

THE BROOKRIDGE STREAM

June 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



Jimmy Adams 6/10...2225 Poole Court

Susan Beall 6/07...Apartment 501

Jo Ann Helms 6/23...2008 Lynch Court

Frank Joiner 6/18...Apartment 615

Bill Mitchell 6/18...2029 Lynch Court

Mary Morphis 6/17...Apartment 410

Ron Morris 6/18...Apartment 400

Nancy Pyles 6/16...Apartment 516

Cis Whittington 6/17...1147 Hayes Forest Drive



Energy Conservation

You may have heard the term, “energy conservation”, but do you know what it means in regard to your body and physical capabilities? In the world of physical function, energy conservation means assessing our daily routines and finding ways to reduce the amount of effort needed to perform certain tasks, eliminating tasks and building more rest periods throughout the day.

Fatigue is a common complaint in today’s society, as well as a common factor in many medical conditions. Fatigue can lead to many complications such as: risk of injury, inability to complete important tasks, missing out on family and social activities, sedentary lifestyle, depression, decreased interest in once enjoyed activities.

How do we reduce fatigue and stay engaged in our daily lives?

4P’s

Prioritize: Do activities in order of importance, looking at tasks required to take care of ourselves, as well as making time for leisure activities.

Plan: Spend time planning important activities for the day and for the week.

Pace: Take rests between activities. Taking a 10 minute rest each hour will help prevent fatigue. Rest can be sitting and reading, listening to music or lying down.

Posture: Proper posture is about using muscles within their means without expending too much energy.

As we perform activities each day our bodies expend energy. Bodies differ in terms of energy available to expend each day, (due to our health, medical conditions, diet, exercise, and well being). If we are proactive and use energy saving techniques, we can limit fatigue and actively participate in our daily lives. The therapy team can assist you with a personalized plan, allowing you to conserve energy and accomplish more in your day!

Maribel's Article

JUNE IS MEN'S HEALTH MONTH

awareness | prevention | education | family

HERE ARE A FEW GREAT PLACES TO START ON YOUR JOURNEY TO A LONGER HEALTHIER LIFE:



- ✓ Managing stress
- ✓ Limiting alcohol consumption
- ✓ Being active
- ✓ Maintaining a healthy weight
- ✓ Eating a healthy diet
- ✓ Avoiding tobacco products

Common Screenings

IMMUNIZATION



VISION



DIABETES



CHOLESTEROL



BLOOD PRESSURE



COLON



PROSTATE



DID YOU KNOW?



GENETICS VS. LIFESTYLE

Only 30% of a man's overall health is **DETERMINED BY HIS GENETICS**. 70% is controllable through lifestyle.¹



GETTING MORE SLEEP

Men who **SLEEP 7-8 HOURS A NIGHT** have about 60% less risk of fatal heart attack than those who sleep 5 hours or less.¹



GOING FOR A WALK

Men who **CLIMB 50 STAIRS OR WALK FIVE CITY BLOCKS A DAY** may lower their risk of heart attack by 25%.¹



HEALTHY EATING

HEALTHY EATING can help to prevent prostate cancer.²



EARLY DETECTION

When **COLORECTAL CANCER** is found early, it can often be cured.³



Attention all Cat Lovers!

We will be visiting the Crooked Tail Cat Café on 6/25. They are a nonprofit cat rescue sanctuary. They house adoptable rescue cats until they find forever homes. We will be inside their cat lounge, where we can play with the cats for an hour and also try a variety of the coffee, tea and other snacks that they sell there. ALL PROCEEDS GO TOWARDS THEIR MISSION TO PROVIDE A SAFE SPACE FOR RESCUE CATS UNTIL THEY FIND NEW HOMES.

June is National Adopt a Cat Month!



The Whitings

Will be here in concert

Friday, June 4th at 2pm



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

We are so glad you are here!



Bob & Judy Fromm

Ed Mayfield

Suzanne Query

O-FISH-ALLY FATHER'S DAY FISH FRY

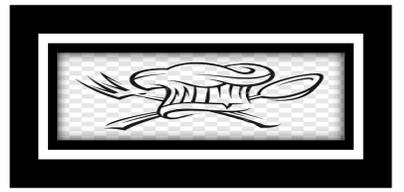
We will be Celebrating our Father's this year by having a Fish Fry on Friday, June 18th outside in the front parking lot at 12pm. Everyone is invited to participate. Father's, please feel free to invite your children as well! Everyone sign up in the Activity Book if you plan on attending by June 14th! Happy Father's Day!



Summer Kick Off Party!!!

H-E-L-L-O Summer! We have been waiting for this day! June 20th is the official start date to summer, so on Monday the 21st we are kicking it off by having an afternoon filled with FUN! Pelicans Snoballs will be here to serve up their cool & delicious treats!





Recipe of the Month

Chef's Corner

Pineapple Salsa

Ingredients

- 1 whole pineapple
- 1 cup seeded and chopped plum tomatoes
- 1/2 cup chopped sweet onion
- 1/4 cup fresh cilantro, minced
- 1/4 cup seeded and chopped [jalapeño peppers](#)
- 2 limes, zested and juiced
- 1 tablespoon olive oil
- 1 teaspoon ground coriander
- 3/4 teaspoon ground [cumin](#)
- 1/2 teaspoon salt
- Tortilla chips, for serving



Steps to Make It

1. Gather the ingredients
2. Using a large knife, [cut a whole pineapple](#) in half lengthwise and through the leaves into two halves.
3. Cut around the edge of each pineapple half, leaving about 3/4 of an inch rim to the outside of the pineapple. Cut out the center core, remove, and discard.
4. Score the pineapple by slicing it into chunks. Use a large serving spoon to scoop out the pineapple chunks.
5. Cut the pineapple chunks into a medium dice for the salsa. Measure 2 cups of diced pineapple for the salsa and reserve any remaining pineapple for another use. Set aside hollowed out pineapple halves for serving
6. In a large bowl, combine the pineapple, tomatoes, onion, cilantro, jalapeno peppers, lime zest and juice, olive oil, ground coriander, cumin, and salt.
7. Cover and refrigerate until ready to serve.
8. When ready to serve, spoon the salsa into the reserved pineapple half. Serve with tortilla chips. Enjoy!

Notice:

Due to low stock with our suppliers during the pandemic, you might see substitutions on our menus in the coming weeks. We will do all we can to ensure continuity. We appreciate your patience.

Caught On Camera



Residents celebrated Cinco de Mayo by having a Mexican themed luncheon in our Dining Room. There were plenty of decorations, tacos and friends but our favorite had to be the strawberry margaritas!

Events to Remember

- 6/1 Wii Bowling at 3pm
- 6/2 Herb Growing at 10:30am
- 6/3 Pet Visits w/ Elite Canine at 6:30pm
- 6/4 Music by The Whitings at 2pm
- 6/7 Foot Soaks at 10:15am
- 6/7 Podiatrist Visits-Must make an Appointment
- 6/9 Painting Class at 10:30am
- 6/10 This Month in History at 2:15pm
- 6/15 Badminton at 10am
- 6/16 Armchair Travel at 3pm
- 6/17 Mugs & Muffins at 10:30am
- 6/21 Ugliest Dogs in the World Video at 10:30am
- 6/23 Men's Health Webinar at 3:15pm
- 6/24 Table Talk at 2:15pm
- 6/25 Wine & Cheese Social at 3:30pm
- 6/29 Watermelon on the Porch at 2:30pm
- 6/30 Couples Anniversary Dinner at 6pm



Upcoming Trips

Shopping Opportunities:

Walmart 6/8 & 6/22 at 10:30am

Dining Out:

Men's Breakfast to King Kitchen 6/3 at 8am

Lunch at Village Tavern 6/15 at 11am

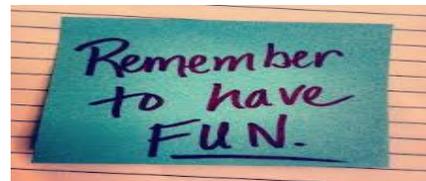
Dinner at Mount Olympus 6/22 at 4pm

Other:

Walk at Salem Lake 6/01 at 10am

Charlotte Botanical Gardens w/ Taylor Glen 6/11 at 9am

Crooked Cat Café 6/25 at 11:30am



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



Words from Our Chaplain

Pause...and Give Thanks

Did you know that thankful people are the happiest people? Several polls taken over the last several years indicate that is true. Like most months, the month of June offers many opportunities to push the pause button of our hectic—sometimes frantic—busyness for the purpose of giving thanks.

June 6 is D-Day Anniversary, which is a day of awareness and appreciation for all the people of the Allied Forces that landed in Normandy on June 6, 1944, which led to the eventual defeat of the Nazis and re-established freedom. Every year on June 6, the world pays tribute to all veterans that bravely fought the Nazis.

June 19 is Juneteenth, also called Freedom Day and Emancipation Day, celebrates the abolition of slavery in the United States. On June 19, 1865, Union soldiers arrived in Texas to deliver news that President Lincoln had issued the Emancipation Proclamation, freeing the enslaved. Although Lincoln's Proclamation was issued on January 1, 1863, it took nearly two and half years for word to travel from Washington to Texas. By then, Texas had amassed more than 250,000 slaves. Since 1865, Juneteenth has been informally celebrated throughout the country however in 1980, Texas became the first state to recognize it as an official holiday. Shortly thereafter, other states also proclaimed the holiday. Today, Juneteenth is a celebration of African-American freedom, heritage and culture observed through songs, communal cookouts and parades.

June 20 is Father's Day, which offers opportunity to give thanks for fathers.

June 20 is also the day **Summer begins**.

Of course, every day offers many opportunities to be thankful. Just look around: the wonder and beauty of God's creation, and those who populate it provide good subjects for thanksgiving!

Be Well: *Practice "Wear" "Wait" and "Wash"*

Gene Sherrill, Chaplain, I/L



Dads pray for their children (1 Chronicles 29:19)



Chaplain Services:

Sundays-Vespers at 4pm

Bible Study-6/9 & 6/23 at 2pm

Caught On Camera



Mother's Day Flamingle Social. Everything Pink....Everything Flamingos! Our Mother's got to enjoy sounds from the ocean as a steel drum player played tropical tunes throughout the afternoon. Some women won flamingo door prizes, but all got flowers for their special day! We love our Ladies!

Father's Day Word Search

F C E H L E B R A F E G I F S
A O L O V I N G U A S B I N T
Y D A L F A M I N M P S O F N
C A F I N G P N J I O R T O T
E G M D B E A G T L T I N S U
L E O A C L R C O Y R D I F G
E C T Y H O E A J I C T S U N
B D A D I V N P U F A T H E R
R O H R F I T O A G R D A T H
A G E Y D F I N G R I E N Y D
T R R S D A G G J E N A R D S
E I D E D D A Y F I G C A S R
G L C H O P R E T H I N G I F
O C H I L D R E N O J U N E T
C A D F I R T H I N G N U J I

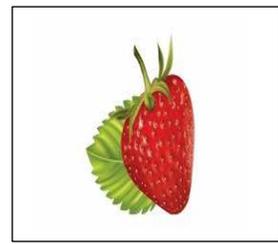
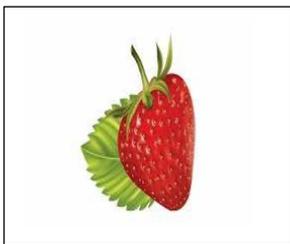


CARD
CARING
CELEBRATE
CHILDREN
DAD
FAMILY

FATHER
GIFT
HOLIDAY
JUNE
LOVING
PARENT



Caught On Camera



Sweetest Berries in the Patch!

JoEllen Scott Eunice Massey Virginia Underhill

Cathy Nelson Tom Moore Wilma McDaniel

Annual Couples Anniversary Dinner will be held Wednesday, June 30th at 6pm in the Auditorium. Any couple that wish to attend, please sign up in the Activity Book no later than June 18th!



Community Outreach Project for June

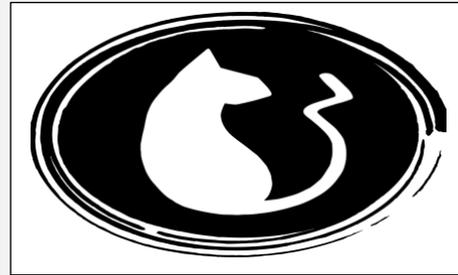
June is National Adopt a Cat Month. This month we will be collecting things needed for the Crooked Cat Café here in Winston Salem. They are a nonprofit cat rescue sanctuary that house adoptable rescue cats until they find forever homes. We will be taking a trip to visit them on 6/25 and will be bringing the donations that we collect when we go. The following is a list of things that are needed. Please put items bought in the box located in the 3rd floor lobby near Crystals desk. Thank You!

*Purina Friskies Wet Cat Food (Variety)

*Cat Toys

*Lysol Disinfecting Wipes

*Hand Sanitizer



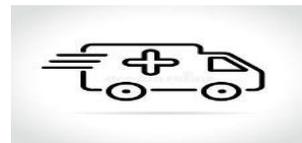
We are on Facebook! Tell your friends and family to follow us! Activities post pictures of our special events and they can see all the fun things we do! They may even get to see a photo of **YOU!** If you have a Facebook, make sure you are following us as well!



Medical Appointment Reminders:

Please give a notice of at least **72 hours** to schedule transportation for a doctor appointment.

The charge is \$15.00 for one way or \$30.00 for round trip



Thank You to all the Residents that helped make cards for the Teachers for Teacher Appreciation Week and also for National Police Week! The teachers at Mount Tabor High School and the Police at Police Station 7836 North Point Blvd. enjoyed reading them and the donuts we brought!