

# THE BROOKRIDGE STREAM

January 2022

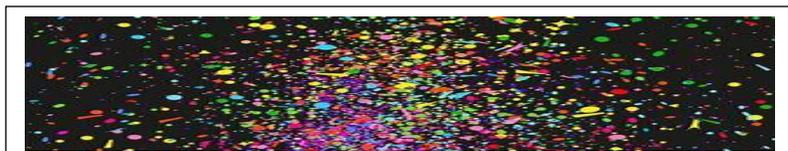
Brookridge Retirement Community is owned and operated by the Baptist Retirement Homes of North Carolina, Incorporated, a not-for-profit organization committed to providing quality care and a meaningful way of life for residents and staff...a place where residents and staff become an extension of family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

1199 Hayes Forest Dr.

Winston Salem, NC



We are on the web!  
Come visit us at  
[www.brookridgecommunity.org](http://www.brookridgecommunity.org)



# January Birthdays

*Lillian Aycok 1/10...Apt.403*

*Sue Downing 1/22...Apt.509*

*Robert Glasgow 1/25...2101 Nesbit Ct.*

*Robert Huffman 1/15...Apt. 101*

*Wilma McDaniel 1/02...Apt.100*

*Marian Phillips 1/24...Apt.507*

*Carol Sasser 1/18...2217 Poole Ct.*

*Betty Scales 1/26...2105 Nesbit Ct.*

*Jane Vaughan 1/05...Apt.516*

*Inez White 1/30...Apt.200*

*Happy Birthday to you ALL!*

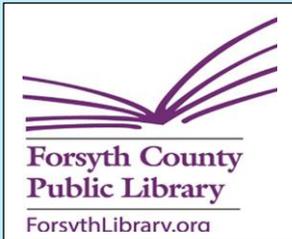


# Maribel's Article

## Forsyth County Mobile Library

As we all know, our library is closed due to the renovations.

But no need to fear, the Forsyth County Mobile Library will be here . . . .



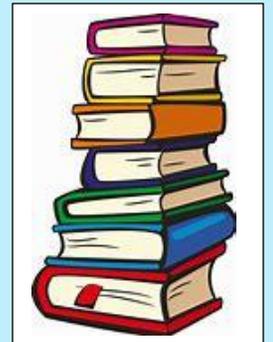
## THE FIRST MONDAY OF EACH MONTH from 2pm-3pm!

Location: Apartment 210

Popular movie titles are offered through this program for patrons to enjoy. There is a wide collection of large print books and magazines as well as audio books to further satisfy everyone's needs.

### Services provided during this time:

- Don't have a library card? No problem, apply for one during this time.
- Check out and make returns!
- Music CD's/movies may also be available for check out.



**HAPPY NEW YEAR**

I Hope you all had a great Christmas with your family and friends! I would like to personally wish you all a Happy New Year! I hope in this New Year you continue to challenge yourselves by participating in new activities and truly taking advantage of all the great resources here at Brookridge! It has been a challenging year but we will continue to hold on to hope and persevere for a brighter and better tomorrow!

## F.Y.I

Just a reminder to double check your calendars for location of activities beginning January 1<sup>st</sup> due to the renovations. We will now be doing most of our activities in empty Apartments 209 & 210.



**Come listen to the super talented...**

**Guitarist David Cray**

**1/25 @ 2pm**



Join us on January 17<sup>th</sup> at 6:30pm as we watch:

**"In Remembrance of Martin"**

Forsyth Mobile Library will be here on January 3<sup>rd</sup> from 2-3pm in Apartment 210. If you checked out any books last time, please bring them back if they are due.



Come go with us to get the  
BEST burger in town!

Friday, January 7<sup>th</sup> at 10:30am!

Due to the lack of participation, the podiatry clinic has decided they can no longer do on-site visits. If you would like to schedule an appointment to visit their office, please call 336.766.3338.

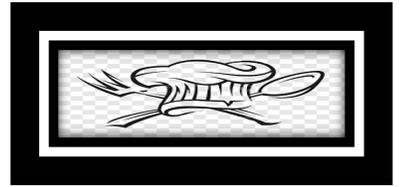


## **HAPPY Birthday Elvis!**

**Taylor Vaden, a favorite local who sings The Kings greatest hits, will be here on Saturday, January 8<sup>th</sup> at 3pm to put on a show for us in honor of his birthday!**



Hang on to your hats and celebrate in style on National Hat Day. Celebrated each year on January 15<sup>th</sup>, don your favorite fedora, cap, cloche, derby, or sunhat!



## Recipe of the Month

# Chef's Corner

MEXICAN STUFFED PEPPERS

### Ingredients

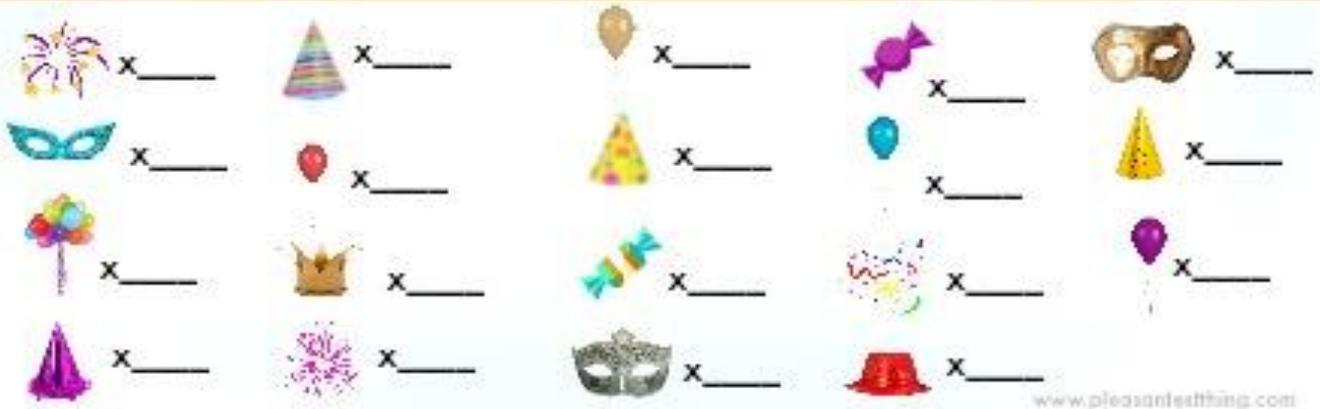
- 6 medium bell peppers (any color), tops cut off and cores removed
- 1 package Morningstar Farms Chipotle Black Bean Crumbles, cooked according to package instructions
- 3 cups cooked quinoa
- 2 cups (8 ounces) freshly-shredded Pepper Jack cheese
- 1 cup good-quality salsa
- optional toppings: chopped fresh cilantro, diced avocado, extra cheese

### Instructions

1. Preheat oven to 350 degrees F. Arrange the peppers in a 9 x 13-inch baking dish so that the cavity side is facing up.
2. In a large mixing bowl, stir together the cooked black bean crumbles, cooked quinoa, **1 1/2 cups** shredded cheese and salsa until combined. Spoon the mixture evenly into the cavities of the six bell peppers. Sprinkle the tops with the remaining **1/2 cup** shredded cheese.
3. Bake uncovered for about 25-30 minutes, or until the peppers are cooked and soft and the cheese is all melted. Serve immediately, topped with optional toppings if desired.



# NEW YEAR'S I SPY



www.pleasantestthing.com

**How many can you SPY?**



- 1/4 Movie Night at 6:30pm
- 1/5 Memorial Service at 10:30am
- 1/6 Pet Visits w/ Elite Canine at 6:30pm
- 1/6 Table Talk a 3:30pm
- 1/8 Elvis Hits by Taylor at 3pm
- 1/11 Corn Hole at 3pm
- 1/13 Birthday Dinner at 4:45pm
- 1/17 MLK Remembrance Video at 6:30pm
- 1/18 Making Snow Globes at 2:15pm
- 1/19 Jeopardy at 3:30pm
- 1/20 Show & Tell at 2pm
- 1/21 Wine & Cheese Social at 3:30pm
- 1/25 Guitarist David Cray at 2pm
- 1/26 Cardio Drumming at 3:30pm



# Upcoming Trips

## **Shopping Opportunities:**

- Publix 1/4 at 10am
- Walmart 1/11 at 10am
- Aldi's 1/18 at 10am
- Target 1/25 at 10am

## **Dining Out:**

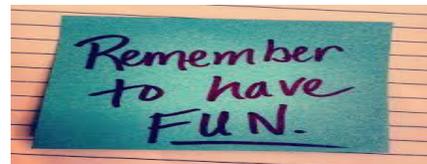
- Breakfast at Duke's (Men Only) 1/5 at 8am
- Lunch at Hops Burger Bar 1/7 at 10:30am
- Lunch at Lexington BBQ 1/21 at 10:30am
- Maple Springs Senior Lunch 1/27 at 11:30am

## **Other:**

- The Discovery Place Science Museum 1/14 at 10am
- Lunch at Chick-Fil-A & Movie at The Grand Theatre 1/28 at 11:30am

## **Spiritual Opportunities:**

- Every Sunday at 10am College Park Church- Pickup



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

# Happy Thankful New Year!

Giving thanks is the best way I know to start the new year, so I take this opportunity thank you all for cards and gifts received during the Christmas season. The best gift, of course, is the privilege of working at Brookridge and getting to spend time with such wonderful residents and staff! You bring light into so many lives—including mine! Thank you!

Actually, being a thankful person produces many positive and healthful attributes. Did you know that? According to the Harvard Medical School, being thankful helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. And...being a grateful person is a characteristic we can learn and grow! How does one start? By counting our blessings!

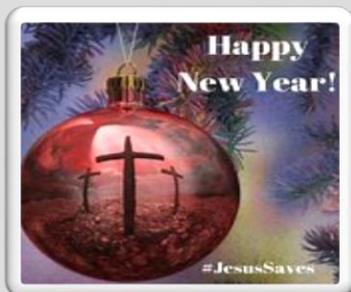
Counting our blessings boosts our health: less depression and stress, lower blood pressure, more energy, and greater optimism. According to research by Robert A. Emmons, Ph.D, a psychology professor at the University of California-Davis, and author of *Gratitude Works!: A 21-Day Program for Creating Emotional Prosperity*, people with high blood pressure who actively express thankfulness “can achieve up to a 10 percent reduction in systolic blood pressure and decrease their dietary fat intake by up to 20 percent. And there are many other benefits!

The apostle Paul must have known this. In 1 Thessalonians 5:18, he wrote: “*Give thanks in all circumstances; for this is God’s will for you in Christ Jesus.*” Notice that he did *not* say “for all circumstances!” What he meant was that in every circumstance we can find something for which to be thankful. After a fire almost destroyed a church sanctuary, the people said, “Thank you, Lord, that the damage was not as bad as it could have been!” During a heartbreaking illness and death, a family member of the sick person prayed, “Lord, I thank you for the hospital personnel and the wonderful friends who have supported us in this trying time.”

We don’t know how long the road is that stretches out before us, but we do know who keeps the road. We can travel this road in better health and spirits in this new year—and every year—by being thankful to God *in* all circumstances!

Stay Well: Still Good Practice to “Wear,” “Wait,” and “Wash”

Gene Sherrill, Chaplain, I/L



## [Chaplain Services:](#)

### **Sundays:**

Vespers at 5pm

### **Bible Study:**

1/12 & 1/26 @ 2pm

# In the Spotlight



## Maria Page

Maria was born in Ottenreuth, Plan, Sudedenland, now known as the Czech Republic. She lived there until 1964 and then moved to the United States with her husband Elton. He was in the Army and working in her country when they met. Elton & Maria were married for 56 years when he passed. After coming to America, she worked at Western Electric and retired from Lucent Technolgies. Maria enjoys garden work, meeting others and dogs. She has loved living at Brookridge these last few months and said the people here are very friendly and helpful!

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

## Norman & Joyce Casto

We are so glad you are here!



As a reminder, everyone please wear your nametag on the first Tuesday in every month so that our new friends can learn names more easily!

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*Thank You to those who donated Christmas gifts to Family Services of Forsyth County!  
They were very grateful for your donations!*



# Caught On Camera



We did so many fun and exciting activities in the month of December that we couldn't possibly fit all the pictures on these pages, but we tried!

# Caught On Camera



# Caught On Camera



Have A Holly Jolly Christmas  
*It's the best time of the year!*

January 23-30<sup>th</sup> is National Activity Professional's Week. I would like to say it has been an honor working at Brookridge these past 5yrs being your IL Activity Director! You all have become an extension of my family and I am extremely grateful for each one of you! I hope 2022 allows us to make even more memories together and share much laughter and fun!

I also want to give a big THANK YOU and show acknowledgment to Maribel for all her dedication and hard work! She came on board the Activity Team as our Wellness Coordinator a little over a year ago and since then has enhanced our program with her knowledge, kindness and love for her job! I am so appreciative for her help and the compassion that she shows each one of you on a daily basis. So thank you Maribel for everything you do for me and the residents!

