

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!



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Independent Living

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COMMUNITY CONNECTIONS



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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.