

**October 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



# October Birthdays

*Phyllis Arnold 10/12...Apt.601*

*Helen Bennett 10/08...Apt.209*

*Sharon Burns 10/16...Apt.702*

*Mary Chambliss 10/17...2209 POCT*

*Barbara Foggie 10/23...Apt.310*

*Mary Hartman 10/18...Apt.408*

*Bill Martin 10/26...Apt.606*

*Nancy Murray 10/11...2212 POCT*

*Christine Musgrave 10/11...2105 NICT*

*Violet Parks 10/21...Apt.404*

*Joann Rawls 10/14...2221 POCT*

*Tal Shermer 10/20...Apt.300*

*Ronnie Wilkins 10/07...Apt.803*



# Wellness Article

## October is (Breast) Cancer Awareness Month

No one likes the **C** word! Cancer is when abnormal cells divide and invade healthy cells, blood, and tissue throughout the body, pressing on nerves and sometimes causing pain.

According to the American Cancer Society, with the different types of breast cancer, there are an estimated 300,000 cases in the U.S. each year. The exact cause of most cases is unknown, which is why early detection through annual mammograms is vital.

Also, a healthy lifestyle and knowing how to do a self-exam are important. Often, there are *no symptoms*, but there can be indicators, including:

Tenderness in the tissue

Swelling, irritation, or redness

Palpable lump(s)

**Good news!** Breast cancer can be treated successfully depending upon early detection and treatment.



\*In support of all who battle w/breast cancer, please **wear pink** on Wellness Wednesday, Oct. 2<sup>nd</sup> and 14<sup>th</sup>



**Dana Reynolds, BS BC – HWC  
Wellness Coordinator**

# Halloween Word Search

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

Haunted Cauldron Cobweb Creepy Spider Fog Grim Reaper  
Hocus Pocus Mask Goblin Skeleton Hayride Orange  
Night Mummy Shadows Harvest Monster Jack o Lantern  
Howl Potion Raven Zombie Broomstick Scream

**HOPE**

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

**LOVE**

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!*

## October Program

*Wellness Wednesday!*

*10/2 @ 3pm*

*Located in the Feezor Auditorium*

*Mark your  
calendar!*



## Chaplain Gene Sherrill's Article



### My Cup Runneth...

“How are you, today?” I asked the stranger in the used book store. It was just a passing pleasantry with which we sometimes greet people. It’s what we do. Right? She didn’t answer the question directly. She just asked how I was. Kinda grumpily, I thought. “My cup runneth over,” I replied, actually meaning it. Without missing a beat, the stranger said, “Well, my cup runneth empty.” Her response hit me after about two seconds. In the space of those seconds this is what passed through my mind: In spite of constant arthritic pain, I did feel great. I believe I am blessed beyond measure! Oh, sure, our lives are marked by experiences of triumph and tragedy, with a lot of ho-hum times; but when I consider how prolific and rich God’s blessings are, life is really good!

But it wasn’t for the stranger. My temptation was to walk on and chalk her complaint up to morning grumpiness. But, you know that little voice in your head that tells you that you really need to do something? Mine said: “Ask her if she would like to talk about it.”

For the next half hour, I listened to this lady’s story. She was living on welfare. Her children were “grown and gone.” Her husband had died several months earlier after a long incapacitating illness. She was shy and socially awkward; and she lived in a former housing project among people who were strangers to her. Her church family had forgotten her because, she said, she and her husband had not attended regularly since he had become an invalid, and had not contributed financially to the church.

As I reflect on this experience, it occurred about this time of year, when the fall season begins to show off the beauty of its colors. Fall also reminds us that life eventually closes down on all of us—not just in death, but in the separation, we often experience in ageing. Our “Autumn years,” our “Golden years,” are not always golden, especially if we feel isolated from others through age, experience, opinion, or distance.

Fall is when we, like nature all around us, begin to close our wraps and huddle in the warm and familiar comfort of whatever we know as home. According to Psalm 90, our home, our dwelling place in all seasons, is the Lord, whether we are among family and friends or alone. Fall also provides a time for us to reflect on the blessings of the Lord as we look back on the seasons of our lives. We will discover that our “cup runneth over,” and there is plenty to share with those whose “cup runneth empty!”

Gene Sherrill, Chaplain, I/L





**The Orwig's**, Gary and Joyce, have truly lived a story-book life, full of adventure, travel, and a good ole American, wholesome living. A life we might wish to claim our own, if possible. They have now settled into the Brookridge Community and to the delight of their resident neighbors bring a host of adventure stories.

Having met in grade school in a small rural community in Illinois 90 miles south of Chicago, they began dating in high school. Both continued their education at Illinois State University where they received their bachelor's and master's degrees. After their marriage in 1967, they began teaching careers in Chenoa, Il. - Gary teaching physics and chemistry at the high school level and Joyce teaching band in middle school. Moving to Bloomington, Ind, Gary earned his doctorate from Indiana University in Instructional Systems Technology, followed by his first college teaching position at Towson State University in Towson, Md. Next came a move to Orlando where Gary spent 30 years as a professor at the University of Central Florida. Their moves within the Orlando area included Titusville (The Great Outdoors, a golf and RV community).

During this time, Joyce began her career as a stay-at-home Mom, raising their daughter, Jennifer, teaching piano lessons in their home and building a piano teaching business of 30 students. Also, she played the keyboard for St. Andrews Methodist Church and worked at the Community Mail Center.

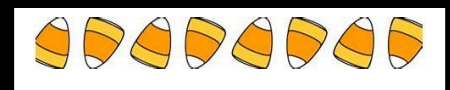
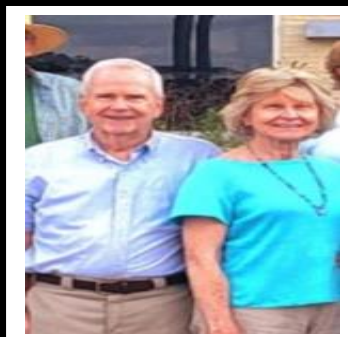
Owning motor homes afforded the opportunity to travel the United States and Canada. Their western trip to the Pacific Coast Highway will always stand out as one of their favorites, which included a visit to almost all the western national parks during the National Parks Centennial Year, 2016.

Upon Gary's retirement in 2008, a summer home was purchased in Galax, VA, while maintaining their winter home in Florida. However, now both homes are sold, so as of June 2024 Brookridge is officially their one and only home and now the fun begins!

Their daughter, Jennifer, husband Steve, and three grandchildren (21, 18, 15) reside in Charlotte, NC. Gary's hobbies include working with wood, anything technology, and gardening. Joyce enjoys puzzles and sewing. They both enjoy reading, traveling and walking.

Joyce has two wishes 1) someone's expertise to restore good hearing, and 2) world peace. Probably a slim chance exists of either happening!

**-Joann Rawls**



# CAUGHT ON CAMERA!





ON THE  
**ROAD**  
AGAIN

*Upcoming*



Are we  
THERE YET?

This month's  
Men's Breakfast will  
be at  
King Kitchen  
All men are welcome  
and encouraged to  
attend!

October 3rd 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

**10/22**

**10am**

### Attention All Walkers!

On 10/15 & 10/29, the Walking Club will  
be walking the trails at Shaffner Park &  
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.



Let's Go to the Fair!!!

Senior Day 10/8

**11am**



**Carolina  
BalloonFest**  
Hot Air Balloon  
Festival  
Statesville NC  
A fun, family hot air  
balloon festival in the  
Southeast.

We will be going on 10/18 at  
3:30pm



Pumpkin season is here and Hawks Pumpkin Patch is a popular spot to visit!

For two decades, Bryan Hawks has been running the popular spot along Clemmonsville Road!

Go with us October 4<sup>th</sup> to get yourself a pumpkin or other goodies that they offer. Afterwards, we will eat at Clemmons Kitchen for lunch!



## Ghost Tour!

Join Colonial Haunts on 10/24 at 5:30pm to venture through the dark past of Camel City's most haunted locations. Disturbing tales of specters and saints await you on a Winston-Salem ghost tour you'll never forget.



## World Religion Trips to Raleigh:

October 10<sup>th</sup> at 8am

Come with Dr. Braswell to Raleigh, N.C.

To visit Hindu and Buddhist Temples

See 30 marble images of Hindu Gods and Goddesses

Made in India and shipped to Raleigh Temples

See 14-ton golden statue of Buddha made in Taiwan

And shipped to Raleigh Temple.

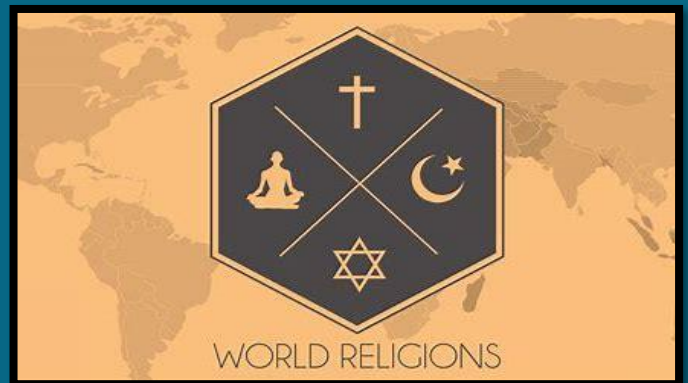
Enjoy Chinese buffet prepared by Buddhist Nun and staff

Enjoy Chinese Tea Ceremony

Enjoy conversations with Hindu and Buddhist, who are friends of Dr. Braswell

**\$20.00 Non-Refundable**

**Sign-Up By October 4th**



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

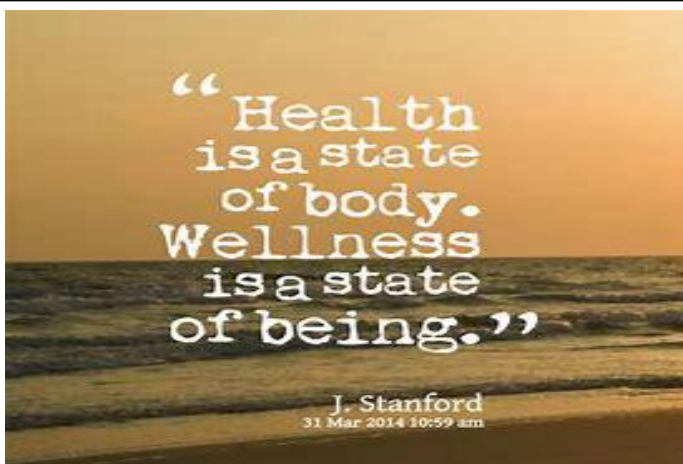
This class gets your heart rate up and improves endurance, as it is a light form of cardio. Cardio is important for all age groups, but it's what makes **water aerobics particularly beneficial for seniors**. It strengthens your heart and lungs, improves energy levels, manages your weight and helps you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



10/16 3pm Outside 3<sup>rd</sup> Floor Lobby

Music, Food, Beer & Games



## 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.**



**We will be having a Murder Mystery Dinner on 10/29 at 6:30pm in the Dining Room. Come enjoy a spooky, fun filled night with The Murder Mystery Company as they entertain you during dinner!**



**Maple Springs Senior Lunch is Back!**

**4<sup>th</sup> Thursday in each Month**

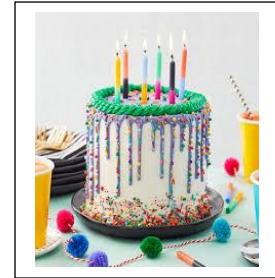
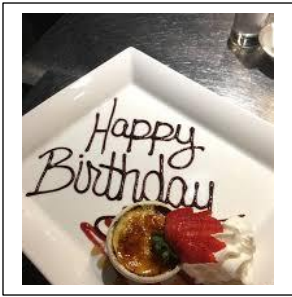
**We will go 10/24 at 11:30am**

**\$5.00 per Person**



**MAPLE SPRINGS**  
UNITED METHODIST CHURCH

If it's your Birthday Month, then have a special Birthday lunch with us in the Dining Room on 10/17 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, October 11th*

*At 2:00pm 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:**

**10/9 @ 3:30pm**

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

**First Ladies; The roles they play & problems they face**



## 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 Fezor Auditorium

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

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

10/19 at 6:30pm

*In the Café*

*Everyone is Invited!*



Music By:

**Robbie Vance**

10/5 at 3pm

Healthcare Solarium

7<sup>th</sup> Floor

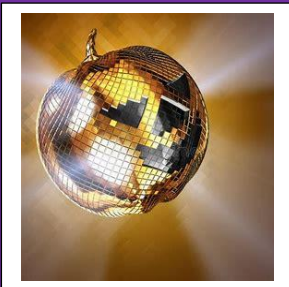


**Legacy Players**

**Comedy Play**

**10/23 at 3:30pm**

**Feezor Auditorium**



**Halloween Day at 3pm in the Auditorium**

# Bookies Book Club Info



Date	Book List	Author	Discussion Leader
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:

## **Breast Cancer Awareness**

**10/2 Wellness Wednesday with Broad River**

**3pm**

**10/2 & 10/14 Wear Pink for Breast Cancer**

**10/14 Pink Party to Beat Breast Cancer**

**3pm-7<sup>th</sup> Floor Health Care Solarium**



# Library News



October 2024

New books to enjoy for your reading pleasure

They are:

Braun	Lilian Jackson	The Cat who Came to Breakfast
Cather	Willa	My Antonia
Cather	Willa	The Song of the Lark
Morgan	Bernice	Random Passage
Osman	Richard	The Bullet That Missed
Osman	Richard	The Last Devil to Die
Osman	Richard	The Thursday Murder Club
Osman	Richard	The Man Who Died Twice
Roberts	Nora	Identity
Rowley	Steven	The Gunele
Story	Stephanie	Oil & Marble
Towles	Amor	The Lincoln Highway

On another note, and a friendly reminder, please use the same procedure to remove these books from the library as other books. There is a “check-out” card in the back of each book to record and place in the box on the desk. Several new “Winston Library” books have disappeared without cards to identify the resident’s name. We are fortunate to have these books donated by Bill Partin, so please help to maintain the integrity of his special gift.

-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.*

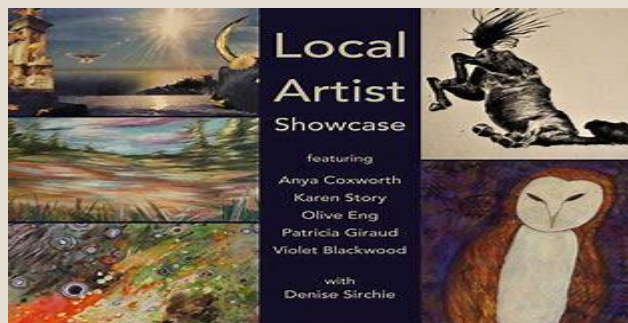
*Artist from around this area can showcase their art  
for a period of time with us!*

*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!*



## **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 on October 17<sup>th</sup> at 4pm 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!**



**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®



## **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 friend to Brookridge!



*Lonnie Davis 402A*

*We are so glad you are here!*

*Be sure to wear your name tags the 1-6th*