

THE BROOKRIDGE STREAM

March 2023

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

or



Luck has
nothing
to do
with it.
We
are
blessed.

A green four-leaf clover is positioned to the right of the text, partially overlapping the words "are" and "blessed".

March Birthdays

Anne Adams 3/19....Apartment 804

Joyce Casto 3/26....2100 Nisbet Ct.

Mike Cockerill 3/19....1148 Hayes Forest Dr.

Bob Day 3/23....2201 Poole Ct.

Margaret East 3/30....Apartment 103

Bettie Lee 3/20....Apartment 512

Betty McPherson 3/03....Apartment 500

Tom Moore 3/03....2012 Lynch Ct.

Nancy Shaw 3/11....Apartment 203

Jack Thomas 3/08....Apartment 406

Carol Thompson 3/25....2024 Lynch Ct.



Maribel's Article



Sleep and Aging

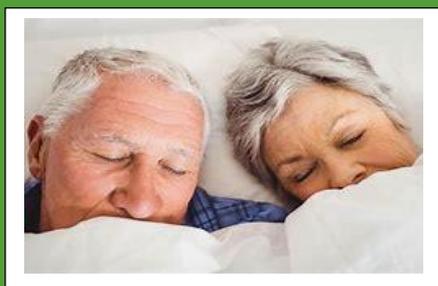
Older adults need about the same amount of sleep as all adults—7 to 9 hours each night. But, older people tend to go to sleep earlier and get up earlier than they did when they were younger.

There are many reasons why older people may not get enough sleep at night. Feeling sick or being in pain can make it hard to sleep. Some medicines can keep you awake.

Get a Good Night's Sleep

Being older doesn't mean you have to be tired all the time. You can do many things to help you get a good night's sleep. Here are some ideas:

- **Follow a regular sleep schedule.** Go to sleep and get up at the same time each day, even on weekends or when you are traveling.
- **Avoid napping in the late afternoon or evening,** if you can. Naps may keep you awake at night.
- **Develop a bedtime routine.** Take time to relax before bedtime each night. Some people read a book, listen to soothing music, or soak in a warm bath.
- **Try not to watch television or use your computer, cell phone, or tablet in the bedroom.** The light from these devices may make it difficult for you to fall asleep. And alarming or unsettling shows or movies, like horror movies, may keep you awake.
- **Keep your bedroom at a comfortable temperature,** not too hot or too cold, and as quiet as possible.
- **Exercise at regular times each day** but not within 3 hours of your bedtime.
- **Avoid eating large meals close to bedtime**—they can keep you awake.
- **Stay away from caffeine late in the day.** Caffeine (found in coffee, tea, soda, and chocolate) can keep you awake.
- **Remember—alcohol won't help you sleep.** Even small amounts make it harder to stay asleep.



Chef's CORNER

Recipe of the Month

Ingredients

- 1 pound cooked potatoes
- 4 ounces self-rising flour
- 2 ounces butter
- ½ pinch salt

POTATO SCONES



Directions

1. Heat a lightly greased griddle or cast iron skillet over medium-high heat.
 2. Mash potatoes with flour, butter, and salt in a large bowl until a stiff dough forms.
 3. Turn dough out onto a lightly floured work surface. Knead dough lightly and roll dough out to a 1/2-inch-thick circle. Cut into 6 equal wedges.
 4. Working in batches, cook scones on the hot griddle until golden brown, 4 to 5 minutes per side.
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3/2 Lynch Ladies Brunch at 10am

3/2 Pet Therapy at 6:30pm

3/6 Mobile Library 2-3pm

3/7 Snappy Tapper Dancers at 10:30am

3/7 Crafty Crafters at 3:30pm

3/8 Broad River Wellness Fair at 3pm

3/9 UNO at 2:15pm

3/14 Trivia at 2:30pm

3/16 Farkle at 2:15pm

3/21 Corn Hole at 2:30pm

3/22 Newcomers Meet & Greet at
3:30pm

3/24 Wine & Cheese Social at 3:30pm

3/28 Jeopardy at 2:30pm

3/29 Cardio Drumming at 3:30pm

3/30 The Kinder's Gospel Concert at
6:30pm



Upcoming Trips

Shopping Opportunities:

Walmart 3/7 @ 1pm

Lowes Foods 3/21 @ 9:30am

Dining Out:

Dinner at Hawgfish Shack 3/1 @ 3:30pm

Men's Breakfast at Johnny B's 3/2 @ 8am

Lunch at Finnigan's Wake 3/10 @ 11:30am

Maple Springers Senior Luncheon 3/23 @ 11:30am

Other:

College Park Church Pickup every Sunday @ 10:15am

NC Music Hall of Fame Museum 3/3 @ 10:30am

Reenactment of The Battle of Guilford College 3/12 @
12pm

NC Zoo 3/31 @ 8:45am

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



A Note From Our Chaplain

March: The *Windy* Month

As I write this, high winds are sweeping the Midwest and far west and blizzards are blanketing much of the northwestern United States. February, it seems, is leaving with a blast! Does that mean that March, the windy month, will be even windier? As always, we do not know what tomorrow holds, but we do know who holds tomorrow! *Thank you, Lord!*

We are in the season of **Lent**: 40 weekdays from Ash Wednesday to Easter observed by the Roman Catholic, Eastern, and some Protestant churches as a period of penitence and fasting. Lent concludes with **Easter**, which is the celebration of the Resurrection of our Lord, Jesus Christ! This year Easter is on April 9.

There are some special days in March, some created by the federal government and some created by kooks. Two of the official national / international observances are: **Women's History Month** (and the International Women's Day, which is March 8) and March 29, which is **National Vietnam Veterans Day**.

March 6 is **Purim**: a Jewish holiday which commemorates the saving of the Jewish people from Haman, an official of the Achaemenid Empire who was planning to have all of Persia's Jewish subjects killed, as recounted in the Book of Esther (usually dated to the 5th century BCE).

A day I personally eschew is World Obesity Day (March 4). Ironically, two days later we celebrate National Oreo Cookie Day! Go figure!

Daylight Savings Time begins on March 12. St. Patrick's Day is March 17, for all the Irish out there. And Spring begins on March 20. *Yay, Spring!*

March 22 is the first day of **Ramadan** (ends April 20), observed by Muslims worldwide as a month of fasting, prayer, reflection and community. A commemoration of Muhammad's first revelation, the annual observance of Ramadan is regarded as one of the Five Pillars of Islam and lasts twenty-nine to thirty days, from one sighting of the crescent moon to the next.

Our bi-monthly **Bible Study** continues on March 8 and 22 at 2 pm in the Activity Room. We are presently studying "The Hard Sayings of Jesus." If this interests you, we welcome you to the study!

Passages continues on March 15 at 2 pm in the Activity Room. This group meets to discuss the effects of loss – loss of a spouse, a friend, a cherished object, a hope or dream – any experience of loss. Participants help each other find ways to deal with loss in a redemptive manner. Everyone is invited to participate. No time commitment necessary.

Of course, **Vespers** meets each Sunday evening at 5:00 pm in the auditorium. Everyone is invited to worship in this setting.

Stay healthy: Still Good Practice to "*Wear,*" "*Wait,*" and "*Wash*"

Gene Sherrill, Chaplain, I/L

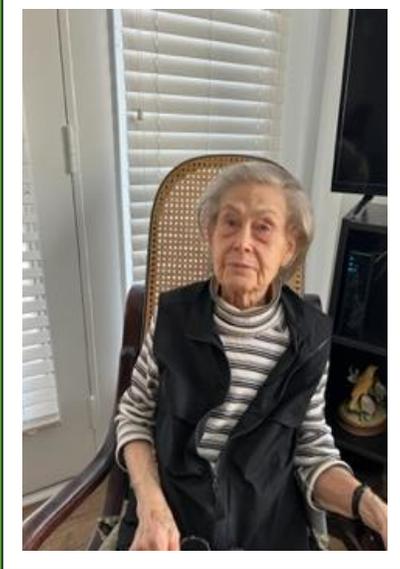
Vespers-Sunday's at 5pm in the Feezor Auditorium

Bible Study-Wednesday March 8th & 22nd at 2pm in Activity Room

Passages Support Group March 15th at 2pm in the Activity Room



In the Spotlight



Bobby Tucker is originally from Greensboro, NC, there she met her Husband who worked as a TV announcer, they have 2 sons. Bobby was a stay at home mom until her boys went to high school, afterwards she worked as a secretary for a construction company. Bobby and her sister in law have done a lot of traveling. Bobby's husband past away about 23 yrs ago, since then, her and her sister in law have traveled to a different country every year with the exception of the last few years. She is slowly making Brookridge home, which has been a little difficult considering she previously lived in her home here in Winston Salem for over 60 years. Bobby enjoys to read, attend activities and socialize with friends She wanted you all to know that everyone has been so nice to her, which truly has helped make Brookridge Home!

[Attention all residents going on the spring Bahamas Cruise!](#)

We are having our 3rd meeting on Tuesday, March, 28th @ 4pm to answer any questions you may have & to go over the itinerary. Please plan on being there so that we are all on the same page!





St. Patrick's Day Word Scramble

1. RIHIS

2. EGENR

3. CLYUK

4. TARPICK

5. AHROCKMS

6. PRELAUNCHE

7. LDOG

8. IBROWNA

9. LHAYDOI

10. APOT TO

11. AITTIONDR

12. ERICKLIM

13. CHARM

14. LOERVC

15. AADERP



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

We are so glad you are here!

Betty Rathbone-Apartment 802B

Dave & Diane Bower-2009 Lynch Ct.

Ron & Beckie Stanevich-1159 Hayes Forest Dr.

Ron & Chris Musgrave-2105 Nesbit Ct.



Everyone please wear your name tags the first week in every month so that our new friends can learn names more easily!

Thank you to everyone who has already donated items for the Blessing Bags.

We will continue to accept items until the end of March.

Please see a list of things needed on the box located at Crystal's desk.



Caught On Camera





Health & Wellness Programs

POWERBALL WORKOUT

New full body exercise class consisting the use of large exercise balls.

Tuesdays

9am

Auditorium



New Class!

Aqua Zumba

Last Friday in every month!



This class gets your heart rate up and improves endurance, as it is a light form of cardio. Cardio is important for all age groups, but it's what makes **water aerobics particularly beneficial for seniors**. It strengthens your heart and lungs, improves energy levels, manages your weight and helps you feel young and energetic!



Aqua Fit-Monday/Wednesday/Thursday/Friday at 10am Aqua Zumba-Last Friday at 10am

Stretchersize-Monday/Wednesday/Friday at 9am

Endurance Class-Monday's at 1:30pm

PowerBall Workout-Tuesday's at 9am

Massages with Summer-Tuesday's & Wednesday's Appointments Only

Tai-Chi- Tuesday's & Thursday's at 1:30pm

Sit & Be Fit-Wednesday's at 1:30pm

Cardio Drumming-Last Wednesday at 3:30pm

Zumba Gold-Thursday's at 3:30pm

Yoga-2nd & 4th Friday's at 2pm



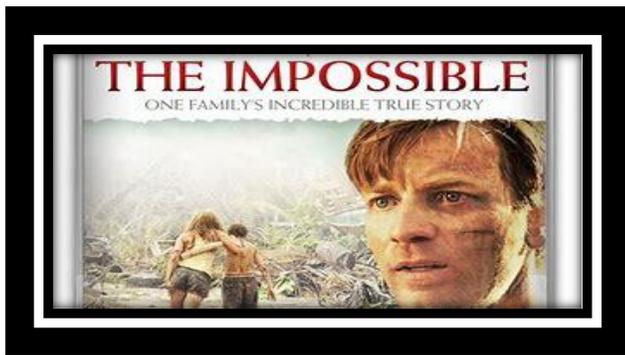


The Reynolda House Museum of American Art displays a premiere collection of [American](#) art ranging from the colonial period to the present. Built in 1917 by [Katharine Smith Reynolds](#) and her husband [R. J. Reynolds](#), founder of the [R. J. Reynolds Tobacco Company](#), the house originally occupied the center of a 1,067-acre (4.32 km²) estate. It opened to the public as an institution dedicated to the arts and education in 1965, and as an art museum in 1967. The house holds one of the country's finest collections of American paintings.

Visit with us on 3/14 at 9:45am

March Movie Matinee

3/15 @ 3:15 Auditorium



The Impossible (Spanish: *Lo imposible*) is a 2012 English-language [Spanish disaster drama film](#) directed by [J. A. Bayona](#) and written by [Sergio G. Sánchez](#). It is based on the experience of [María Belón](#) and her family in the [2004 Indian Ocean tsunami](#). It features an international cast including [Naomi Watts](#), [Ewan McGregor](#) and [Tom Holland](#) in his film debut.



North Carolina **ZOO**

The North Carolina Zoo is located on wooded 2,600 acres centrally located in the heart of North Carolina, just south of Asheboro in Randolph County. We will be visiting the zoo on March 31st at 8:45am & have signed up for the golf cart & personal guide tour. Ticket Prices are \$40.00 each.



3/17 at 2:30pm

In the Feezor Auditorium

Don't forget to wear GREEN!!!



Let's celebrate ACC Basketball! Wear your favorite teams shirt or hat and get ready to compete for some awesome prizes!

March 27th at 3pm in the Café!



If it's your Birthday Month, then have a special Birthday lunch with us in the Private Dining Room on 3/16 at 12pm. 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



3/7 @ 1pm Walmart

3/21 @ 9:30am Lowes Foods

REMINDER!!!!

Please be sure to check your television daily to our new In-House Channel **1391** for daily changes and updates!

For those of you who don't have access to the channel please let Activity Staff know, to receive a hard copy.

Everyone will still receive a monthly Activity Calendar & Newsletter

This month's
Men's Breakfast will be at
Johnny B's.
All men are welcome and
encouraged to attend!

March 2nd at 8am.



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

Lunch Out
at
Finnigan's
Wake

3/10

11:30am

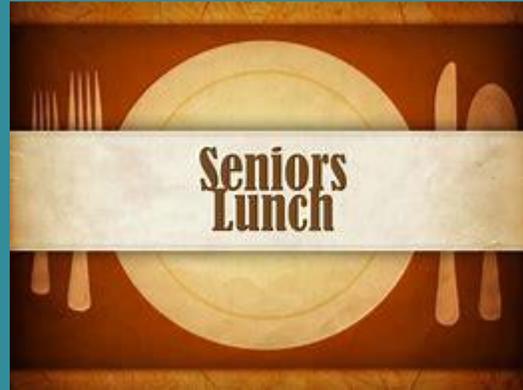




The North Carolina Music Hall of Fame is a non-profit organization and museum in Kannapolis, North Carolina that was created to honor musicians, composers and artists with ties to North Carolina that have made significant impact in the music industry. The museum serves as a clearinghouse for North Carolina musicians from all time periods, and preserves a number of memorabilia artifacts for public display. Go with us on 3/3 at 10:30 and also eat lunch at.....



Maple Springers Senior Luncheon 3/23 at 11:30am



Come have dinner at one of Clemmons newest restaurants!

3/1 at 3: 30pm



The Revolutionary War battle, known as the Battle of Guilford Courthouse, was fought on March 15, 1781, between the American forces under Greensboro's namesake, Nathanael Greene, and British Commander Lord Charles Cornwallis. Various parts of the battle took place on portions of land scattered along a path from Lawndale Drive eastward along what is now New Garden Road.

Are we
THERE YET?

The Greensboro Parks and Recreation Department sponsors the annual Reenactment of the Battle of Guilford Courthouse at Greensboro Country Park every March. We will be going on Sunday 3/12 at 12pm.

BROAD RIVER



Introducing

Focus on Modalities

The purpose of our **Focus on Modalities Program** is to identify residents who may benefit from the use of treatment modalities that in conjunction with other therapy interventions will facilitate patient goals and improved functional outcomes.

Modalities such as electrical stimulation, ultrasound, and short-wave diathermy should be considered in treatment plans to provide pain relief, accelerate the phases of healing, alter extensibility of collagen, decrease joint stiffness, and decrease abnormal tone in order to promote improved physical function and enhance quality of life.



- Accelerates the phases of healing
- Decreases pain
- Modifies sensation processes
- Alters nerve conduction
- Alters biomechanics of muscles
- Improves quality of life

For more information, contact your Rehab Department!

FOCUS
on Modalities

 BROAD
RIVER
REHAB