

THE BUZZ



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

The transportation department would like to remind everyone that it is their pleasure to drive you on all the wonderful outings planned this summer. Also, please remember that for medical appointments, reservations for transportation must be made no later than the Friday preceding the appointment date, and appointments should be made for Tuesdays and Thursdays in order to be assured a ride through this service. If you have any questions, please see Ken Luchies.



Watermark University

There is growing evidence that the mind-body practice of Tai chi has value in treating or preventing many health problems, (including Parkinson's Disease); and you can get started anytime, whether you are completely healthy, or have health concerns that challenge you with limitations. Join certified Tai chi instructor Ryan Brazee for an introduction to this martial art form that provides low-impact, slow motion exercise through a series of motions emulating nature. This session of the class is geared toward participants in the seated position.

Seated Tai Chi is held on the third Wednesday of each month at 1:00 p.m. in the Springs Lounge.

Special Events & Outings

Super Saturday Ice Cream Social on Saturday, June 2 at 2:00pm

Lunch Outing to Rykse's on Friday, June 8th at 11:30am

Fathers' Day Lunch on Friday, June 15th at 11:30am

Fathers' Day Social on Sunday, June 17 at 2:00pm

Day Trip to Boulder Ridge Wild Animal Park on Friday, June 22nd at 10:00am

Family members are always welcomed to join us for all events and outings!



Helping the Monarch

In June we celebrate National World Environment Day, and when you think about it, everyone can take ownership of protecting and nurturing our environment. One way The Fountains at Bronson Place has contributed has been the development of a

butterfly garden on the northwest side of the Town Center. Residents worked diligently in 2017 to plant milkweed and other "butterfly-friendly" plants in an effort to increase monarch reproduction & migration through Michigan. Our garden is now registered as a national Monarch Watch Waystation, and some of our residents recently attended a certification program to become citizen scientists, learning how to track monarchs from eggs and larvae discovered on our plants. Anyone interested in assisting with this effort should contact Nancy Kotarski in the Community Life office.

Path to Well-Being

June is National Safety Month. This June, we encourage you to learn more about important safety issues like preventing poisonings, transportation safety, and slips, trips, and falls.

Poisonings: Nine out of 10 poisonings happen right at home. You can be poisoned by many things, like cleaning products or another person's medicine.

Transportation safety: Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 6 crashes (15%) where someone is injured involves distracted driving.

Slips, trips, and falls: One in 4 older adults falls each year. Many falls lead to broken bones or a head injury.

You can make a difference. Find out ways to help reduce the risk of these safety issues.

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



Thriving

Sometimes the best times are had with no planning at all. Take last week, for example--a family member stopped by for his weekly visit with his mother. Since she was busy with her caregivers, Larry popped into the lounge where residents were gathering for exercise class and asked if he could play the piano. "Of course!" was the unanimous response from residents and staff. Not only did Larry engage the residents with joyous gospel music on the piano, but he also had us all singing along with him, drawing other residents, associates and family members who could hear him from throughout the building. Pretty soon the lounge was alive with melodies, voices, hand clapping and foot tapping. Not to worry---we did get our exercise class in when Larry went off to visit Mom, but he also came back in with her a short time later for an encore. What fun!!