

**September 2024**

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

Located on 46 wooded acres in the charming city of Winston-Salem, this community is a place where residents and staff become an extension of family that recognizes the dignity and worth of each individual. As part of a strong 70-year legacy to enrich senior living in North Carolina with a first-rate level of service, dignity, and kindness, we invite you to discover why Brookridge is a retirement gem.

**1199 Hayes Forest Dr.**

**Winston Salem, NC 27106**

**336-759-1044**

We are on the web!

Visit us at

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

or



**BROOKRIDGE**  
A THRIVEMORE COMMUNITY



# September Birthdays

*Michael Barnes 9/11...Apt.401*

*Joyce Bolton 9/28...Apt.307*

*Dean Clifford 9/25...Apt.521*

*Jane Dusina 9/16...Apt.510*

*Ruby Griffin 9/15...Apt.303*

*Darlene Guerry 9/03...Apt.201*

*Carol Jones 9/05...2025 LYCT*

*Lance Kull 9/11...2013 LYCT*

*Gordon Middleton 9/07...2213 POCT*

*Virginia Underhill 9/15...Apt.205*

*Carol Vogler 9/30...Apt.504*



# Wellness Article

## September is Pulmonary Health

### (& COPD Awareness) Month

**Pulmonary health** is the management of the respiratory system, the lungs, upper airways, thoracic cavity, and chest wall.

There are many symptoms of respiratory issues, including shortness of breath, pain when breathing, fever, increased mucus (wheezing), or coughing.

*Chronic obstructive pulmonary disease (COPD) and Asthma are the most common types of pulmonary issues. COPD is when airways are constricted vs Asthma which is associated with inflammation; both make breathing difficult. See your doctor if you have shortness of breath or trouble breathing.*

To check your lung capacity, inhale for a slow count of five (feel the abdomen rise), hold your breath for a slow count of five, then exhale deeply for a slow count of ten (feel the abdomen fall). Breathing from the diaphragm (below the ribs) is healthier than breathing from the chest.

*You can increase your lung capacity by exercising with elevated heart rate each day.*

### Other ways to keep lungs healthy:

*Drink lemon water*

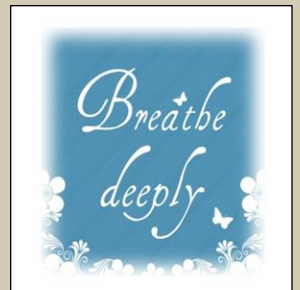
*Take a multi-vitamin w /Magnesium*

*Eat pineapple*

*Use Eucalyptus vapor inhalation*

**Dana Reynolds, BS BC – HWC**

**Wellness Coordinator**



# DESSERTS WORD SEARCH

## FREE PRINTABLE WORKSHEET

### Desserts Word Search

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



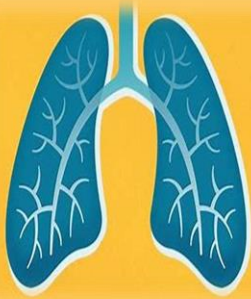
BROWNIE  
CAKE  
CHEESECAKE  
CHOCOLATE  
COBBLER  
COOKIE  
CUPCAKE  
DOUGHNUT

FLAN  
FRUIT  
FUDGE  
ICE CREAM  
MILKSHAKE  
MOUSSE  
PARFAIT  
PASTY

PIE  
PUDDING  
SMORES  
SORBET  
SUNDAE  
TART  
TRIFLE  
TRUFFLE







B R O A D  
R I V E R  
R E H A B



Contact Us  
(336)759-1044  
and ask to speak to  
someone in  
Broad River Rehab

Broad River Rehab is  
happy to offer  
Physical Therapy,  
Occupational Therapy and  
Speech Therapy to the  
residents of  
Brookridge Retirement  
Community!



Ask about our  
refer a friend  
program!

## September Program's

*Indoor Hockey Game*

9/10 @ 3:45pm

*Also....*

*Poker Night*

9/24 @ 6:30pm

*Both in the Feezor Auditorium*

Mark your  
calendar!



## Chaplain Gene Sherrill's Article



### Our Tools

Several of you commented on last month's article with appreciation. Our very talented Activities Director, Hillary, produced that article because I was unable to! I am so grateful for all the gifts Hillary shares with us to make Brookridge a great place! She did not, however, accept my invitation to preach at Vespers!

This is 9/11 month, when we observe the terrorist attack on America by way of the Twin Towers, the Pentagon, and the failed attack on another target that was stopped in Shanksville, PA. Since that time the US has been engaged in wars against terrorism across the globe.

I bring that event and its consequences to mind for a couple of reasons. First, lest we forget... As individuals and as a nation, we cannot afford to forget that the world is not a safe place—anywhere! Even in the US, we are plagued with all kinds of violence, from individual acts of cruelty to mass shootings. As a world, we have grown more hostile toward those who are “not like us.” So we must be aware of the world immediately around us for our personal safety and the safety of others.

The second reason I bring this event—and others—to mind is because we are God's people, charged by God, himself, with the privilege of making the world a better place for everyone! In a “me-in-your-face” world that breeds more hostility and violence, we are the ones who are “called out” to demonstrate the love of God in Christ Jesus to every other person. Our calling has always been a daunting responsibility; but today our calling seems much more difficult than in seasons past. Quite frankly, we are not always up to the task. We are fragile “earthen vessels.” Our help comes from the Lord who made heaven and earth; and our strength comes from this same God who lives in and around us, and who works through us, whom we know as Emmanuel! And God has given us the tools to work with in our task, which we read in Galatians 5:22-23: *“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”*

Our world could sure use some of this!

*It's still a good practice to “Wear” “Wait” and “Wash”*

Gene Sherrill, Chaplain, I/L





## Dave and Diane Bower

moved to Lynch Ct. and BRC a year and a half ago. While they had lived in West Virginia all their lives, WS wasn't new to them because their two daughters were accepted into the ballet program at NC School of the Arts as high school students. One daughter, Mindi, returned to WS after a career as a professional dancer and is a CPA with a local firm. Their son Mike lives in the Raleigh area with two of their four grandchildren. Mike is a computer specialist with United Healthcare. Their youngest daughter, Molly, lives outside of DC with her two sons and does cyber security work.

Dave and Diane joined the West Virginia contingent at BRC and proved the small world concept. Turns out that Red Casto played softball against Dave as young college grads. Betty Rathbone lived five blocks from Diane growing up in the Parkersburg, W VA area and now lives five houses away. Another connection was identified when Diane discovered that Ron Stanevich's brother-in-law had been a guidance counselor with her.

Diane and Dave were high school sweethearts. He took her bowling on their first date; she invited him to a Sadie Hawkins dance and created a corsage for him out of carrots and broccoli and other veggies. (They claim that as their "first" wedding!) Something clicked and they celebrated their 57<sup>th</sup> wedding anniversary this month. They graduated from West Virginia University. Diane taught PE and science, was a stay-at-home mom for 16 years, earned her master's degree in counseling, and returned to education as a high school guidance counselor. She retired to take care of her parents who lived to be 95. Meanwhile, Dave earned a degree in chemical engineering and later a master's in business and economics. Dave was employed in the General Electric Plastics Division and supervised the production of the plastic that became Lego blocks. The Lego contract stipulated that Lego blocks had to match in color and size for eternity—in Dave's case, for 25 years

Diane enjoys reading, working 1000-piece puzzles, walking and playing games with family and friends. Being diagnosed with Type I Diabetes at age 40 has affected Dave's lifestyle and, subsequently, Diane's. Thankfully, improved technology helps with day-to-day living. Dave enjoys the challenge of hunting turkeys and fishing for trout. He is also the official cat whisperer for Freddie and Twerpy. Before moving Dave's exercise primarily came from cutting, splitting, and stacking enough wood to keep two fireplaces going during cool and cold weather.

Ask them about mouse traps, Samaritan's Purse, corn mazes, trekking poles or baseball / cheerleading (for themselves or their grandchildren!).

-Submitted By: Anne Adams





# CAUGHT ON CAMERA!





ON THE  
**ROAD**  
AGAIN

*Upcoming*



Are we  
THERE YET?

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

September 5<sup>th</sup> at 8am.



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,



**Walmart**  
Shopping  
Trip

**9/24**

**10:00am**

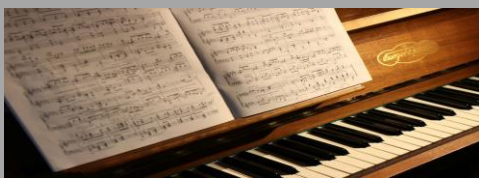
### Attention All Walkers!

On 9/17, the Walking Club will be walking the trails at Crossnore. The bus will leave at 10:30am and we will begin our walk once we get there. Sign up in the activity book if you wish to go.



## UNCSA Young Artist Piano Concert

Thursday, September 12  
6:30pm  
Piedmont Music Center



**September 9<sup>th</sup>**  
at 10am

### Shopping Day!

Get all your Fall wardrobe needs! Hamrick's has lots of things to choose from! They carry hundreds of today's top brands in clothing, shoes, home goods, seasonal decor, and more!

**SALE**



**Lunch Outing on 9/30 at 11:30am to First Watch in Clemmons. Then dessert across the street at Abbott's Frozen Custard!**



**Corn Maze, Pumpkin Patch and Sunflowers! Let's Go and enjoy what this season has to offer!**

**9/13 at 11:30**

**We will stop for lunch!**



**Boutique Wines-Lobster Food Truck Thursdays!**

They will feature a food truck offering gourmet lobster dogs for everyone to savor. It's a great chance to enjoy a unique culinary treat while exploring our curated selection of boutique wines.

**9/19 at 5pm**



The Carolina Raptor Center fosters communities where raptors and people thrive thanks to our unique blend of innovation, research, and education. We are a world class destination for avian rehabilitation and our dedication to the birds in our care provides visitors a gateway to the natural world. Join us on 9/6 to visit the center! We will leave Brookridge at 9am!

**LIFE WAS MEANT  
FOR GOOD  
FRIENDS & GREAT  
adventures**

# Health & Wellness Programs

## POWERBALL WORKOUT

TUESDAYS @ 9:30AM

A full body exercise class  
using large exercise balls.



## 1 Friday per Month

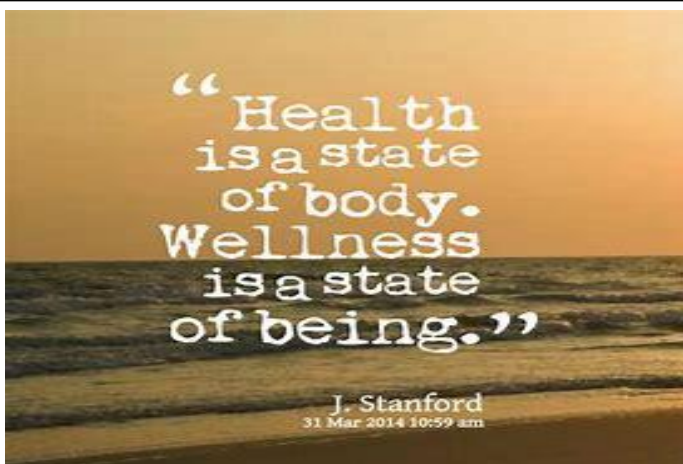
This class gets your heart rate up and improves endurance, as it is a light form of cardio. Cardio is important for all age groups, but it's what makes **water aerobics particularly beneficial for seniors**. It strengthens your heart and lungs, improves energy levels, manages your weight and helps you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

## Sound Therapy Class

4<sup>th</sup> Wednesday @ 1:30pm



Sound Therapy uses **sound, music and specialist instruments played in therapeutic ways**, combined with deep self-reflection techniques to improve health and wellbeing.



**Aqua Fit**

**Aqua Volleyball**

**Stretchersize**

**Massage Therapy**

**Tai Chi**

**Health Assessments**



**Sit & Be Fit**

**Water Walking**

**Zumba Gold**

**Yoga**

**Gigong**

**Balance Class**



# This & That

George Braswell will hold 2 Classes:

9/6 "Ancient Persia & Modern Iran"

1:30 in the Library-Sign up required

9/20 "Notorious Cults"

Their Leaders & Followers.

1:30 in the Library-Sign up required



## Attention All Golfer's!!!

Several golfer's from Brookridge have been meeting to play golf at Winston Lake Golf Course on Tuesday's at 9:30am. They would like to extend an invitation to any golfer that might like to join them each Tuesday, weather permitting.

You must provide your own transportation to/from the golf course!

Carpooling is recommended.

Contact Hillary for details.



## Brookridge Fashion Show!

Brookridge is rolling out the red carpet for an unforgettable fashion show! Some of our fabulous residents will strut their stuff down the runway, showcasing the latest fall fashions provided by J.Jill. Come & enjoy the show and see all the seasonal pieces you can add to your wardrobe!

September 19<sup>th</sup> at 2pm

Feezor Auditorium!

Enjoy drinks and hors d'oeuvres!

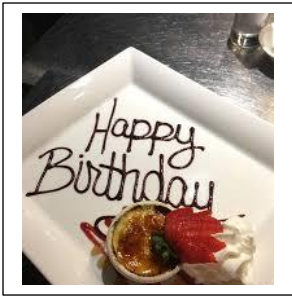


**Perry Hudspeth will be on site 9/12 at 11am in the 3<sup>rd</sup> Floor Lobby to register people to vote and to help fill out Absentee Ballot forms. If you need help with this, please come see him.**

Bring your ID  
or Drivers  
License &  
Social  
Security Card.



If it's your Birthday Month, then have a special Birthday lunch with us in the Dining Room on 9/26 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!



## Wine & Cheese Social

Friday, September 27<sup>th</sup>

At 3:00pm in the Café



IL Clinic for Dr. Sheldon's Patients, Open Wednesdays from 9-12.

Please call 336-414-5757 to schedule an appointment.

Touchtown, is our new information App! You will be able to find out everything going on in our community & more!

**touchtown**



**Historian & Public Speaker, Dr. Bill Partin will be here:**

**9/4 @ 3:30pm**

**He will be giving a presentation on:**

**America's nice Presidents:**

**Holding a complicated, underappreciated, yet important office.**



## Meetings to Remember:

**Resident Council-2<sup>nd</sup> Tuesday @ 3:30pm**

**Town Meeting-3<sup>rd</sup> Tuesday @ 3:30pm**

**Food Committee-1<sup>st</sup> Thursday at 2pm**



## Games -N- Things:

**Bingo-Mondays @ 3:15pm**

**Chicken Foot-Mondays @ 6:30pm**

**Canasta-2<sup>nd</sup> & 4<sup>th</sup> Tuesday @ 6:30pm**

**Bananagrams- Friday's @ 6:30pm**

**Skipbo-Saturdays 2-5pm**

**5 Crowns-Thursdays @ 6:30pm**

**Rummikub -3<sup>rd</sup> Tuesday @ 6:30pm**

**Mahjong-1<sup>st</sup> Tuesday @ 6:30/Every Sunday @ 2**

**Corn Hole, Trivia, Jeopardy, Etc...Check Calendar**



## Painting Class with Ginnie



Love to paint? Come try out our painting class with our wonderful instructor, Ginnie Conaway! Every other Wednesday at 10:30am in the Activity Room!

Do you love Dogs? If so, come see Elite Canine Comfort Dogs! They visit with us the first Thursday each month at 6:30pm. Their Comfort Dogs are trained to provide affection, comfort and love! They are sure to put a smile on your face and maybe even a kiss!



## Spiritual Programs

First on Fifth Live Stream-Sunday's at 11am in AL

Vespers-Sunday's at 6pm in The Feezor Auditorium

Memorial Service-Jan, Apr, Jul & Oct at 10:30am

Prayer Hour-1<sup>st</sup> & 3<sup>rd</sup> Monday's at 3:00pm in Chapel

Bible Study-2<sup>nd</sup> & 4<sup>th</sup> Wednesday's at 2pm in AR

Communion-See Calendar



Just a reminder that the Forsyth Mobile Library will be here the First Monday of each month from 2-3 in the Activity Room!





# Saturday Evening Social

9/21 at 6:30pm

In the Café

Everyone is Invited!



Special Concert By:

Oakboro

September 11<sup>th</sup> at 3pm



We are celebrating Labor Day this year by having a Hot Dog Truck provide lunch for everyone at 12pm in the Health Care parking lot. Café Gelato will also be here at 1pm! Please come and enjoy this FREE meal with us!



# Bookies Book Club Info



Date	Book List	Author	Discussion Leader
9/30/2024	Boys in the Boat	Daniel James Brown	Lorren
10/28/2024	Remarkably Bright Creatures	Shelby VanPelt	Sandie
11/25/2024	The Thursday Murder Club	Richard Osman	Dee
12/30/2024	The No. 1 Ladies' Detective Agency	Alexander McCall Smith	Phyllis



**The Book Club meets the last Tuesday every month in the private dining room at 2pm. Feel free to bring your favorite drink & snack!**

# Monthly Wellness Topic Activities: **Pulmonary Health**

**-9/10 at 3:45 Indoor Hockey Game:  
(We will be checking heart rates before and after the game)**

**-Each Friday at 1:15 Gigong**

**-9/3 & 9/24 at 4pm Tai Chi**

**-Each Monday at 4pm Yoga**



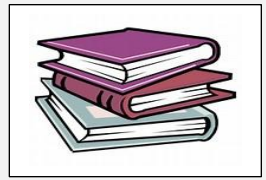
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## Wellness Assessments:

**If you would like to schedule a wellness assessment with Dana, please contact her and schedule a time that you see listed on the calendar. We can no longer offer appointments outside of these times. Thank you for your understanding and cooperation in this matter.**



# Library News



**To all who enjoy Winston Churchill books and to those who attended the presentation by Dr. Bill Partin.**

**I know you will be happy to learn that several Churchill books have been purchased for the library and available for you reading pleasure.**

**The books are:**

- **A Daughter's Tale**
- **Mary Churchill's War**
- **Clemintine Churchill**
- **Winston and Clemintine**

**These books were suggested reading material based on the "Women of Churchill", the topic of Dr. Partin's presentation. In addition to the above books, Dr. Partin very graciously contributed several more books written about Churchill's life, his family, and the historical years he served in Parliament. You will be amazed at our collection! Be sure to look for these books in a special place in the library, noted as "The Churchill Reading Material".**

**Joann Rawls**

## FYI:

Many of you had brought it to our attention that you would like a place to display your Art inside Brookridge. We are pleased to announce that you may display your artwork on the hall in which you live on. For those of you that live in the Garden Homes, you may pick a hall that you would like yours to be displayed. Please limit 3 pieces of art per resident. You may change it out however as often as you like. Please fill out a work order if you need them to be hung. We look forward to seeing all the talent that Brookridge has here hanging up on our halls!



*You may have noticed some new paintings hung on the wall  
outside the beauty shop.*

*This is our local artist wall.*

*Artist from around this area can showcase their art  
for a period of time with us!*

*Not only is it nice to look at,*

*but it is also for sale!*

*If you find a piece that you are interested in,  
see Crystal for pricing.*

*It could be yours today!*



KENNEDY'S VIOLIN CLASS PERFORMANCE

Saturday, September 21st at 3pm

Feezor Auditorium



**F.Y.I.**

**If you are having technical issues with your TouchTown account, please call the help line at 412-826-0460 ext.1, they can help you solve your issues and answer any questions you may have.**

**Activity Committee Meeting**

**We are starting a new Activity Committee. It will happen the 2<sup>nd</sup> Thursday in each month at 3:30 in the Activity Room. Anyone can join. We are looking for several residents to join this committee to give activity/trip ideas to add to the monthly calendar. We are also wanting IL Residents to begin planning & coordinating their own activities, clubs, socials, etc. We hope to see you there!**

**September 12<sup>th</sup> at 3:30pm-Activity Room**





**ALZHEIMER'S ISN'T  
STOPPING.  
NEITHER ARE WE.**



# **WALK WITH BROOKRIDGE**

Sat., Nov. 2nd at 9am  
Truist Stadium  
Winston-Salem

**WALK TO END™  
ALZHEIMER'S**  
ALZHEIMER'S  ASSOCIATION®



**SCAN ME TO  
REGISTER OR DONATE**

## **Which flower do you hold?**

I WALK BECAUSE I CARE  
FOR SOMEONE WITH  
ALZHEIMER'S.



I WALK BECAUSE  
I'M LIVING WITH  
ALZHEIMER'S.



I WALK BECAUSE I'VE  
LOST SOMEONE TO  
ALZHEIMER'S.



I WALK IN SUPPORT  
OF THE VISION OF A WORLD  
**WITHOUT**  
ALZHEIMER'S.



[act.alz.org/goto/brookridge](http://act.alz.org/goto/brookridge)

Please help us WELCOME  
our newest friends to Brookridge!



*William & Rachel Poe 511B*

*Dorothy Ross 710B*

*We are so glad you are here!*

*Be sure to wear your name tags the 1-7th*