

The Brookridge
Stream
Resident Newsletter
December 2017



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We are on the web!

Come visit us at

www.brookridgecommunity.org



From all of us here at Brookridge,
we would like to wish you a
Merry Christmas and Happy New Year!



December Trips

2nd at 2:30pm we will be riding in the Winston Salem Christmas Parade

4th at 10am Mrs. Hanes' Cookie Factory

5th at 10am Shopping at Lowes

5th at 5:30pm Tanglewood Lights

6th at 1:30pm Christmas Shopping at Hanes Mall

7th at 11:15am Candle Tea at Ardmore Moravian

8th at 6:45pm Piedmont Chamber Singers at Maple Springs

12th at 10am Shopping at Lowes

13th at 10am Shopping at Walmart

14th at 10:45am Christmas Lunch & Worship at First Presbyterian

18th at 8:30am Breakfast at Breakfast Time

18th at 2pm Shopping at Aldi's

19th at 10am Shopping at Lowes

21st at 10:45am Lunch at Putters Grill

22nd at 2:45pm Visit to Korner's Folly

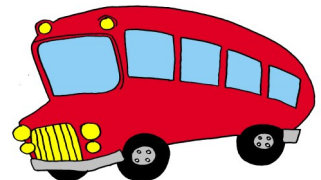
26th at 7:30am Romeo's to K&W for breakfast

26th at 10am Shopping at Lowes

27th at 11am Lunch at Cheddar's

28th at 2pm Central Library

29th at 10am Shopping at Walmart



December Happenings

1st at 2pm Employee Christmas Party
1st at 3pm Music by Ronnie Reeves
3rd at 4pm Shady Grove Youth Choir
4th at 1:30pm Podiatry Clinic
4th at 4pm Music by Singer's Company
8th at 2pm Resident Christmas Party & Parade
9th at 7pm Caroling by The White's
10th at 6pm Lovefeast with Bethabara Moravian
11th at 7pm Music by Musical Potpourri
15th at 3pm Guest Speaker Frank McNair
15th at 6:30pm Music by Larry Pope
20th at 10am UNC Hearing Presentation
20th at 11am Christmas Communion
21st at 9am Hot Chocolate with friends
21st at 2:30pm Ugly Christmas Sweater Social
22nd at 12pm Resident Christmas Covered Dish Luncheon



Caught on Camera!



Caught on Camera!



**Paula Cermack
enjoying her
pickle at the
Pickle Party!**



**Dinner at
The Depot
sure was
good!**



**Veterans Day
Celebration**

Caught on Camera!



**Thanksgiving Pie
Social with friends!**



Chaplain's Article

By the time you read this, the day of Thanksgiving will have come and gone. Turkeys and trimmings and pies will only be remembered tastes in our memory. Visiting family and friends will have come and gone, too; and the sweetness of their presence remembered and cherished.

The ground, so recently covered with a carpet of green, is being covered now with a blanket of gold; and the trees, not long ago so majestic in their greenery, have gone through their golden phase and are now almost bare. Soon winter's cold will set in upon us. We'll tell each other to dress warmly, watch for ice, especially black ice, and endure winter's grip. We will hear or say: "Oh, I hope it snows!" Or: "Oh, I hope it doesn't snow!" And: "Brrrrrrr!"

Now could be a time for sadness. Winter offers so many reasons for folks to be genuinely sad. Seasonal Affective Disorder is a real condition experienced by many people, especially during the winter months.

There is, however, a treatment seasonal sadness. As we leave the season of Thanksgiving we enter the season of Advent, the time we prepare to celebrate the coming of our Savior, Jesus, into this world as one of us! At Brookridge we will celebrate this season with Advent services at Vespers for the first four Sundays in December. And we will observe a special Christmas Eve service on December 24 at our Vespers service. I hope you are able to participate in these services. They brighten a darkened season of life with the promise of Love incarnate!

Coming back to Brookridge after a short and devastatingly sad time away is a life giving experience for me. Thank you for your many cards and calls and for your participation in Janice's service of celebration. As many of you have had to do, I am learning to live alone—at least some of the time. People ask how I'm doing. I say, "I have good days, and in every day there is some sadness. But I am grateful for God's grace, which I experience through family, church, and friends, and especially the residents and staff of Brookridge." I am thankful to the Brookridge administration for allowing me to return; and I am especially grateful for your ongoing ministry. You are wonderful ministers of God's love and grace! You are a blessing for which I am most grateful this Thanksgiving season!

In the certainty of being really, really early, I wish for you a worshipful and expectant Advent season, and a very Merry Christmas!

Gene Sherrill




Thank You

We would like to thank everyone who helped out with the Samaritan's Supper Club! It was a huge success! 90 men at the shelter got to enjoy fried chicken, chicken pie, baked beans, potato salad, corn, bread and desserts from Brookridge residents that night for dinner! They wanted you all to know how extremely thankful they are for you!



A big Thank You to Dot Bris-Bois and her family for inviting us to have lunch with them at their mountain retreat! We had a wonderful time!





John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.



The Star of Christmas Is Shining

**The star of Christmas is shining;
It's shining for all to see.
Follow it's light to the Savior;
Find Him, in faith bow the knee.**

**He's no longer in a manger;
Nor upon a cruel tree.
Death could not keep Him in a
grave;
His love won eternally.**

**A Christmas wreath hangs from the
cross;
A bow on the manger bed.
An evergreen tree is now standing;
Below the star up ahead.**

**In Jesus we live forever;
Our sins are all washed away.
God gave us a gift from heaven;
That astounding Christmas day.**

**The star of Christmas is shining;
From pages of love and truth.
The greatest gift ever given;
Was written in blood for you.**

**Susan Y Nikitenko
December 14th, 2012**

April's Corner

Feature Story

FOUR BASIC EXERCISES TO HELP OLDER ADULTS IMPROVE STRENGTH AND BALANCE

TOPICS: HEALTH AND WELLNESS | REGIONS: GEORGIA, NATIONAL | KEYWORDS: EXERCISE, HEALTHY AGING, HEALTHY TIPS, INFOGRAPHIC, MD MENTIONS, OLDER AMERICANS MONTH, PHYSICIAN TIPS, PHYSICIANS, SENIORS

As you grow older, being physically active is one of the most important things you can do to stay healthy. Whether you're well into your golden years, a baby boomer or younger, studies show **regular exercise** can lower your risk of heart disease, some cancers, diabetes and dementia. It also helps improve your mood, energy level and overall well-being.

"The great thing is no matter what your age, size, or fitness level, it's never too late to start exercising," said **Jaza Marina, MD**, a Kaiser Permanente physician who specializes in elder care. "We strongly recommend seniors do exercises that maintain strength, balance and flexibility. Our goal is to reduce their risk of falls and injuries, so they can stay healthy and independent."

Dr. Marina advises that good ways to exercise include low impact aerobic activity, swimming, tai chi and yoga if you're physically able. "We have 80 year-olds who run 5k or 10k races. Everyone is different, so pick an exercise that you enjoy."

She believes walking is probably the easiest exercise. All you need is 30 minutes a day, five times a week. If that's too much, you can break that up — 10 minutes in the morning, 10 in the afternoon and 10 in the evening. Some seniors walk at their local indoor shopping mall.

"The important thing is to get off the recliner, turn off the TV and get active," said Dr. Marina. Below are four basic exercises to get you started.

1. Knee bends

Holding on to a sturdy chair or counter at your side, keep your back straight, feet on the ground and gently bend your knees and lower your body. Then, raise your body back up. It's a slight squat, but not a deep one. Repeat 10-15 times.

2. Heel raises

Holding on to a chair or counter at your side, raise up on toes slowly and then lower the heels to the ground slowly. Heel raises strengthen the calf muscles. Repeat 10-15 times.

3. Side leg raises

Holding on to a chair or counter at your side, raise one leg out to the side and bring it back down. Repeat 10-15 times and switch to other leg.

4. Sit to stand

If you're able — sit in a chair and rise to a standing position with arms stretched in front of you. Make sure the chair is in a stable position or against a wall so it won't fall over. Sit back down and repeat 10 times.

Kaiser Permanente offers exercise classes at several of its medical facilities. To find classes in your area and for further information about these exercises, visit [kp.org](https://www.kp.org). Also, talk with your physician before starting a new exercise routine.

April's Corner

April's Schedule for December 1st

8:30 a.m. Exercise (Club House)

9:00 a.m. Yoga (Club House)

10:00 a.m. Water Aerobics (Pool)

1:00 p.m. Chair Yoga (FA)





During the holidays, we
tend to get off track
with our eating
habits! Below is a healthy
eating guide that you can
follow to help get those
holiday pounds off!

