

THE BUZZ



The Fountains at Bronson Place
1700 Bronson Way
Kalamazoo, MI 49009

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

~ Helen Keller

"My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?"

~ Bob Hope



Watermark University

Inter-generational activities are something our residents enjoy a great deal. We are blessed to have Gretchen Malinowski who is a music therapist who visit us with "the Munchkins" to sing songs to our residents. They light up like the children. "Music's ability to change a person's mood and to stimulate memories makes it a fantastic tool when interacting with a person with dementia or Alzheimer's ." (Sunshine Care Homes, 2016) If you are looking for a fun way of spending quality time with your loved one please join us on the third Saturday of each month at 10:30 AM in the Auditorium.

Special Events & Outings

12/9/18 & 12/23/18: Family & Friends Social in the Garden's Activity Room for sweet treats over conversation

12/17/18: Massage Therapy Students Visit to do Chair Massages from 6:30-08:30

12/19/18: Lunch Outing at Shifter's Bar & Grille, departure time noon.

12/19/18: Non Denominational Christian Christmas Worship Service: 3:30 in the Auditorium

12/25/18: Catholic Mass 10:30 in the Auditorium



Counting Blessings

There's a wonderful song in the film, *White Christmas* that perfectly sums up the attitude we should all have during the holiday season. It's called "Counting Your Blessings", and it reminds us that we can all think of times when we were struggling and worried,

but if we focus on the things in our life that are good, we can move past any worries we might have. As we move through this holiday season and reflect on the past year, let's all take stock of our blessings, whether it is the new friend we made this year, the kindness someone showed to us, the pride we felt watching a grandchild succeed, or that which we had for ourselves for trying something new and challenging. We all have countless blessings.

"If you're worried and you can't sleep, just count your blessings instead of sheep, and you'll fall asleep counting your blessings."

Path to Well-Being

While the holidays are a time of gatherings with family and friends, they can also be a source of stress, as exercise schedules might be disrupted for shopping excursions, and rich holiday meals make it difficult to adhere to a particular diet. Stay healthy during the holidays and avoid the holiday blues by keeping the following tips in mind:

1. **Make Healthy Eating Choices**
2. **Stay Hydrated**
3. **Follow Dietary Restrictions**
4. **Drink in Moderation**
5. **Keep Exercising**
6. **Shake Up Traditions**
8. **Rest After Traveling**
9. **Take Breaks**
10. **Stay Involved**

Follow these measures and you can stay healthy and also have fun with your family and friends this holiday season!



Thriving

The one thing that almost all of us love is food, that is good food. The residents at the Gardens are fond of going out on scenic tours through the beautiful country sides of Southwest Michigan and eating out. The change of atmosphere does our residents a world of good when they are out and about taking in new sights, sounds, and going into restaurants that offer fine dining. Last month our travels took us to the rustic Fisher Lake Inn in Three Rivers, Michigan. Seafood is the specialty there, but we enjoyed everything from burgers to shrimp entrees. The Fisher Lake Inn is quiet once boating season passes, but we enjoyed the peaceful, lakeside atmosphere on that cool autumn afternoon just as well. Please check our monthly calendar for our scheduled outings and join us anytime.

Visit our blog at <http://bronsonplace.watermarkcommunities.com/join-the-talk>