

# THE BROOKRIDGE STREAM

May 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.

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1199 Hayes Forest Dr.

Winston Salem, NC

27106

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336-759-1044



Chuck Adam 5/30...Apt.518

Darrell Coe 5/29...Apt.208

Nettie Coe 5/31...Apt.208

Louise Craig 5/08...Apt.708

June Francis 5/05...Apt.710

Jean Grogan 5/08...Apt.308

Bari Hart 5/30...Apt.405

Karin Harvey 5/09...Apt.504

Eunice Massey 5/02...Apt.712

Eloise McManus 5/23...Apt.309

Hugh Milner 5/03...Apt.105

Evelyn Ochs 5/16...Apt.702

Pat Orton 5/05...Apt.503

Elsie Sampsell 5/28...Apt.611

We are on the web!

Come visit us at

[www.brookridgecommunity.org](http://www.brookridgecommunity.org)





By Jeeja Murali November 6, 2020 Exercises physical therapy for elderly, physiotherapy for seniors

# Physical therapy for the elderly: 5 powerful balance exercises for seniors

- 1. Standing on one leg:** One of the most simple and effective exercises for senior balance improvement is standing on one leg.
  - Stand with your feet together.
  - Lift your left knee up to bring your feet off the ground.
  - Hold the position for 10 sec and then get back to the initial position.
  - Repeat the same with your right side.
  - Hold onto the wall with your one hand if needed.
- 2. Weight shifts:** This exercise helps seniors to balance their body weight.
  - Stand with your feet hip-width apart and put your weight onto your right foot.
  - Then lift your left foot and hold the position for 30 seconds.
  - Then do the opposite side
- 3. Clock reach:** This exercise helps seniors to keep them stable by strengthening their hips and ankles.
  - Hold the chair with your left hand and visualize a clock with 12 in front and 6 behind.
  - Stand on your left leg and move your right arm to 12 o'clock. Then reach 3 and 6 o'clock. Repeat with the other side.
- 4. Eye-tracking:** This exercise focuses on vision and the vestibular system. This exercise might make you dizzy. If you experience dizziness, then stop the exercise there itself. Continue after you're comfortable to do it again.
  - With your elbow bent, hold your thumb in front of your face.
  - Move your thumb to the right as far as you can. Then move your thumb to the left as far as you can. Try to keep your head still. Follow with your eyes only.
  - Then move your thumb upward, and finally downward.
- 5. Stepping side-to-side:** This exercise will improve your ability to make a clear move by lifting your feet.
  - Begin with moving across the room side-by-side.
  - Once you feel comfortable, then place small objects to step over them.
  - Once you're confident, then move in different directions such as walking around each object, sidestep over the object, making a movement in the direction of figure-eight.

**Rehab department: 336-759-8006**

# Maribel's Article

**Congratulations Pat Laster and Frank Joiner!**



We are honored to announce that two of our outstanding artist here at Brookridge both won Bronze Medals in the Piedmont Plus Silver Arts, Senior Games Competition! Their artwork has been on display for public viewing at the Forsyth County Central Library from April 6<sup>th</sup>-April 28<sup>th</sup>. We are so proud of you both and thank you for representing the Brookridge community!





**April was National Volunteer Appreciation Month. We recognized Eloise McManus for volunteering in our community store for over 30 years! Thank You Eloise for your hard work & dedication!**



**Mother's Day Social**

**Friday, May 7<sup>th</sup> at 2pm**

**Sign up required-Invite your Kids!**



*Pat Laster would like to introduce you all to her new cat Beatrice. She is shy, but is beginning to warm up to her new surroundings. Beatrice is a beautiful white & grey Persian Manx.*



Please help me **WELCOME** our new friends to Brookridge!

We are so glad you are here!



**Charles & Dee Parker**

**2205 Poole Court**

**National Receptionist Day, May 12<sup>th</sup> 2021**

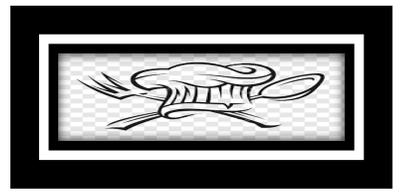
Happy Receptionist Day to Crystal Snow! Crystal is the absolute BEST at her job! I don't know what we would all do without her! She manages to juggle a million things at once and never complains or has a bad attitude! Thank You Crystal for all that you do!



A **BIG** thank you to everyone that donated clothes and other items to our Community Outreach Project last month: Dress for Success! We were able to take 4 big boxes and several bags to them!



**DRESS FOR SUCCESS<sup>®</sup>**  
WINSTON-SALEM



## Recipe of the Month

# Chef's Corner

### Strawberry-Lemonade Sugar Cookie Sheet-Pan Bars

#### Ingredients

2 rolls (16.5 oz each) Pillsbury™ refrigerated sugar cookies

1 jar (10 oz) lemon curd

2 cups (from 8-oz container) Cool Whip frozen whipped topping, thawed

4 cups chopped fresh strawberries (25 medium)

1 tablespoon finely grated lemon zest, if desired



#### Steps

- Heat oven to 350°F. Spray 15x10x1-inch pan with cooking spray. Break cookie dough into pieces; press evenly in bottom and up sides of pan.
- Bake 18 to 22 minutes or until golden brown. Cool completely, at least 1 hour.
- When ready to serve, in medium bowl, beat lemon curd and whipped topping with spoon until blended. Spread over baked crust. Top with chopped berries and lemon zest. Store loosely covered in refrigerator.



# Caught On Camera



*Everyone got to enjoy a visit from the Easter Bunny and he even brought them a candy treat!  
Thank You Peter Cottontail!*

## Events to Remember

- 5/4 Crafty Crafters at 3pm
- 5/5 Armchair Travel at 3:15pm
- 5/6 Pet Visits with Elite Canine at 6:30pm
- 5/7 Mother's Day Flamingle at 2pm
- 5/12 Corn Hole at 3:15pm
- 5/13 Movie Night at 6:30pm
- 5/14 Newcomer Social at 3:30pm
- 5/18 Massages w/ Sara starting at 10am
- 5/19 Mental Health Info Session at 2:15pm
- 5/20 Table Talk at 2:15pm
- 5/21 Wine & Cheese Social at 3:30pm
- 5/25 Basic Spanish Class at 3:15pm
- 5/27 Skin Cancer Awareness at 2:15pm
- 5/27 Birthday Dinner at 4:45pm
- 5/28 Book Club at 3pm
- 5/28 Yoga w/ Joy at 3:30pm



# Upcoming Trips

## **Shopping Opportunities:**

Walmart 5/04 & 5/25 at 10:30am

Thrift Store Bargain Shopping 5/20 at 10:30am

## **Dining Out:**

Men's Breakfast at Cagney's 5/6 at 8am

Lunch at Little Richards BBQ 5/18 at 10:30am

## **Other:**

Walking at Quarry Park 5/11 at 10am

Trip to the Strawberry Farm 5/14 at 11:30am

Winston Salem Dash Baseball Game 5/26 at 6pm

Picnic at Central Park in King & Visit to the Veteran's-Memorial 5/28 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

## **May Days (or is it May Daze?)**

Several people have asked if we are going to change the time for Vespers since the days are getting longer. The folks at Vespers on April 18 voted to keep the time of Vespers at 4:00 pm on Sunday afternoons.

Here are some special days to observe in May:

May 5 is Cinco de Mayo, which has come to signify Hispanic and Mexican pride and a time to celebrate the rich culture. In the U.S. It is a time of song, dance, partying, and in general a time to be proud to be of Hispanic descent.

May 6 is National Nurses Day; and May 7-13 is National Nurses Week.

May 6 is the National Day of Prayer, and on that day there will be more than 35,000 prayer gatherings, by churches, temples and synagogues. Religious roots in this country go back to its formation. In 1775, the Continental Congress set aside a time for prayer. The Founding Fathers asked the colonists to pray for our fledgling country. Many immigrants to America, came here in search of religious freedom. Our God fearing forefathers felt so strongly about religious liberty, that they wrote the First Amendment to the Constitution, specifically to protect the right to religious freedom. Today immigrants are still trying to come to America; and our country is more divided in more ways than ever before. Our country needs prayer more than ever!

May 8 is VE day (1945), which commemorates Germany's signing the unconditional surrender to end WWII in Europe. Lest we forget...

Mother's Day is May 9—always the second Sunday in May. May 15 is Armed Forces Day, a day to salute all of the men and women in all branches of military, who protect us and our country.

May 15 is also Peace Officer Memorial Day, which honors and remembers police officers who gave their lives while on duty.

May 21 is National Waiters and Waitresses Day, which recognizes the value and importance of a good waiter or waitress. Leave a good tip?

May 23 is Pentecost, which Christians celebrate as the coming of the Holy Spirit on the believers in Christ.

May 25 is National Missing Children Day. The U.S. Department of Justice estimates more than 50,000 children are victims of non-family abductions annually. May 28 is Amnesty International Day, which recognizes the need to protect human rights around the world. The Amnesty International organization strives to accomplish these goals by providing awareness and recognition of the issues. They work to publicize local and regional problems, and to arouse citizens, governments and politicians to action.

May 31 is Memorial Day, which is dedicated to service men and women who gave their lives for freedom and country. The roots of Memorial Day observance, goes back to 1865 and the end of the Civil War.

Be Well: *Practice "Wear" "Wait" and "Wash" !!!!!!!!!!!* (Yep, keep it up!)



### *Chaplain Services:*

**Sundays-Vespers at 4pm**

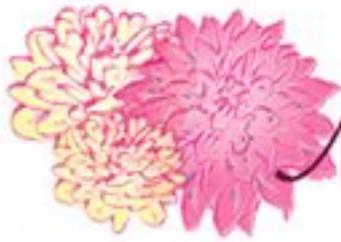
(only 25 can attend each service)

**Bible Study-5/12 & 5/26 at 2pm**

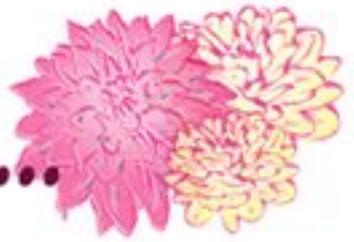
# Caught On Camera



*We had fun dyeing Easter Eggs and seeing all the beautiful colors!  
Joyce Treadway was the winner of our Easter coloring contest. Congratulations Joyce!*



# Mothers Are...



Unscramble the words that describe mothers.

## Happy Mother's Day!

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atntipe \_\_\_\_\_

peluhf \_\_\_\_\_

rscagcifiin \_\_\_\_\_

eonrudlfw \_\_\_\_\_

srinodutisu \_\_\_\_\_

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ncaelig \_\_\_\_\_

cefrtiii \_\_\_\_\_

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dorexraytainr \_\_\_\_\_

# Caught On Camera



*Boy, we sure do have a bunch of silly bunnies around Brookridge! Residents had fun posing in their sunglasses, hunting for eggs around the community and the absolute best part was Ben & Jerry's setting up shop right in our very own Lobby.....YUMMMY!*



*The Kinder's, a Southern Gospel Music Group gave a live Easter concert.  
Some of our residents even got the chance to join in on the singing!  
This was the perfect way to end our Easter celebrations!*