

THE BUZZ



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

No matter what you do in your life, what you create, what career you have... your greatest creation is always going to be your life's story. — Jonathan Harris

The telling and hearing of stories is a bonding ritual that breaks through illusions of separateness and activates a deep sense of our collective interdependence. — Annette Simmons



Watermark University

Guten Morgen! Wie geht's? Wo ist die toilette? Do you know what these phrases mean? If not, it may be time to join Rachel and Vanessa for a class in elementary German. Learn simple words and phrases for the first time, or brush up if you have spoken German long ago and don't remember it all. Rachel and Vanessa both love the German language and can't wait to share it with you in this fun language class.

Introduction to the German Language is led by Rachel Huffman and Vanessa Miller on the third Wednesday of each month at 3:00 p.m. in the Springs Lounge.

Special Events & Outings

- Wednesday, May 9 at 1:30 p.m.**
Plainwell Ice Cream Ride (O)
- Saturday, May 12 at 1:00 p.m.**
Mothers' Day Hors d'oeuvres
- Sunday, May 13 at 3:00 p.m.**
May Birthday Party (L)

National Skilled Nursing Care Week!

- Monday, May 14**
60s Dress-up Day
- Tuesday, May 15**
Twin Dress-up Day
- Wednesday, May 16**
Sports Team Day
- Thursday, May 17**
80s Workout Day
- Friday, May 18**
Hat Day

thrive!

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THE FOUNTAINS
AT BRONSON PLACE

The Springs

May 2018



Celebrating Nursing Care

National Skilled Nursing Care Week (NSNCW), formerly known as National Nursing Home Week, begins on May 13 (Mothers' Day). Since the American Health Care Association began the event in 1967, this special week has been dedicated to families,

staff and volunteers of skilled nursing communities, and provides an opportunity to recognize the role of skilled nursing care centers in caring for America's seniors and individuals with disabilities. The 2018 NSNCW theme, "Celebrating Life's Stories", serves as a tribute to life's most significant events, relationships and experiences that shape the unique perspectives of residents, families, staff, and volunteers in long term and post-acute care. Please join us in celebrating National Skilled Nursing Care Week at The Fountains at Bronson Place by recognizing and thanking all those who thrive in our Springs community!

Path to Well-Being

Skin cancer is the most common cancer in the United States. Most skin cancers are caused by too much exposure to ultraviolet (UV) rays. Most of this exposure comes from the sun, but some may come from man-made sources, such as indoor tanning beds and sun lamps. The good news is that you can do a lot to protect yourself and your family from UV rays, as well as to catch skin cancer early so that it can be treated effectively.

The American Cancer Society provides an easy catchphrase to help you remember how to protect yourself from sun damage: "Slip! Slop! Slap!® and Wrap".

- Slip on a shirt.
- Slop on sunscreen.
- Slap on a hat.
- Wrap on sunglasses to protect the eyes

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

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INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE • SKILLED NURSING & REHABILITATION



Thriving

Look at what's cookin' in the Springs Activity Room! While we enjoy gathering for all types of activities, some of our favorites are cooking programs. Last month it was a beautiful fruit pizza that we all chipped in to help create. Baking the crust, spreading out the delicious filling, and laying out the fruit was great fun, mostly because we were chatting and laughing with each other and some family members who had joined in. Of course, the best part of the event was digging into our culinary masterpiece later that day, once all of the ingredients had set. It's so nice to sit around a table and create healthy, great-tasting treats to share with one another, along with titillating conversation. Being together in the kitchen makes us realize how comforting it is to be at home at the Springs.