

# THE BROOKRIDGE STREAM

August 2022

Brookridge is a flourishing Life Plan Community owned and operated by Baptist Retirement Homes, a not-for-profit organization committed to providing quality care and a meaningful way of life for residents and staff since 1951.

1199 Hayes Forest Dr.

Winston Salem, NC 27106

336-759-1044

We are on the web!

Visit us at

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

or



# August Birthdays

*Linda Adams 8/01...2225 Poole Ct.*

*Deryl Holliday 8/12...2112 Nisbet Ct.*

*Margaret Pleasants 8/17....2229 Poole Ct.*

*Suzanne Query 8/08...2108 Nisbet Ct.*

*Hilda Scarborough 8/21...2002 Lynch Ct.*

*Fred Strada 8/09...Apt.302*



**A BIG thank you**

We would like to thank Jimmy & Linda Adams for providing lunch for the staff & Roger and Fran Scott for purchasing the Activity Department a new Corn Hole Game!

# Maribel's Article

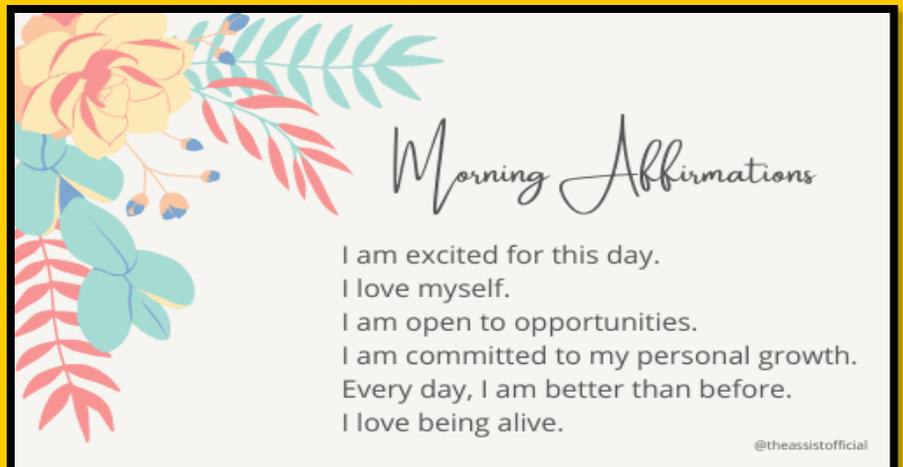
**AUGUST IS HAPPINESS HAPPENS MONTH.**



Share your happiness and encourage others to do the same.

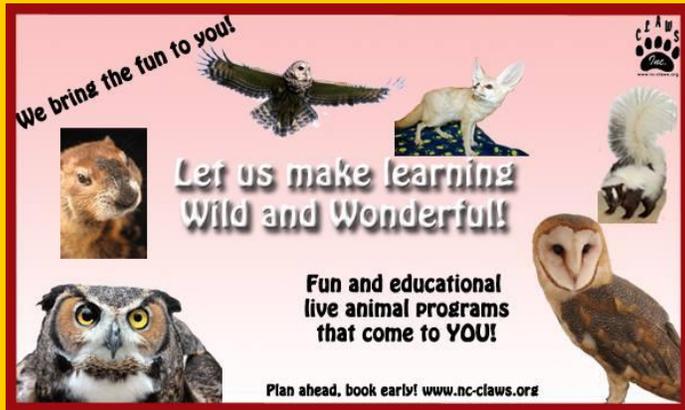
## Pathways to happy lives

- 1. Focus on abilities.** Older adults who focus on what they *can* do and find rewarding, rather than any decline in abilities, are happier. According to a study in *The Gerontologist*, accepting aging and adapting to age-related changes is vital to successful aging and well-being.
- 2. Stay socially connected.** Frequent social participation, interactions and support contribute strongly to the mental health and well-being of Canadian seniors.
- 3. Be actively engaged in life.** Active engagement in life through physical, mental and social activities is a key component of successful aging and life satisfaction, according to researchers from Toronto's York University. Their study found that physically active Canadian older adults, for example, were more than twice as likely to successfully age and maintain optimal health and well-being.
- 4. Accentuate the positive.** As people get older, they become better at regulating their emotional health, and looking at experiences and challenges with a positive attitude, according to Stanford Center on Longevity study. In memory tests, older adults recalled more positive images than negative images than younger adults. When shown photos of people smiling or scowling, older adults also recalled the smiling faces more quickly.
- 5. Volunteer to feel good.** University of Toronto researchers found that formal volunteering reduced depression and increased psychosocial well-being in older adults. Seniors said feeling appreciated or needed as a volunteer boosted their well-being and those with chronic conditions seemed to benefit most.
- 6. Learn each day.** Ongoing, lifelong learning boosts the life satisfaction and happiness of older adults, while also improving their physical and mental health.



## Claws Wildlife Animal Program

Claws, Inc. was formally founded and incorporated in July of 2004 and since that time has educated tens of thousands of people and helped thousands of wild and exotic animals.



Claws will be here with their animals on Tuesday, August 23<sup>rd</sup> at 3pm!

**It's That time of year again!**

### **Annual Financial Meetings!**

**8/3/22 in the Dining Room**

**3pm for A&B Building Residents**

**4pm for Garden Home Residents**



### Newcomers Meet & Greet

Everyone please join us on 8/12/22 at 2:30pm in the Café as we host a Meet & Greet Social for all of our newest residents here at Brookridge!

Come hear Resident Carlos Cooper on 8/30 speak about the book he wrote called "Reflections of 70 years".

3:30pm in the Feezor Auditorium



### Your invited to a Watermelon Party!

Come fellowship with friends and eat some delicious watermelon on August 5<sup>th</sup> at 3pm!

And don't worry y'all, there will be plenty of salt! Hope to see everyone there!



### **What is MLD???**

Come find out on August 31<sup>st</sup> at 2:15 in the Café!

### Ingredients

Original recipe yields 8 servings The ingredient list now reflects the servings specified

- 3 cups cooked macaroni
- 1 (5 ounce) can tuna, drained
- 1 (10.5 ounce) can condensed cream of chicken soup
- 1 cup shredded Cheddar cheese
- 1  ½ cups French fried onions

### Directions

#### Instructions Checklist

- Step 1

Preheat the oven to 350 degrees F (175 degrees C).

- Step 2

Combine cooked macaroni, tuna, and condensed soup together in a 9x13-inch baking dish; sprinkle with cheese.

- Step 3

Bake in the preheated oven until bubbly, about 25 minutes. Sprinkle with fried onions; bake 5 minutes more.



# Easy Tuna Casserole



8/1 Mobile Library 2-3pm

8/2 Ladies Spa at 9:30am

8/4 Pet Visits at 6:30pm

8/10 Painting Class at 10:30am

8/11 Flower Arranging at 2:15pm

8/16 Corn Hole at 3:30pm

8/17 Crafty Crafters at 3pm

8/19 Wine & Cheese Social at 3:30pm

8/23 Wildlife Program at 3pm

8/24 Bible Study at 2pm

8/25 Birthday Dinner at 4:45pm

8/30 Farkle at 2pm

8/31 Cardio Drumming at 3:30pm



# Upcoming Trips

## **Shopping Opportunities:**

Lowes Foods 8/16 at 9am

Walmart 8/30 at 9am

## **Dining Out:**

Johnny B's for Breakfast (Men Only) 8/4 at 8am

Johnny's Farmhouse for Lunch 8/9 at 11am

Ranch O's for Lunch 8/23 at 10:45am

August Birthday Dinner at North Point 8/25 at 4:45pm

## **Other:**

College Park Church Pickup every Sunday at 10:15am

Salem Band Concert 8/9 at 6:30pm

Day Trip to Hiddenite NC 8/26 at 10:30am

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



# A Note From Our Chaplin

## A Summer Devotion

Jul 9, 2020 9:00:00 AM / by [Ruth Sall](#)

We are deep in the heart of summer. The days are long and hot. The sun washes everything in glowing light. Gardens of vegetables and flowers are growing high and colorful. The pavement is blisteringly hot, and it feels good to wear sandals and wiggle our toes. It is truly the definition of summertime right now.

A few years ago I was walking to church and noticed on my last few steps along the sidewalk before turning to go to the front doors that a tomato plant had somehow started to grow in the crack of the pavement. It was sprawling along the edge with several small, green tomatoes. I couldn't believe that this plant had been able to take root, grow, and thrive in the midst of the hot, steamy sidewalk and was even producing fruit. I watched over it the next few weeks as more fruit grew from its branches and ripened into lovely red tomatoes. I showed my daughters and we picked ripe tomatoes to share with congregants at church. When we would explain where the tomato was growing, everyone was always amazed and would head out to take a look.

There is beauty in the world right around us, and sometimes we don't even realize it. Walking down the street there are signs of God's creation growing at our feet. Whether we are in the city or the country, the suburbs or the farm, God's creation envelopes us every day. The heart of summer is a wonderful time to experience the Creator. We feel the summer sun, the heat, and remember how God created "the greater light to rule the day and the lesser light to rule the night." We see and smell the deep green vegetation around us and know that God has provided all we need. We hear the twitter of birds and feel ourselves surrounded by all creatures great and small. We feel the cool water of the pool, the lake, the hose, or the stream and know that God has washed us in living waters. Dear God, we praise you for creating the world. We thank you that we are part of that creation. We see, hear, smell, touch, and taste the wonders of nature. Thank you for giving us the beauty that surrounds us today and always. Amen.

I hope you all stay well!

It's still good to practice the three "W"s!

Gene Sherrill, Chaplain, I/L

**Vespers-Sunday's at 5pm in the Café**

**Bible Study-Wednesday August 10<sup>th</sup> & 24<sup>th</sup> at 2pm**

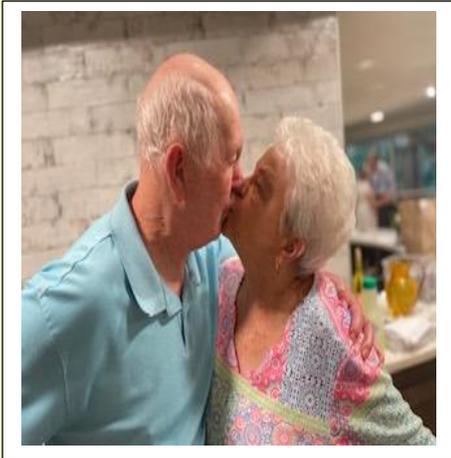


The Lord Bless You  
and keep you;  
The Lord make His face  
Shine Upon You  
and be gracious to you;  
The Lord lift up His countenance upon you,  
And Give You Peace.

Numbers 6:24-26

# In the Spotlight

## Darrell & Nettie Coe

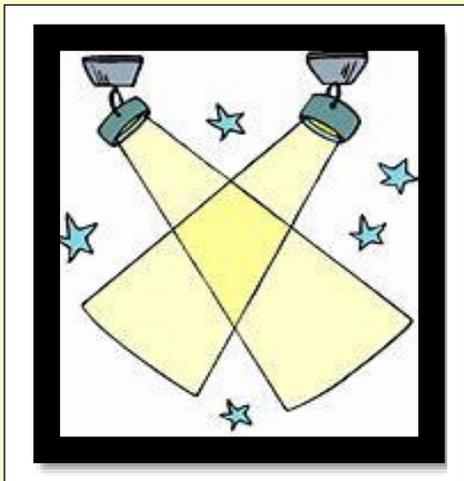


Last month we had our yearly Couples Anniversary Dinner. There we learned that our longest married couple here at Brookridge was, Darrell & Nettie Coe. They have been happily married for 69 years!

It all started at Dobson's Post Office. That's where they first met and Darrell asked Nettie for a date. The rest was history. They were inseparable, going on dates to Powell's Grill, Drive Inn Movies, Church events or for car rides around Mt. Airy. They dated for a few years. During that time Darrell went to college at Appalachian and also served in the military, Nettie waited for him through it all. Eventually they got married in 1953.



Four Years later, their only child Sandra, their daughter was born. She was the highlight of their lives. Throughout the years Darrell worked in payroll at Reynolds and Nettie at Piedmont Airlines in the office. Darrell also refereed all types of school games and coached for church teams. They attended St. Andrews Presbyterian Church, which Darrell himself helped build. They traveled the United States and visited 47 of the 50 states.



As of today, they have lived here at Brookridge for 6 years. A good friend Tom Moore recommended it to them. They now have two grandchildren and four great grandchildren. Their family is loving & visits often.

I asked them what was the secret to a long & good marriage. They both said, you have to give & take, be there for one another when they are in need and simply don't even give separating a thought! Nettie wanted to add that they both grew up in a Christian home as well. Whatever it is, these two sure have what it takes!

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

We are so glad you are here!



**Bob & Jeanne Frey-2016 Lynch Ct.**

**Jim & Laminda Willard-2208 Poole Ct.**

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!

# Caught On Camera



4<sup>th</sup> of July & Shark Week!!!!





# Come and Go with Us & Have some Fun too....

## ***Lunch at Winston Salem's newest restaurant's!***

At Johnny's Farmhouse, our unwavering commitment to customer satisfaction and sourcing the freshest farm to table ingredients are the founding principles behind our brand. Our quality poultry, beef, and deli meats are all-natural and hormone-free. We source the best quality produce available.

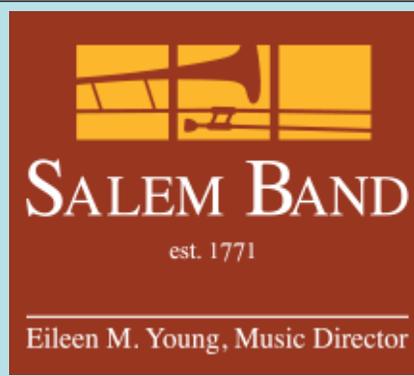


***We will be going 8/9 at 11am***

August 9<sup>th</sup>

At 6:30pm

Bring a chair!



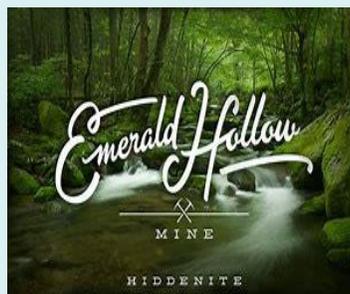
*Salem Band Alumni Concert—celebrating everyone who was a part of this historic band. All Salem Band alumni and their families will be recognized. Music from *Sound of Music*, big bands, soloists Mignon Dobbins and Jeff Whitsett, and ending with a bang, 1812*



**Lunch at Ranch-O's**

**8/23 at 10:45am**

### Day Trip to Hiddenite NC!



We will start the day off by eating lunch at the Yellow Deli, then head over to the Emerald Hollow Mine to pan for gold!

If its your Birthday Month, then go with us on 8/25 at 4:45pm out for dinner on us to North Point Grill! All you have to do is sign up in the Activity Book! We would like to help celebrate your special day with you!



*The greatest adventure is what lies ahead!*

## Shopping Opportunities

8/16 @ 9am Lowes Foods

8/30 @ 9am Walmart



This months Men's Breakfast will be at Johnny B's!  
We invite all the IL Men to please join us!



College Park Baptist Church Bus Pickup is every Sunday at 10:15am. They will pick you up in the 3<sup>rd</sup> Floor IL Parking Lot in front of the fish pond. No need to sign up, just be outside and ready to go!

## **Hey Everyone!**

We finally got our brand new Bus! So make sure you sign up for one of our exciting trips, so you can take a ride in it!

# Can you guess the Riddle????

**1. Riddle:** I go on red, but stop for green. What am I doing?

**Answer:** Eating a watermelon

**2. Riddle:** What time is it when an elephant sits on a fence?

**Answer:** Time to fix the fence!

**3. Riddle:** A man in a car saw a golden door, a silver door, and a bronze door. Which door did he open first?

**Answer:** The car door.

**4. Riddle:** What goes up but never comes down?

**Answer:** Your age.

**5. Riddle:** What do you throw out when you want to use it, but take in when you don't want to use it?

**Answer:** An anchor.

**6. Riddle:** How many months of the year have 28 days?

**Answer:** 12

**7. Riddle:** Pearl white chest without key or lid. Inside of which, a golden treasure is hid. What am I?

**Answer:** An egg

**8. Riddle:** What's the capital in France?

**Answer:** The letter F is the only capital in France.

**9. Riddle:** Six letters it contains; remove one letter, and twelve remain. What is it?

**Answer:** Dozens

**10. Riddle:** I can fly but have no wings. I can cry but I have no eyes. Wherever I go, darkness follows me. What am I?

**Answer:** Clouds

**11. Riddle:** After a train crashed, every single person died. Who survived?

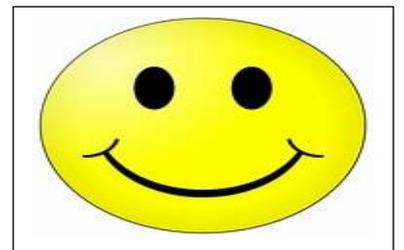
**Answer:** All of the couples.

**12. Riddle:** A bus driver was heading to town. He went right past a stop sign without stopping. Then, he turned left where there was a no left turn sign. Finally, he traveled down a one-way street opposing traffic, passed a policeman, and waved hello. He didn't get a ticket. Why not?

**Answer:** He was walking, not driving.

**13. Riddle:** What has to be broken before you can use it?

**Answer:** An egg.



# BRR

# BROAD RIVER REHAB

"A Knowledgeable and Compassionate partner"

## August is National Wellness Month



### WELLNESS IMPACTS SIX AREAS



#### Physical

Physical wellness targets the human body. One can improve its body's health through exercise, nutrition, sleep, and other activities, which lowers the risk of sickness and diseases.



#### Spiritual

Spiritual wellness is the search for meaning and purpose in one's existence (or in human existence).



#### Mental

Mental health is the development of one's mind through learning, education, and problem-solving. It is how one uses creative thinking and exercises to engage with the world and grow oneself mentally.



#### Social

Social wellness connects with, interacts with, and contributes to other people and our communities.



#### Emotional

Emotional wellness is being aware of and in touch with oneself. It is the art of knowing how to communicate one's feelings, accepting them and others around.



#### Environmental

Environmental wellness calls one to live in a healthy physical environment free of hazards and be aware of the role he/she plays in bettering rather than degrading the natural environment.