PR												
10 SUNDAY	Daylight Saving Begins		11 MONDAY	9:00 Pink Elephant		12 TUESDAY	8:00 Walking Club	Bus	13 WEDNESDAY	9:00 Berry's Jewelers	PR	15 FRIDAY	8:00 Walking Club	Bus	16 SATURDAY	10:30 Catholic Mass	PR			
	Church Transportation			10:00 B-Fit	PR		10:00 B-Fit	PR		9:00 HEB	Bus		2:30 Poker	GR						
	9:00 Worship Service	PR		2:00 Flex Your Brain	PR		1:00 Shopping at La Palmera	Bus		10:00 B-Fit	PR		3:00 Coffee Hour	PR						
	11:00 Catholic Holy Communion	PR		2:30 Poker	GR		1:00 CraftWorks	AR		10:00 Coffee Bar	PR		1:00 Liquid Town Shopping	Bus						
	3:00 Coffee Hour	PR		3:00 Coffee Hour	PR		2:30 Poker	GR		10:30 Tai Chi Class	AR		2:30 Poker	GR						
							6:00 History of a Helicopter Pilot in Vietnam	PR												
							2:30 Poker	GR												
							3:00 Coffee Hour	PR												
							4:00 Happy Hour	PR												
							6:00 Movie Night	Par												
							6:30 Bingo	PR												
17 SUNDAY	Saint Patrick's Day		18 MONDAY	9:00 Pink Elephant		19 TUESDAY	8:00 Walking Club	Bus	20 WEDNESDAY	Start of Spring		21 THURSDAY	8:15 Flex Your Brain	PR	22 FRIDAY	8:00 Walking Club	Bus	23 SATURDAY	10:30 Catholic Mass	PR
	Church Transportation			10:00 B-Fit	PR		10:00 B-Fit	PR		9:00 HEB	Bus		2:30 Poker	GR						
	9:00 Worship Service	PR		2:00 Flex Your Brain	PR		11:00 Rascal's Lunch Outing	Bus		10:00 Bible Study	PR		3:00 Coffee Hour	PR						
	11:00 Catholic Holy Communion	PR		2:30 Poker	GR		1:00 CraftWorks	AR		10:30 Tai Chi Class	AR		11:15 Marco's for Lunch	Bus						
	3:00 Coffee Hour	PR		3:00 Coffee Hour	PR		2:30 Poker	GR		2:30 Poker	GR		2:30 Poker	GR						
							4:00 Resident Questions & Concerns	Par												
							6:30 Rummikub	PR												
							3:00 Coffee Hour	PR												
							4:00 Happy Hour	PR												
							6:30 Bingo	PR												
24 SUNDAY	Church Transportation		25 MONDAY	9:00 Pink Elephant		26 TUESDAY	8:00 Walking Club	Bus	27 WEDNESDAY	9:00 Berry's Jewelers	PR	28 THURSDAY	8:15 Flex Your Brain	PR	29 FRIDAY	8:00 Walking Club	Bus	30 SATURDAY	10:30 Catholic Mass	PR
	9:00 Worship Service	PR		10:00 B-Fit	PR		10:00 B-Fit	PR		9:00 HEB	Bus		2:30 Poker	GR						
	11:00 Catholic Holy Communion	PR		2:00 Flex Your Brain	PR		11:00 Brookdale Babes Lunch Outing	Bus		10:00 Bible Study	PR		3:00 Coffee Hour	PR						
	3:00 Coffee Hour	PR		2:30 Poker	GR		1:00 CraftWorks	AR		10:30 Tai Chi Class	AR		2:30 Poker	GR						
											2:00 HEB		Bus							
							2:30 Poker	GR												
							3:00 Coffee Hour	PR												
							4:00 Happy Hour	PR												
							4:30 Catfish Charlies for Dinner	Bus												
							6:30 Bingo	PR												

Health and Wellness

Live Your Optimum Life® Love Your Heart with Superfoods and Kindness



The heart is a marvel. The most vital of the vital organs, we will live no more than a few seconds without its ceaseless, rhythmic activity. So silent is its faithful work, taking it for granted is inevitable. Until something goes wrong, we may not give our hearts a thought.

The human heart is a muscle, unique in its type. It begins its work long before birth and continues for all of life. Acting as a pump, its sole purpose is to circulate the blood through the lungs to be oxygenated and then throughout the body to nurture every cell with oxygen. Throughout your life your

heart contracts about 70 times a minute and pumps about 5 liters of blood each minute. During an average lifetime, your heart will beat over 2.5 billion times. That is one hard working muscle!

Smart Heart Care with Superfoods

We all know that a balanced eating plan is vital for healthy benefits. In addition, there are certain 'superfoods' that according to nutrition expert Penny Kris-Etherton, Ph.D., RD, are good for your heart and your overall health when incorporated into a heart healthy diet that's balanced in lean protein, whole grains, fruits, vegetables and low-fat milk and dairy products. This diet also should include nuts, seeds and legumes, fish and liquid vegetable oils.

Being Kind to Others Can be Good for Your Heart

Doing good deeds, or kind acts, can make socially-anxious people feel better and there's

research to support this. For four weeks, the University of British Columbia researchers assigned people with high levels of anxiety to do kind acts for other people at least six times a week. The acts of kindness included things like holding the door open for someone, doing chores for other people, donating to charity, and buying lunch for a friend. The researchers found that doing nice things for people led to a significant increase in people's positive moods.

According to Dr. David R. Hamilton, acts of kindness create emotional warmth, which releases a hormone known as oxytocin. Oxytocin causes the release of a chemical called nitric oxide, which dilates the blood vessels. This reduces blood pressure and, therefore, oxytocin is known as a "cardio-protective" hormone. It protects the heart by lowering blood pressure.

Wellness Challenge

Optimum Life Inspiration - Smart Heart Tips

- Incorporate more fruits and vegetables in your eating plan.
- Make connections - get out, find a group, take a class or call an old friend.
- Practice random acts of kindness.

Be Well on Purpose!



March 2019

Independent Living

Brookdale Trinity Towers
101 North Upper Broadway
Corpus Christi, TX 78401

COMMUNITY CONNECTIONS



brookdale.com

Brookdale News

Introducing Brookdale's Chief Financial Officer (CFO)



For Brookdale's Chief Financial Officer (CFO) Steve Swain, senior living is a unique departure from his previous telecommunications industry career, which he left to join Brookdale last fall. When asked about the switch, he said, "It was time to give back. Previously, I didn't wake up mornings asking myself how to get more people to watch more pay TV. The mission of enriching lives is important to me."

During college, Steve cared for his grandmother as her health began to fail. Running errands, attending doctor appointments, and spending time with her taught him valuable lessons. A graduate of the University of Wisconsin, Steve earned a B.S. in chemical engineering, then continued his studies at the University of Chicago, completing an MBA in finance. After serving in multiple leadership roles in finance and in-network engineering, he served as Senior Vice President and CFO of DISH Network Corporation until coming to Brookdale in 2018.

Brookdale President and CEO Cindy Baier says, "Steve has been an important leader who has achieved strategic and operational goals in multi-billion dollar organizations. His experience in finance within complex, asset-intensive businesses is a great addition to our leadership team."

Wishes of a Lifetime

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



MaryAnn Meets a Dolphin

Despite living in Florida for a number of years, MaryAnn McGinnis, 94, had never seen a dolphin in person. After dealing with loss within her family and enduring her own numerous health complications, she was determined to project positive energy on everyone around her. It was this abundance of positivity she shared with others that led her back to her desire to see up close a dolphin or "dancers of the ocean" as she calls them. When MaryAnn saw dolphins from afar, she loved the way they freely glided through the water and leap into the air and how they embodied a joyful spirit that was heartfelt for her.

MaryAnn's wish was to attend an in-person dolphin interaction, and she made memories that will last a lifetime. Thanks to Wish of a Lifetime and Brookdale, MaryAnn visited the Clearwater Marine Aquarium November 14, 2018. There she was able to tour the aquarium, as well as meet and personally feed Nicholas, a lovely and energetic dolphin.

"This was one of the best days of my life," MaryAnn said of the experience.