

THE BROOKRIDGE STREAM

January 2021

Brookridge Retirement Community is owned and operated by the Baptist Retirement Homes of North Carolina, Incorporated, a not-for-profit organization committed to providing quality care and a meaningful way of life for residents and staff...a place where residents and staff become an extension of family that recognizes the dignity and worth of each individual.

1199 Hayes Forest Dr.

Winston Salem, NC

27106

336-759-1044

We are on the web!
Come visit us at
www.brookridgecommunity.org



*New Day, New Start, New Year, New you...
It's never too late to start Anew!*

January Birthday's

Lillian Aycock 1/10...Apt 403

Sue Downing 1/22...Apt 509

Mary Fachtmann 1/25...Apt 210

Ralph Futrell 1/09...2016 Lynch Court

Robert Huffman 1/15...Apt 101

Charles Mason 1/08...Apt 511

Wilma McDaniel 1/02...Apt 100

Ted Ochs 1/28...Apt 702

Marian Phillips 1/24...Apt 507

Carol Sasser 1/18...2217 Poole Court

Betty Scales 1/26...2105 Nisbet Court

Inez White 1/30...Apt 200



Happy New Year Brookridge!

New Year, New YOU!

Are you struggling with something that just won't go away? Something that holds you back from doing the things you were once able to do with ease? Just today one of our Brookridge residents told me

"I just couldn't wait to get home and get in my chair because I was so tired, and that just wasn't like me!"

Don't let one more month go by without getting back to YOU! Sometimes the solution is simple, it's just not obvious. You might be struggling with something you have never experienced before or something that has bothered you for far too long- whether it's pain, fatigue, shortness of breath, incontinence, difficulty with memory, changes in vision or something else- give us a call and challenge us to help you find the solution! Wishing you the best New Year!

Happy New Year from your Legacy Healthcare Team at Brookridge

Legacy Therapy Team at Brookridge

Occupational Therapy- Olivia Speech Therapy- Karen

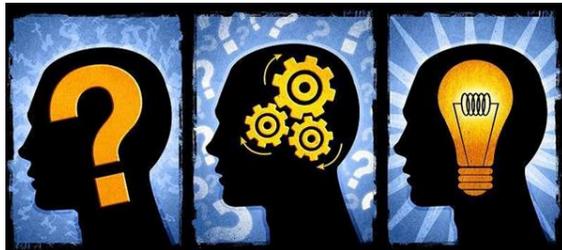
Physical Therapy- Ginny and Bethany

Rehab department: 336-759-8006

I know 2020 was a year of frustration, worries and uncertainties. But we are now starting a New Year, a new beginning, new memories, and more love/laughter to share with those around us! I feel blessed to start this New Year with my Brookridge Family! –Maribel

STAY FOCUSED ON YOUR MIND THIS NEW YEAR!

ACH1EVE MORE BY TH1NK1N6 D1FFERENTLY!



Let's talk about MIND GYM!

M1ND 6YM's solution:

At M1ND 6YM, we want to focus on preventative methods. And as such we believe just as exercise is good for the prevention of many physical ailments, then it should be just as important to exercise the mind for the prevention of mental disorders, starting as early as possible.

At our gym, we use the science of Neurobics, which requires the use of all your senses, a strong component to mental fitness. Not only this, our gym champions socialization and collaboration, an often undervalued, but essential component of a healthy mind.

Mind Gym will be here at Brookridge January 26th at 2:30pm

Due to COVID 19 restrictions, we are only allowed 10 participants. Some of you have already participated in September, therefore we would like to possibly invite new residents to join. We hope to make this a quarterly program depending on residents interest therefore everyone can have the chance to participate.

Maribel's Article



NEW YEAR'S EVE WORD SCRAMBLE

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ebeltreca _____

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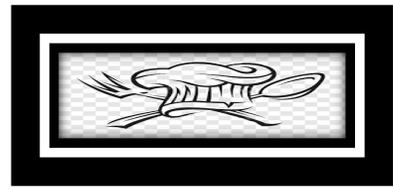
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Recipe of the Month

Chef's Corner

Slow Cooker Tuscan White Bean Soup with Sausage

This simple but flavorful Tuscan white bean soup with sausage doesn't require any pre-cooking or searing, making it a true slow-cooker meal.

Course Soup

Cuisine Italian

Keyword slow cooker

Prep Time 15 minutes

Cook Time 8 hours 30 minutes

Total Time 8 hours 45 minutes

Servings 6

Calories 603 kcal



Ingredients

- 16 ounces dried Great Northern beans
- 8 cups chicken broth
- 2 carrots diced
- 2 stalks celery diced
- 2 cups diced butternut squash
- 1 medium yellow onion diced
- 4 large cloves garlic pressed or minced
- 4 bay leaves
- 4 sprigs thyme
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 pound ground Italian sausage
- 4 cups baby kale leaves
- 3 tablespoons tomato paste
- Shaved Parmesan cheese

Instructions

1. Pour the dry beans into the base of a 6 quart slow cooker with the chicken broth, carrots, celery, onion, butternut squash, garlic, bay leaves, thyme, kosher salt and freshly ground black pepper. Cook on low for 8 hours. Meanwhile, form the sausage into small meatballs and refrigerate until ready to cook.
2. Take 1/2 cup of the soup broth and pour into a small bowl. Whisk in the tomato paste until smooth and then add back to the slow cooker. Add the baby kale and then the sausage meatballs and cook for 30-45 minutes or until the sausage is cooked through and the beans are tender. Adjust seasonings to taste.
3. Serve with shaved parmesan cheese scattered on top.

Caught On Camera



Making Christmas Crafts and decorating Christmas cookies are always fun holiday traditions at Brookridge!



The Festival of Christmas Tables Luncheon was a huge success! Thank you to all the staff who decorated a table! BIG congratulations to Maribel for winning the best-dressed table! All of you did such a wonderful job making the tables beautiful and unique!



Thank you to our fabulous Dietary Staff for the delicious meal that they served, to Santa Ben for the Christmas tunes while we ate and of course the real Santa Clause (AKA Donnie Brinegar) for the photos!

Events to Remember

- 1/6 Armchair Travel at 3pm
- 1/7 Rummikub at 2:15pm
- 1/8 Elvis Birthday Movie at 6:30pm
- 1/12 Massages w/ Sara at 10am
- 1/13 Virtual NC Nature Program at 3pm
- 1/14 Virtual Orchestra at 10:30am
- 1/15 Deer Hunting at 2pm
- 1/15 Wine & Cheese Social at 3:30pm
- 1/18 MLK Luminary Memorial at 6:30pm
- 1/19 Dice Fitness at 9am
- 1/21 Root Beer Floats (Men Only) at 2pm
- 1/22 Technology 101 at 2pm
- 1/26 Mind Gym at 2:30pm
- 1/27 Basic Spanish at 3:30pm
- 1/28 Birthday Dinner at 4:45pm
- 1/29 Book Club at 3pm
- 1/29 Yoga at 3:45pm



Upcoming Trips

Shopping Opportunities:

Grocery Shopping at Lowes 1/12 at 10am

Walmart 1/05 at 10:30am & 1/19 at 10:30am

Dining Out:

Clutch Coffee Bar 1/12 at 2:30pm

Spiritual Opportunities:

The College Park Bus Pick Up will be announcing their start-up date soon. I will keep you posted.

Other:

Concord Aquarium 1/08 at 10am



Don't forget to sign up in the Activity Book to reserve your spot today! Limited space is available!

Words from Our Chaplain

Happy New Year!

What a year 2020 was!

A worldwide pandemic that took the lives of more than 1,000,000 people!

Nations warring against nations: at the close of 2020 there were more than 40 armed conflicts going on around the world!

Our own nation experienced unprecedented political and racial conflict, and suffered a violently contested election.

And more!

We just celebrated the birth of the Prince of Peace. But where's the peace? Jesus told us that there would be wars and rumors of wars. But the peace Jesus brought—and still brings—is the peace between sinful man and man's Creator, who has only man's good as His aim.

That's really where peace begins. With me and my relationship with God. And with you and your relationship with God. And with all others and their relationship with God.

At the beginning of this new year, I encourage us all to spend time with the Lord in thanksgiving for the many blessings He gives us and the for peace He makes for us in Christ Jesus. And there's so much more to be thankful for!

Personally, I thank this Brookridge family for all the kindness you have shown me—and my family—this year! Thank you for your gift at Christmas! Thank you for the privilege of serving you as Chaplain. I pray that in this new year we are all able to experience and share all of God's blessings with love and thanksgiving, while we pray for and work for peace in the land.

May it be the most blessed of New Years!

Chaplain Sherrill



Chaplain Services:

Sundays-Vespers at 4pm

(only 8 can attend each service)

Bible Study-1/13 & 1/27 at 2pm

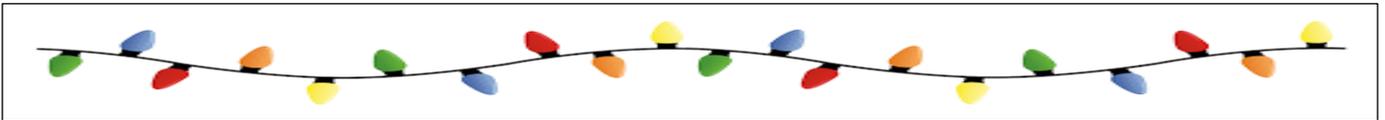
Caught On Camera



Oh what fun we had! A Hot Chocolate Bar,
A S'mores Table,
Roasting Marshmallows over an open fire,
listening to The Carolers from Christmas Past and
SNOWBALL FIGHTS!
This day was meant to put you in the Christmas spirit!



“Mmmmm Dianne, That marshmallow looks good”!



We visited the new light display “ Winter Wonderlights” at the Greensboro Science Center.