

In this edition:  
**Pursuing  
Passions,  
Realizing  
Dreams**

and  
**Find Your Calm  
Between the Lines**

Optimum Life Magazine  
August 2017



# Letter From The Editor

Dear Readers,

Creativity is in the air!

Across our Brookdale communities, creativity is everywhere, from the countless opportunities our residents engage in like art, music, poetry and blogging to the growing interest in adult coloring books. We are also proud to have our residents' creative masterpieces in our communities as well as our Nashville corporate office!

Here are a few updates from the Brookdale family:

- **For Random Acts of Kindness Day** in February, Brookdale residents from across the country participated in our **Kindness is Ageless** campaign by handing out flowers to strangers. More than 25,000 flowers were given away as a simple act of kindness.

Our next campaign, **Gratitude is Ageless**, will take place on September 20, 2017 in honor of World Gratitude Day. On that day residents, associates and family members will express words of appreciation to one another using Post-It note messages. Please join us on Facebook that day by posting a message of gratitude for someone in your life, and use the hashtag #GratitudeIsAgeless.

- **Walk to End Alzheimer's** — Brookdale is committed as a Diamond Team for the Walk to End® program with the Alzheimer's Association. Our residents, families, associates and business partners are all engaged in raising funds to support those living with dementia and those who love them. For more information, go to [alz.org/Brookdale](http://alz.org/Brookdale).

## ■ **Sustainability Report for 2017** — As

part of Brookdale's commitment to our communities and our environment, the 2017 Sustainability Report will soon be released. Brookdale invested significant resources toward energy reduction projects in 2016 that lower energy demand while also enhancing our communities. Here are some of those energy-saving projects:

- The "Turn It Off" Challenge involved 423 communities and was a fun way to engage associates and residents while reminding us to be aware of energy and water "wasters."
- More than 48,000 occupancy sensors were installed across all of our communities to automatically turn off lights.
- A total of 4,148 high efficiency water fixtures were purchased (toilets, faucets, aerators, showerheads, etc.).

My hope is this creativity-inspired issue of the Optimum Life magazine will inspire you to fully embrace your creative side to enrich your life. And as always, if you have any ideas you'd like to share for our next edition, I welcome you to contact me at [sterry@brookdale.com](mailto:sterry@brookdale.com).

Thank you,

### **Sara Terry**

Senior Vice President  
Resident and Family Engagement





Optimum Life® isn't simply a program in the Brookdale Senior Living communities; it's a philosophy of holistic well-being that enlightens everything the company does.

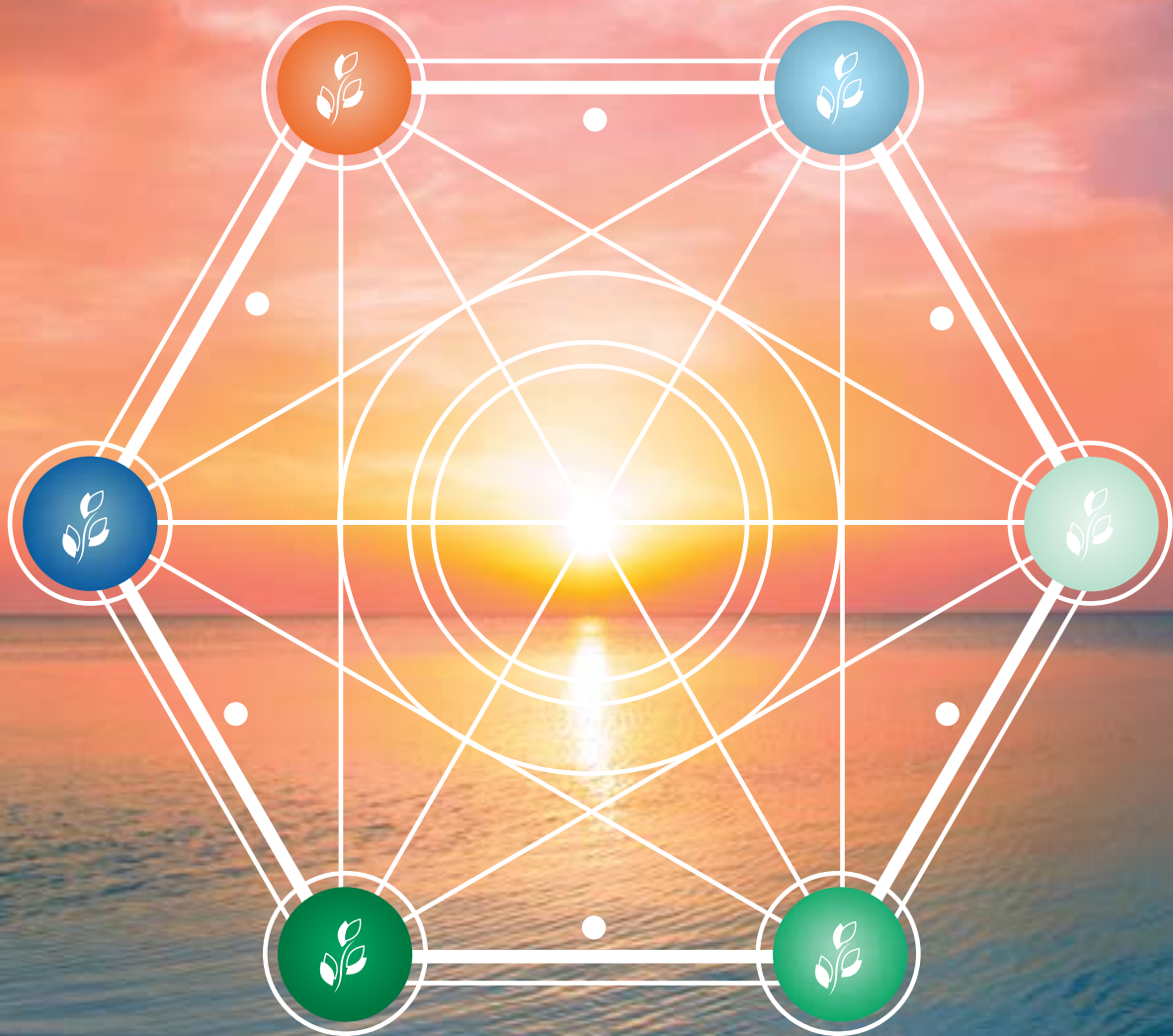
From meals prepared to lifelong passions Brookdale can make reality, it's about enriching the lives of residents and their families. Brookdale believes everyone can live an Optimum Life by focusing on the six principles of well-being: physical, emotional, purposeful, social, spiritual and intellectual.

Brookdale's *Optimum Life* magazine is available complimentary to residents, associates and friends of Brookdale communities.

Our articles feature residents sharing their stories and associates who are dedicated to enriching their lives. The magazine also offers expert advice on healthy living, stories of inspiration, and of course, the principles of living an Optimum Life.



*You call it living  
to the fullest.  
We call it Optimum Life.*



**Physical** — Get moving. Nurture your body. Take charge of your health.

**Emotional** — Express your feelings. Foster positive attitudes. Laugh!

**Purposeful** — Make a difference. Volunteer. Create.

**Social** — Get connected. Be a friend. Join a group.

**Spiritual** — Nurture your spirit and beliefs. Assess your values.

**Intellectual** — Be a lifelong learner. Be curious. Challenge yourself.





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# Ask The Expert: An interview with Carol Cummings

Learn what our expert thinks about seniors and creativity.

**Q: Why is it important for seniors to continue creative pursuits?**

**A:** Creativity is good for us. Some studies have shown that creative pursuits can reduce symptoms in chronically ill patients and even shorten the length of hospital stays. Research shows that listening to music, singing or playing an instrument stimulates the brain and helps it to function better.

**Q: How is Brookdale working to keep seniors pursuing creativity?**

**A:** I have the good fortune to work on a team of very creative and passionate people. One of the things we have the privilege of doing is coming up with the annual Brookdale Celebrates theme.

Last year, with the *Broadway Hits* theme, we saw such amazing engagement in our communities, with residents dancing, dressing in costume and singing those old familiar show tunes. Music has so many health benefits it is hard to name them all. Better sleep, less pain, reduced stress, elevated mood and this: better brain function.

**Q: How do you feel about adult coloring books for seniors?**

**A:** Adult coloring books provide a means to creativity for those who are not particularly gifted at art. I put myself in that category. I can't even draw a decent stick figure. But coloring a beautifully detailed page is very satisfying.

I received one as a grab bag gift at our team holiday party. I was sitting at that party with some colleagues that I don't know well and invited one of them to color with me. It was fun, and bonding, and really satisfying to see our work of art. Since then, I have colored on my own and have found it to be very relaxing.

Plus, the repetitive nature of coloring and the predictable results create a state of calm and help us to focus on the present. Dr. Joel Pearson, a brain scientist at the University of New South Wales in Australia, believes coloring can help us to replace negative thoughts and images with pleasant ones.

Source: MedicalDaily.com

**Q: Who inspires you with his or her creativity?**

**A:** I had the pleasure of meeting Dr. Hall Duncan, a 91-year-old resident of Bradford Village, one of Brookdale’s communities in Oklahoma.

Dr. Duncan is an international educator, illustrator, writer, cartoonist and WWII veteran. He spends his time writing, drawing and speaking to groups about the importance of humor and creativity. He believes society suffers when people lose their motivation for learning and self-discovery. He never stops learning, growing or creating.

Dr. Duncan is an inspiration! He challenges each of us to pursue our passions, our talents and awaken our creative minds. He has touched the lives of all ages over the years, but, at the age of 91, his brand of inspiration can have a powerful impact on seniors everywhere. It’s never too late to pursue a talent. Sing, dance, act, write, draw and paint! Dr. Duncan reminds us all that CREATIVITY IS AGELESS!

*Interview compiled by  
Samantha E. Donaldson*

**Meet Carol:**

Carol Cummings is a nationally recognized expert on senior health and well-being. As the senior director of Optimum Life Engagement for Brookdale, Carol is responsible for the creation of programs and services designed to integrate whole person wellness into Brookdale’s culture. She has earned multiple awards for her programs including the International Council on Active Aging Innovator Award and the Assisted Living Federation of America’s Best of the Best.

As a Certified Wellness Coach and Certified Wellness Practitioner, Carol writes a monthly blog and creates many health and wellness resources for Brookdale. Carol is a registered nurse with a Bachelor of Science in nursing from Northern Illinois University.







# Meet Bette Kennedy

**Brookdale Blankenbaker, Louisville, Kentucky**  
**Resident for one year**

Baltimore native Bette Kennedy taught kindergarten for the Catholic School System and led an enrichment program for the public schools that took students on tours to Washington D.C. and other historic sites.



Bette spent many years as a docent for the historical society in Fredericksburg, Virginia. She gave tours of The Rising Sun Tavern, Apothecary Shop and the Mary Washington House. The site she spent the most time in was the Kenmore Plantation, home of Betty Washington Lewis, George Washington's sister.

She has four children and eight grandchildren.





Before you make the move to a senior living community, hear the facts from someone who made that decision and is enjoying life in her new home.

**Q: What do you love most about your community?**

A: The people, residents and associates. I enjoy talking with people and the friends I've made here. The employees are always cheerful, and that is really helpful, because you never know when someone is having a "down day."

**Q: What features helped you determine your community was right for you?**

A: My son, Tom, found Brookdale Blankenbaker for me. My favorite features are the atmosphere of the interior and the grounds outside.

**Q: What was most difficult about selecting a senior living community?**

A: I had many friends living in a senior community in Virginia. I visited them often to play cards and felt that it was a good environment to be in. I knew I could not stay in my home forever, so I put my trust in my son to find just the right place.

**Q: Do you participate in activities, outings or groups/clubs at your community? If so, which ones?**

A: I'm a member of the Resident Council, Ambassador Committee, Walking Club and exercise classes, including B-Fit, Yoga, Tai chi and Spiro 100 classes. I also help with service projects — we put together 60 Easter baskets for Maryhurst, a girls' home.

I also enjoy games such as Bridge, Rummikub and Bingo as well as the Big Band dances held often, all the theme parties and Brookdale Celebrates monthly events.

**Q: What would you tell someone considering your community — or moving to a senior living community in general?**

A: Just be open-minded. Jump in, and be involved. Be open to the opportunities you have in your new life.

**Q: What should they know before making a decision?**

A: Commit to it fully and with an open mind. You can have a wonderful life or a miserable one; it will be what you make it.

**Q: What have you learned about yourself since moving to your community?**

A: I can't quite answer that, I've known me a long time, but I have discovered I find joy in watching a family of geese and their seven goslings who have taken up residence in our pond.

**Q: Do you have any additional advice, words of wisdom or thoughts you'd like to share?**

A: Be open to your new opportunities for friendship, activities and growth in your life.





**BROOKDALE**  
—SENIOR LIVING SOLUTIONS—

Bringing **New Life** to Senior Living®





Directions to the **Fountain of Youth:**  
**Follow your heart.**

Brookdale communities are full of characters, adventures and new beginnings. Our residents are writing new chapters every day. Read along with our resident bloggers at **[Brookdale.com/ResidentBlogs](https://brookdale.com/ResidentBlogs)**. If you are interested in sharing your story, email **[Media.Relations@Brookdale.com](mailto:Media.Relations@Brookdale.com)**.

# Getting Better with Age:



## The Science of Creativity and Aging

By Andy Tyer

**A 72 year-old woman can be more creative than her 22-year-old granddaughter.** Don't believe it? Science has proven it. Sorry, young'uns. Grandma's got you beat in that department.

In a recent blog, Carol Cummings, Brookdale's Optimum Life Engagement senior director, references research that suggests how the brain is designed to grow, change and reinvent itself throughout a person's entire lifespan, provided the brain is challenged and used in new ways.

Turns out, **creativity doesn't have an expiration date.** Researchers have even compared creativity to something very familiar: a fine wine — it gets better with age.

The same activities we employ as we strive to impede dementia in older adults can actually make us more creative, according to several scientific studies.

And while science has finally gotten on board with this way of thinking — that creativity can flourish with age — history has been proving it for a while now.



Consider this:

- **Herman Melville** wrote his second masterpiece *Billy Budd* in the final years of his life.
- German novelist **Thomas Mann** completed one of his greatest works, *Confessions of Felix Krull*, the year he died at age 80.
- **Henri Matisse** created an entirely new medium of expression, decoupage, at the age of 75, which he was still producing when he died at age 84.
- Celebrated minimalist painter **Carmen Herrera** didn't even sell her first work until age 89.
- Spanish cellist **Pablo Casals** practiced every day and still played brilliantly at age 96.
- The Italian painter **Titian** died at 99 — while he was painting.
- Ragtime pianist **Eubie Blake** was still at the ivories at age 100.

And what did these icons of creativity all have in common? Answer: They lived way beyond the life expectancy of their respective times.

And that's where science steps back in. In 2001, the National Endowment for the Arts developed a study with **The George Washington University** to measure the impact of cultural programs on the general, mental and social health of persons over age 65.

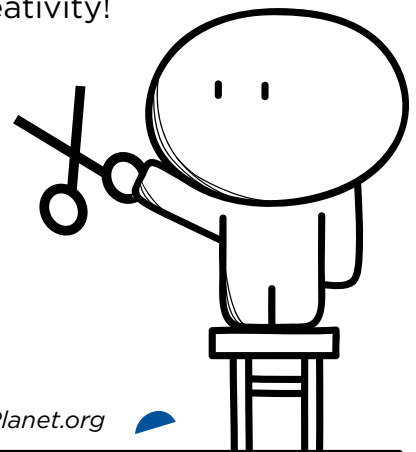
Known unofficially as the *Creativity and Aging Study*, the research project determined that senior citizens who are actively engaged in creative pursuits like, painting, writing, and music had:

- better overall health
- fewer doctor visits
- less dependency on medications
- less instances of depression
- greater feelings of morale

The seniors involved in creative pursuits in the study even experienced less falls. That's right: **science is suggesting that creativity can even help you defy gravity!**

As it turns out, not only does creativity get better with age, it actually makes aging better.

Throughout this issue of *Optimum Life Magazine*, you'll be introduced to a wealth of signature programs and initiatives that showcase how our residents are thriving and changing the perception of aging through creativity. Perhaps our residents can spark your own sense of creativity!



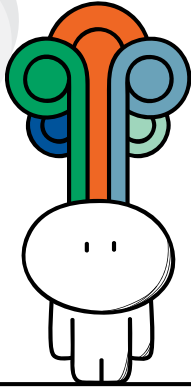
Source: SeniorPlanet.org





## The Science of Creativity

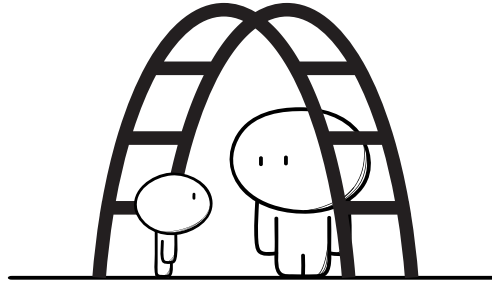
Plenty of research has been done on creativity and how it affects our brains, our moods, even our longevity. Is it any wonder we've come to discover there is a science to creativity? Check out these studies and findings about how our creative minds work and what makes creativity so special.



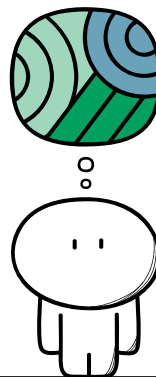
There may be a connection between **dopamine production and creativity**. Dopamine increases along with positive reinforcement and other rewards, so some neurobiologists believe it easily correlates with creativity, too.



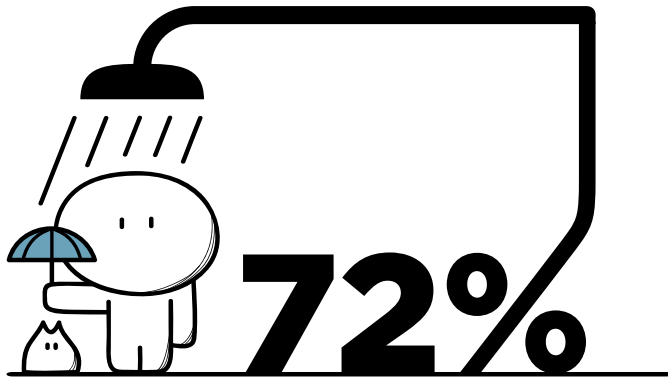
Research shows **naps** might actually help you to be more creative by refreshing your brain and enabling you to be more focused.



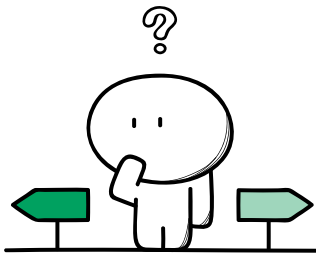
A trend taking off in the UK is **playgrounds for seniors**. Instead of monkey bars and swings, you'll find low-impact exercise equipment designed to promote flexibility, balance and coordination and areas that promote community. But just like kids' versions, they're meant to be fun.



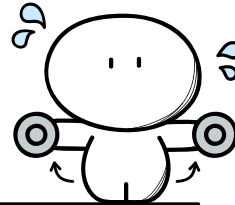
According to the science on **daydreaming**, these moments provide a sort of mental incubation period that can enhance creative thinking, long-term planning and self-awareness.



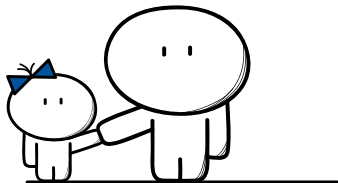
In a 2014 Kaufman study, 72 percent of respondents around the world reported having some kind of new insight or creative thought **in the shower**.



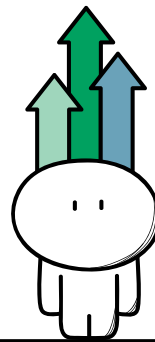
A Stanford study showed a high correlation between **walking and creativity**. During walks, people were able to better focus on their thoughts and harness them into their creativity.



Rhode Island College scientists found the two hours after engaging in **rigorous physical exercise** proved some of the most mentally fertile moments.



According to a study published in the *Journal of Aging and Health*, **creative people live longer**. One reason may be that creative minds are in the habit of looking for possibilities in challenges and react to stress differently.



**High IQ and creativity** may correlate with one another. Harvard's Dr. Shelley Carson noted in her studies both increase together at the 120, 130 and 150 IQ levels.



# The Story of a Storyteller

“I had this adventure, and you missed it, so, I’m going to share it with you.”

Those words, spoken countless times by storyteller Henrietta Smith, have brought books to life for children and adults across the United States, in Mexico and even Africa.

Henrietta, a resident of Brookdale North Boynton Beach, began storytelling as a children’s librarian in the New York Public Library. “In the public library system in New York, I don’t know how it is now, but in my generation, there was no ‘can you’ or ‘do you want to be’ a storyteller. It was ‘you will learn’ to tell stories to different audiences and ages and in places from Central Park to the public schools.”

In fact, one of her favorite storytelling memories happened in Central Park while she was sharing a story with a group of children.

“As I was talking I heard a ‘thump, thump, thump’ behind me.

A policeman on a horse came up. He and the horse just stood there the rest of the time; my stories drew him in. I thought the kids would be distracted, but they just glanced for a minute and were pulled right back to what I was saying. You never know what’s going to happen when telling stories.”

Henrietta finds that adults love storytelling just as much as children.





“I remember going into the schools to tell stories. I’d have the teachers stay. After a bit you can feel their mood change, see them relax, because they’ve gotten into the story too. They’re no longer that third or fifth grade teacher; they’re simply someone enjoying an adventure,” Henrietta says.

It is the audience response Henrietta enjoys most about storytelling.

“I put myself into it, and I can move my audience out of where we might be to relax and go with me to where I go with my story. It’s hard to describe but it’s a great experience,” Henrietta says.

What’s her secret? Henrietta says she learned from the best, Augusta Baker, then head of Children’s Services at the New York Public Library. Augusta was one of the first people she heard telling stories, and it was she who taught Henrietta the techniques of storytelling.

Henrietta learned one of the most important lessons from Augusta.

“As a storyteller, it’s the story that’s important. Don’t worry about dressing up and distracting with your clothes or earrings. Fade yourself away, so the story becomes the essential thing.”

Now Henrietta shares not only her stories, but her knowledge of how to be a storyteller with fellow residents and even Brookdale associates, including Nancy Venezia, the community’s resident programs coordinator.

Her advice to those interested in storytelling is that “you don’t read the book or memorize it; you learn it. There’s a difference. Learning the story means you can tell it like conversation. You then separate yourself from everything around and tell it from your perspective, ‘I saw it, I was there;’ those are the basics.”

Beyond that she says the story itself has to interest you. If it’s not something you care about or want to share, it won’t go over. She says, “it’s gotta be alive in you as you’re telling it.”

Dr. Jette Halladay, professor at Middle Tennessee State University, teaches a class on storytelling. She says the art began as an oral tradition where stories were often passed down through families.

“It was a way of really making meaning of events that happen around us.”

The profession of storytelling is thriving today, according to the professor.

“With the variety of media now, you’ll find versions of storytelling in TV, film and online through websites like themoth.org,” Jette says.

The National Storytelling Festival draws professionals from all over the world and the National Storytelling Network is comprised of more than 1,600 individuals and affiliated organizations.

While Henrietta doesn’t do it as much now, she’s truly enjoyed her time telling stories in so many different places. “I miss telling, but life changes and you have to change with it,” she laments.

Nancy has greatly enjoyed her time learning from Henrietta. She says the storyteller’s positivity is just one of the many things that make Henrietta so loved in her community.

“She’s amazing; very intelligent, upbeat and you’ll never hear her complain. She comes to everything and is not afraid to try something new; it makes my job so rewarding. She’s a gift to all of us.”

And so are her stories.



**“Storytelling is a one-time experience shared between the listener and the storyteller,”** according to Storytelling.net, a website for storytellers of all ages and experience levels to share tips and tricks. Here are some storytelling tips from the experts.

**1. You need to tell stories that you like.** There will be many stories for any situation you are in. Choose a story that you can understand and enjoy.

**2. Take the time to prepare.** Don’t just dive into telling a story you have heard only once. Practice.

**3. Do not hesitate to remove the slow parts of your story.** Storytelling occurs in the moment, so not every detail has to be included each time.

**4. Use a strong and confident voice.** Speak with clarity and confidence. Enunciate and project your voice towards the listeners.

**5. Use good pacing.** Speak slowly enough so that the story is easily absorbed by the audience.

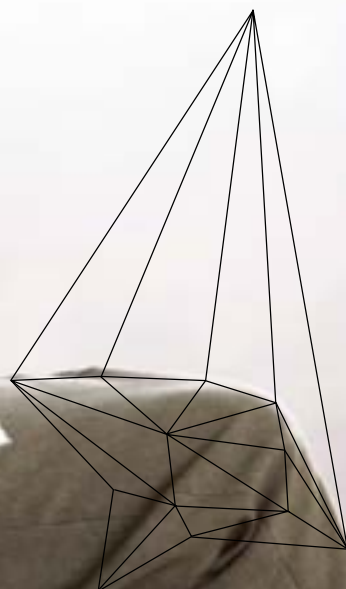
**6. Make eye contact with your listeners.** A fleeting moment of eye contact can make an audience member say, “I felt like you were talking to me personally.”

**7. Make your gestures easy and calm.** Prepare which gestures to use and when to use them. Your gestures should be natural and relaxed.

**8. Avoid the “moral of the story” finishes.** Storytelling is a most effective way to teach. If you must do the “moral” of a story, ask your audience first to tell you what they think. Their answers might teach you.



12 hours in physical therapy after knee replacement  
1,200 hours in the park reading Thoreau as a result



You count on them to **get you better**. Count on us to **keep you better**.

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Seniors, Shakespeare and a Robot Named:



Story by: **Tom Delvaux**



## Imagine being invited on a date — **with a robot.**

That's what happened recently at Brookdale Arlington in Texas when residents participated in an innovative study conducted by the University of Texas-Arlington Research Institute (UTARI) in Fort Worth.

For three weeks, eight Brookdale residents spent an hour each week with NAO (pronounced "now"), an adorable two-foot-tall robot. NAO recited the first 12 lines of Shakespeare's *Sonnet 18* (Remember "Shall I compare thee to a summer's day?") with all the drama of a professional actor, and then asked residents to complete the last two lines.

According to Jennifer Crutcher, director of resident programs at Brookdale Arlington, the response to NAO was overwhelmingly positive.

"Our residents were amazed to see firsthand how far technology has come," said Crutcher. "It was a fun and awe-inspiring experience for our seniors."

But the poetry performance was just the beginning of NAO's interaction. This robot can shake hands with seniors, accompany them on a walk, perform Tai chi, even tell stories and recite *The Night Before Christmas*.

"Participating in the research project from UTA was very rewarding," said Henryette Shanks, a Brookdale Arlington resident. "I really believe it could lead to expanding the use of robots and enhancing the lives of our senior citizens."

Many residents told Crutcher they wanted to be part of the fun.

"It looks like NAO will be making some more friends around here," she said.



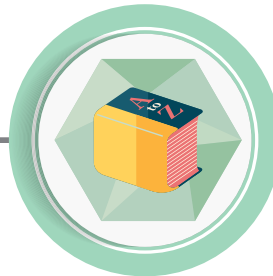
# Did You Know?



Laura Ingalls Wilder, famous for penning *Little House on the Prairie*, did not publish her first book, *Little House in the Big Woods*, until she was well into her 60s. It wasn't until after the stock market crash of 1929 that her daughter convinced her to write the book and get it published.



Anna Mary Robertson Moses was better known to the world as Grandma Moses, a woman who didn't begin to paint until the age of 76, when her hands became too crippled by arthritis to hold an embroidery needle.



The first edition of Peter Mark Roget's Thesaurus was published when Roget was 73, and he oversaw every update until he died at age 90.



It took more than a decade and several rounds of rejections before the tome that Julia Child co-authored, *Mastering the Art of French Cooking*, was published, and she didn't begin her long-running PBS program "The French Chef" until she was 51.



Impressionist painter Claude Monet created his most famous work in his 70s and beyond. His paintings even changed during this time, with a notable shift toward darker and more intense colors. This was partially explained by cataracts, which were removed in his 80s; he destroyed some canvases, possibly because he saw colors more accurately.

The later years in life are far from being the end of it. In fact, many famous seniors have greatly impacted the arts through their creative contributions at age 50 and beyond. Check out these inspirational seniors. We hope they'll get your creative juices flowing.



There's a lot to love here.



A holistic way of living well is just one of them.

We meet residents where they are and play to their strengths with thoughtfully designed programs, resources and services to support their wellness.

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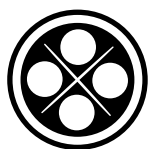
Taking a Journey  
Through Words:

**An Author's Experience  
with Alzheimer's**

Story by Tom Delvaux







# Taking a Journey Through Words:

## An Author's Experience with Alzheimer's

### It's never too late to create.

Renowned folk artist Grandma Moses didn't start painting seriously until she was age 78. And then there's Sue Petrovski.

The 85-year-old resident of Brookdale Meridian Westland didn't publish her first book until she was 71. Now she's releasing her third.

Sue began writing as a way to come to terms with her personal grief.

"I had a hard time accepting my mother's death and that she had Alzheimer's," says Sue. "To be honest, I was mad at God. I found writing really helped me to move beyond my anger and pain."

The result was Sue's first book, *A Return Journey: Hope and Strength in the Aftermath of Alzheimer's*, published by Purdue University in 2003 and scheduled to be republished this year.

Sue continues to find new ways to pursue her passion for writing. She's now editing and writing a monthly newsletter, *Meridian Messenger*, for her fellow Brookdale residents. And just recently, she started a new program called "Sharing Your World with Words" to help other seniors learn creative writing.

"Becoming involved in creative activities is one of the most important ways our residents find purpose," says Jan Bond, resident programs director at Brookdale Meridian Westland. "That's the reason we have a Reader's Theater, art classes and other creative activities."

"I really believe creativity is so important for seniors," says Sue. "Whether it's writing, acting or painting, I always tell my friends to keep busy at something you love to do!"



### Sue Petrovski

Sue's first two books are available on Amazon.com. The third, *Shelved: A Memoir of Aging in America*, will be released in November.



# FIND YOUR CALM



## BETWEEN THE LINES

Find Your Calm Between The Lines  
— by Tara Thompson





## **Coloring books are not just child's play.**

It turns out there is science to support the therapeutic benefits of adult coloring.

Coloring books work like other mindfulness techniques, such as yoga and meditation, turning down the volume knob on the stress response, says Craig Sawchuk, a clinical psychologist at the Mayo Clinic in Rochester, Minnesota, in a recent article in the *Washington Post*.

Getting started is simple. All you need is something to color, like a coloring page or book, and something to color with, like colored pencils. We recommend pencils over crayons for more precision, but you may also want to experiment with markers and pens too.

Coloring allows us to switch off our brains from other thoughts. The repetitive nature of coloring and the predictable results create a state of calm and help us to focus on the present.

According to Marygrace Berberian, a certified art therapist and clinical assistant professor for the Graduate Art Therapy program at New York University, "Coloring has the therapeutic potential to reduce anxiety, create focus and bring about more mindfulness."

Not only is coloring good for us, but creativity is good for us, too. Adding even just a little bit of creativity into our daily lives can have positive benefits. Studies show that creative pursuits, including adult coloring, can reduce symptoms in chronically ill patients and even shorten the length of hospital stays by reducing stress.

## **Coloring has the therapeutic potential to reduce anxiety, create focus and bring about more mindfulness.**

Creating just for the sake of creating, and not as a measure of productivity, has value, because it's a lot like play. Psychologist Scott Barry Kaufman, co-author of the new book *Wired to Create*, says, "As we get older, we lose our playful side. I think anything that resembles our childhood play can get us back into that frame of mind as an adult."

While brains age, creative abilities do not necessarily deteriorate, believes Bruce Miller, MD, a behavioral neurologist at University of California.

“Actually, the aging brain responds well to art by allowing the brain’s two hemispheres to work more in tandem. The ability to use creativity throughout a lifetime and the impact of crystallized intelligence gained from years of accumulated knowledge and life experiences help to cultivate the aging, creative brain,” says Miller.

The Spanish artist Joan Miró is a great example. Much later in life, he continued the inventive forms for which he is known and began exploring new materials, including bronze, creating new masterworks well into his 70s and 80s.

**What artists know is that creativity is a way for your mind to be open to new things.**

“What artists know is that creativity is a way for your mind to be open to new things,” says Tim Carpenter, founder and executive director of EngAGE. “The act of creating something leads to happiness, and getting out there taking classes and such is a form of socialization and opens your world.”

But being creative has physical benefits, too, according to the seminal study by geriatric psychologist Gene Cohen.

“This study showed that people who become and stay involved in arts courses taught by professional-level artists saw huge improvements in their physical health,” Carpenter explains.

It’s never too late to benefit from creativity. Need advice on how to get started? “Dust off your dreams,” says Carpenter.

Explore things you always wanted to do but didn’t have time to do because of family or work commitments. Just make art, anything artful, and challenge the myth that our abilities decline as we age, because the truth is we have the potential to be even better creatives later in life.

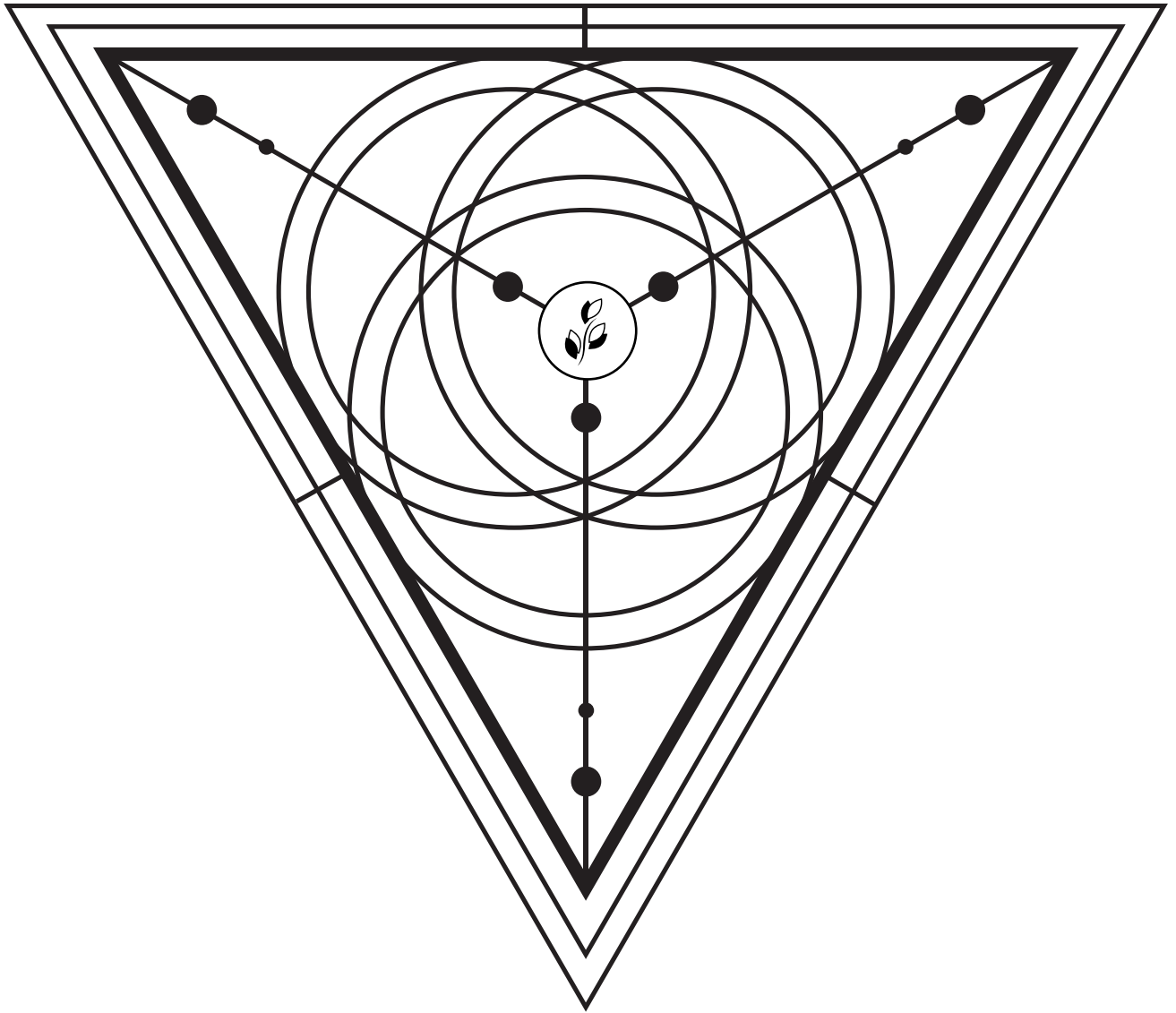


- Reduces stress**
- Encourages mindfulness**
- Sparks creativity**
- Improves concentration and focus**

Sources: MedicalDaily.com  
WashingtonPost.com  
CNN.com, NYmag.com  
DenverArtMuseum.org  
TodaysGeriatricMedicine.com

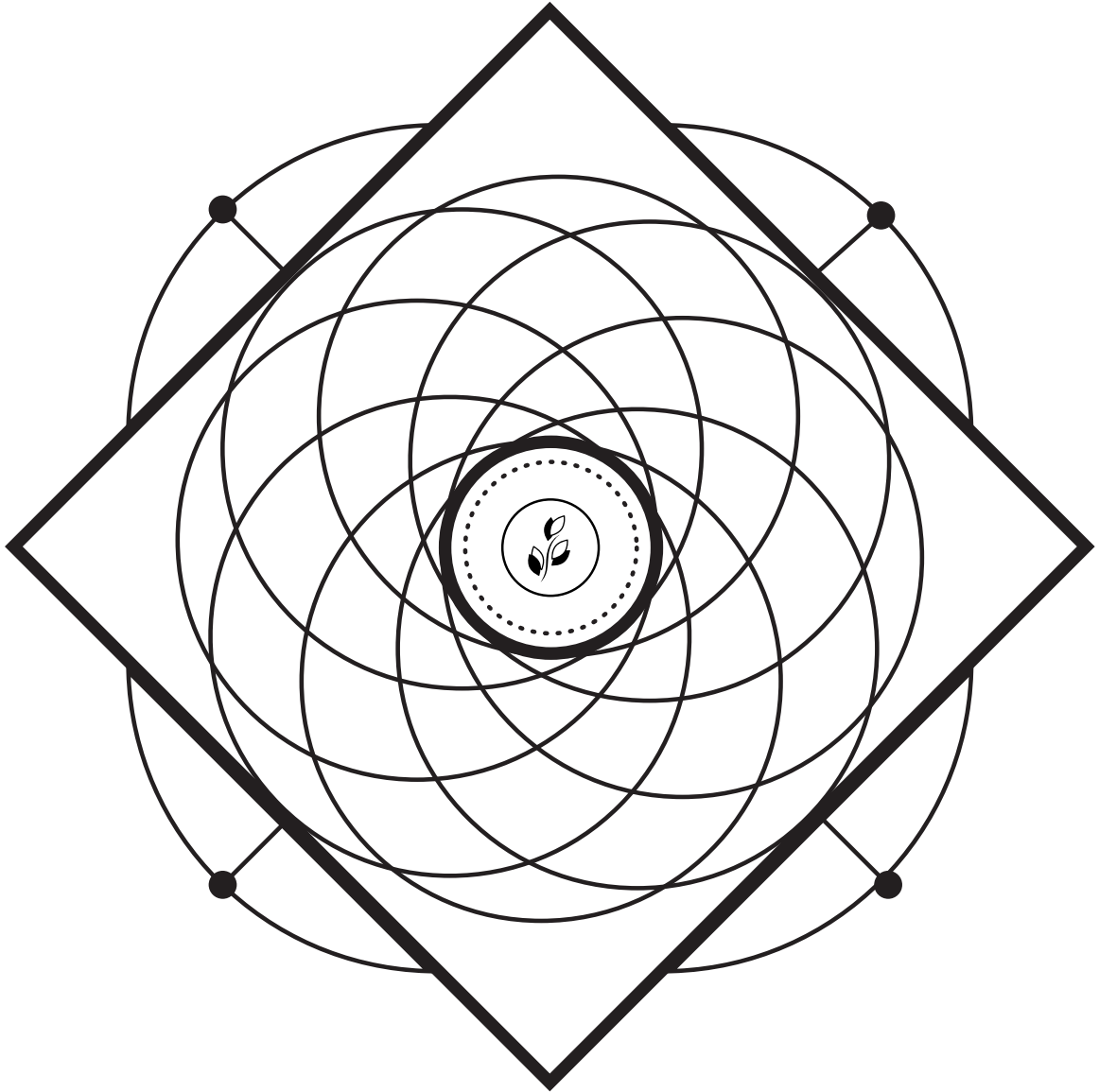


*Relax.*



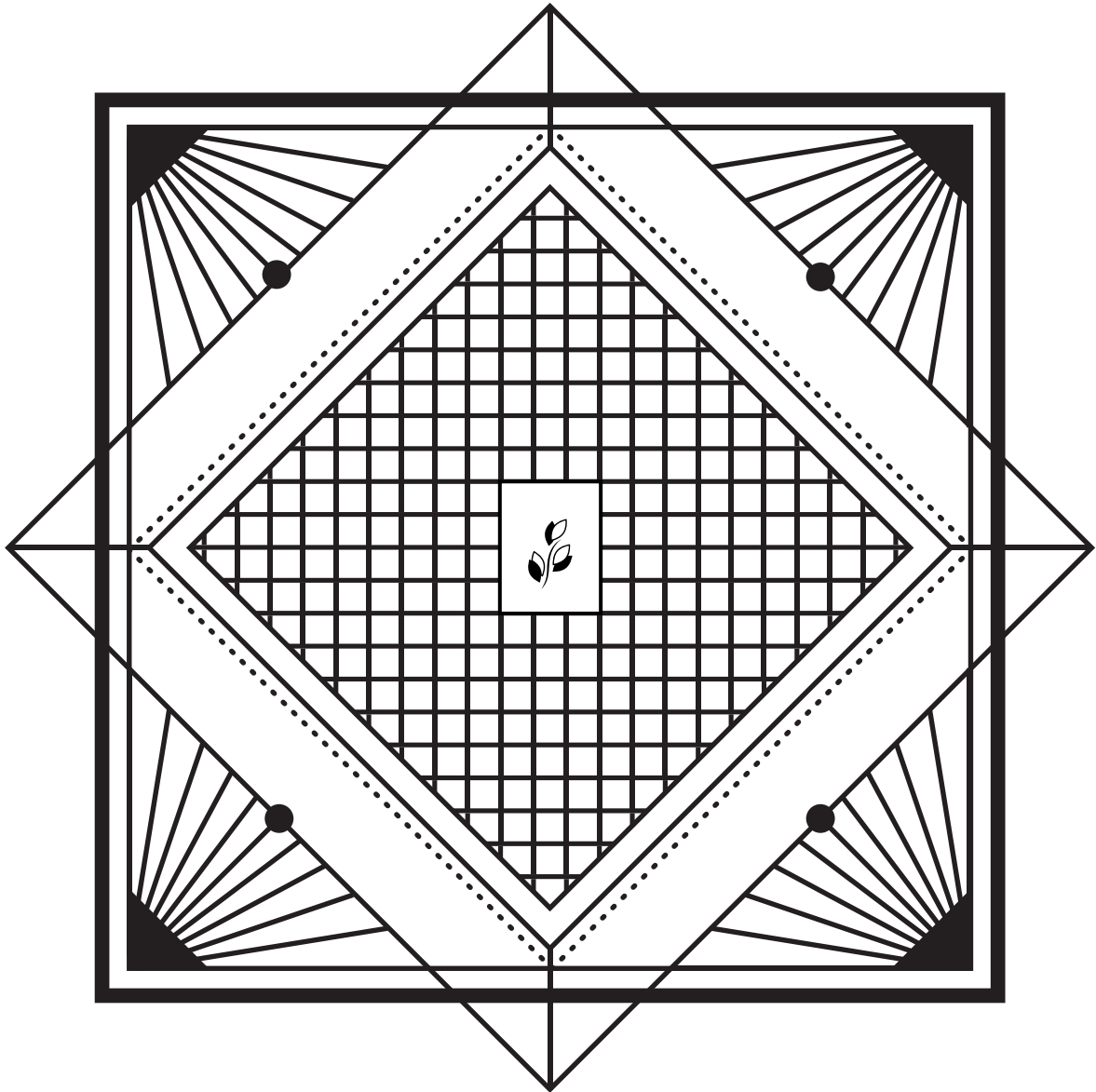
*Release.  
Ease.*

# STOP AND SMELL



# THE ROSES

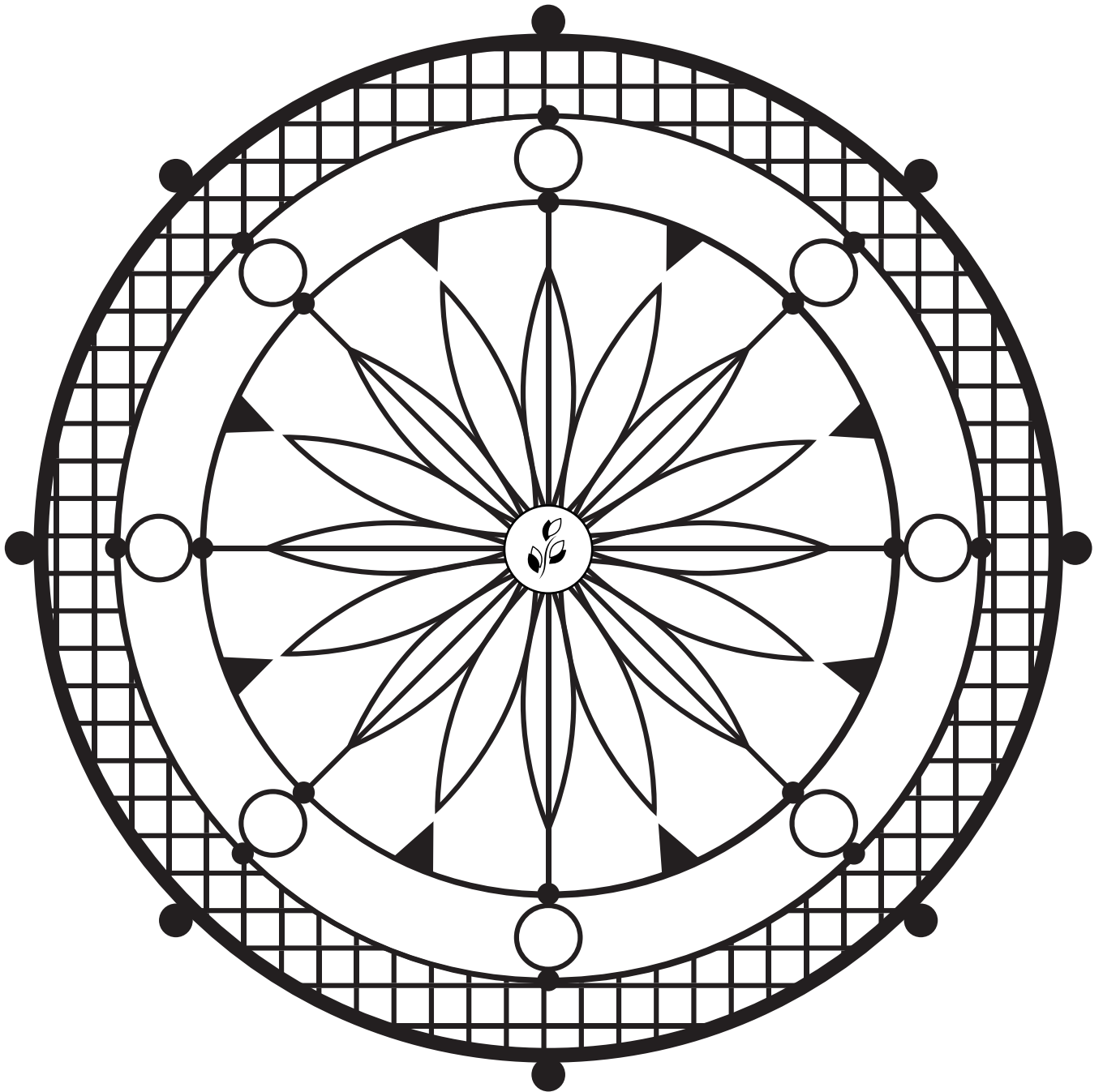
All



is well.



Don't worry.



Be happy.

PRESENT TIME

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SEP

YEAR

2017

DESTINATION TIME

YEAR

1450

THE

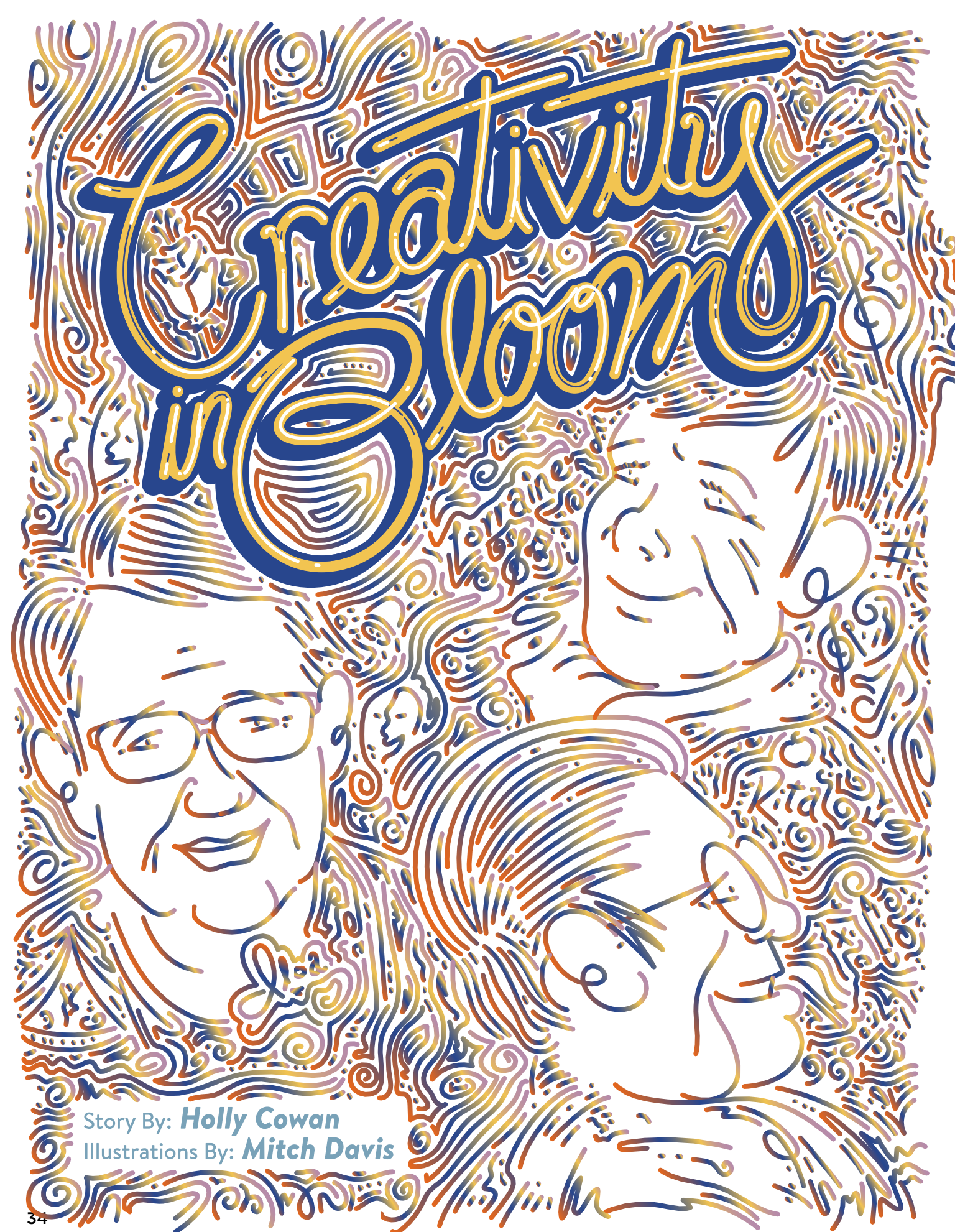
# RENAISSANCE

*At some celebrations you paint the town;  
with this one it's the ceiling.*

**JOURNEYS  
THROUGH TIME**

This September, Brookdale journeys back to a time when science and art mingled, but this time with hors d'oeuvres.



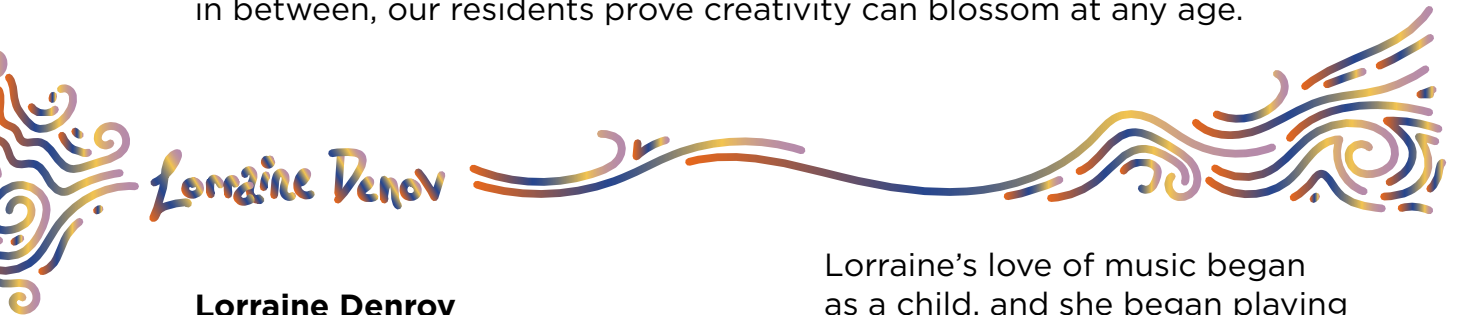


Story By: **Holly Cowan**  
Illustrations By: **Mitch Davis**



## **Creativity In Bloom — by Holly Cowan**

Brookdale residents have no intention of slowing down. In fact, we love ensuring it's quite the opposite. Through the programs available in our communities, they are reconnecting with their talents and discovering new creative outlets. From writing to painting to creating music and everything in between, our residents prove creativity can blossom at any age.



### **Lorraine Denrov**

A former piano teacher, Lorraine first came to Brookdale Des Plaines to play piano for a couple of functions. From there she was offered to direct the Silvertones chorus. “I had never directed a chorus but could accompany, and it was that ability that got me the job,” she explained. Lorraine and her husband decided to move in eight months later.

The Silvertones give three to four concerts a year with music from the 1920s, 30s and 40s. In fact, the chorus has doubled in size during Lorraine’s tenure. “They’ve never had a director who lived here. The benefit is I’m not just giving an hour a week. It’s satisfying to me to have folks come to my apartment and rehearse their solos,” she said.

The chorus continues to evolve. Lorraine recalls how they felt the need to liven things up, so she began writing parodies of familiar songs. A parody to “Baby Face” introduces the Silvertones at their concerts now.

Lorraine’s love of music began as a child, and she began playing piano when she was age 5. Her father was a trained tenor who became interested in barbershop harmony. “His quartet was national champions in the early 1940s, and we grew up singing harmony.”

Lorraine goes on to say, “He would come to the living room where I was practicing and start singing, asking me to try to keep up with him. It was wonderful ear training. So when we sing our songs here today, most of the time I don’t need the music.”

It’s a tradition that Lorraine now continues, as once a month she offers a sing-a-long that about 30 to 40 residents attend. “I ask them what they would like to sing and they challenge me to keep up with them.”

As for what she enjoys most, Lorraine says, “My satisfaction comes from watching the chorus improve and seeing the joy they get from it. We used to do concerts at 2 p.m. and have moved to 7 p.m., so residents and families can come; it’s standing room only. I told them we are ready for prime time now.”



**Rita Allen**, who moved to Brookdale Voorhees three years ago, has always enjoyed writing. When she heard about the new Creative Writing class being offered, she jumped to join it. The class, led by author Victoria Marie Lees, meets every other week, and it's helped Rita reconnect with writing.

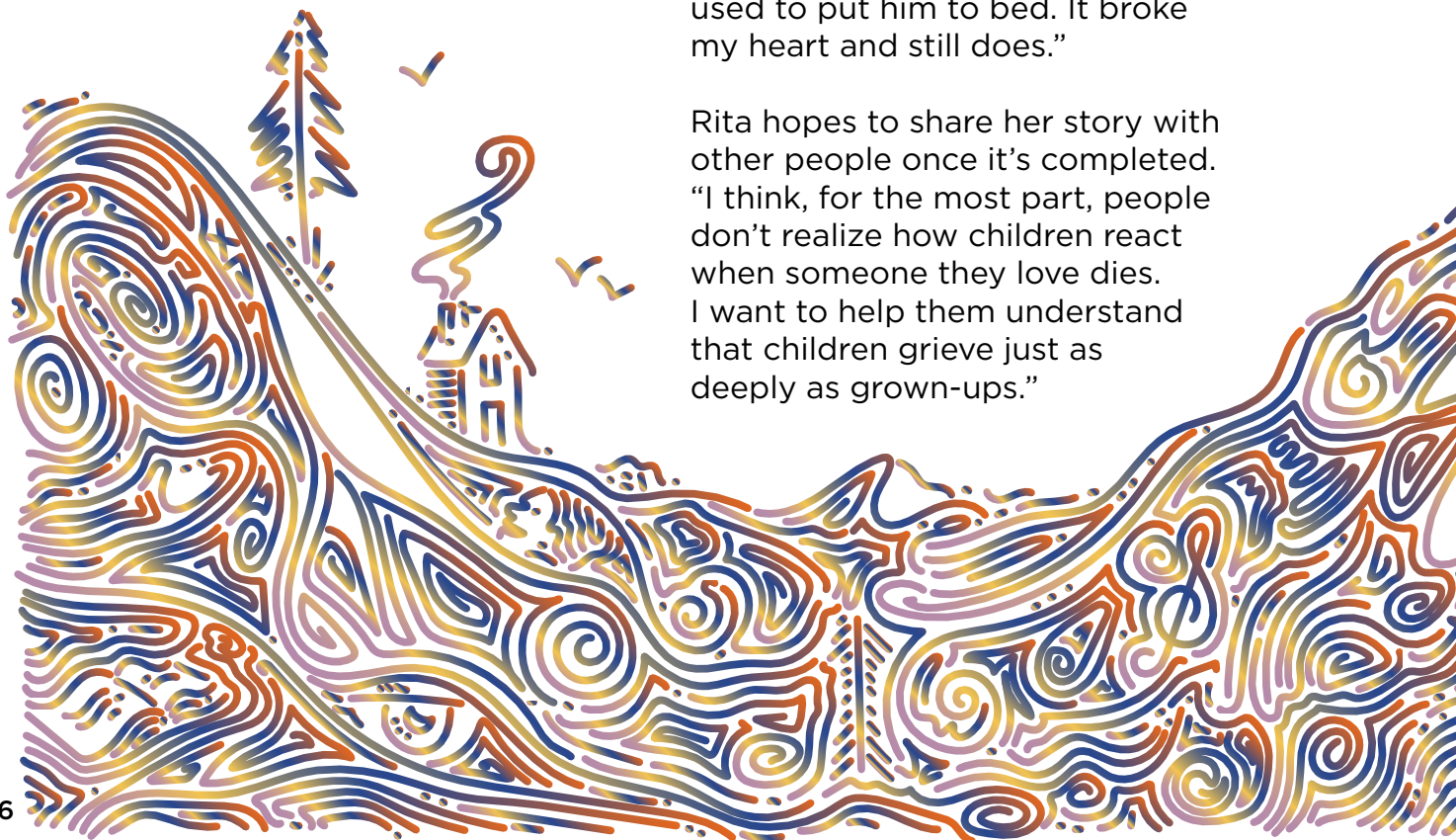
Her love of writing started in high school. Later, she began writing poems for friends to celebrate birthdays, anniversaries and other special occasions.

In her class at Brookdale, she's writing a story about grief through the eyes of a child. It's a personal story of the loss of her son and its effect on his stepson, Michael, who was almost 10 at the time.

She shared how her husband and son died one year apart, and through church, she got involved with grief groups. "I was a mess. It helped, and I could see how other people needed it and how much I needed it myself. When Michael came to visit the first time he said, 'If my mom dies, can I come live with you?' That was the first time it hit me how this little boy must feel," Rita said.

Although she spent time with grieving people through her groups, Rita explains that loss from a child's perspective is completely different. "On a trip to Disney with Michael's mom, he wanted these two characters. That night I saw him putting them to bed; he kissed them goodnight and said 'God Bless'. When he saw me standing there, he said that's how Paul, my son, used to put him to bed. It broke my heart and still does."

Rita hopes to share her story with other people once it's completed. "I think, for the most part, people don't realize how children react when someone they love dies. I want to help them understand that children grieve just as deeply as grown-ups."



## Iloa Angier

Brookdale resident Iloa describes herself as a “jack of all trades.” From writing to theater and music, art and even interior design, her creativity truly knows no bounds. Iloa and her husband moved to Brookdale Skyline in January 2016.

“When we were getting ready to move I said, OK, this is the end of one lifestyle and the beginning of a new era. We figured our purpose for being here was to bring light and happiness to other people, and that’s what we’ve been doing since,” she recalled.

She takes part in “My Life Story”, where she’s writing about her life, her kids’ lives and even her father. “Dad was a great storyteller but we didn’t get his stories written down. So I’m writing as much as I remember, so they live on.”

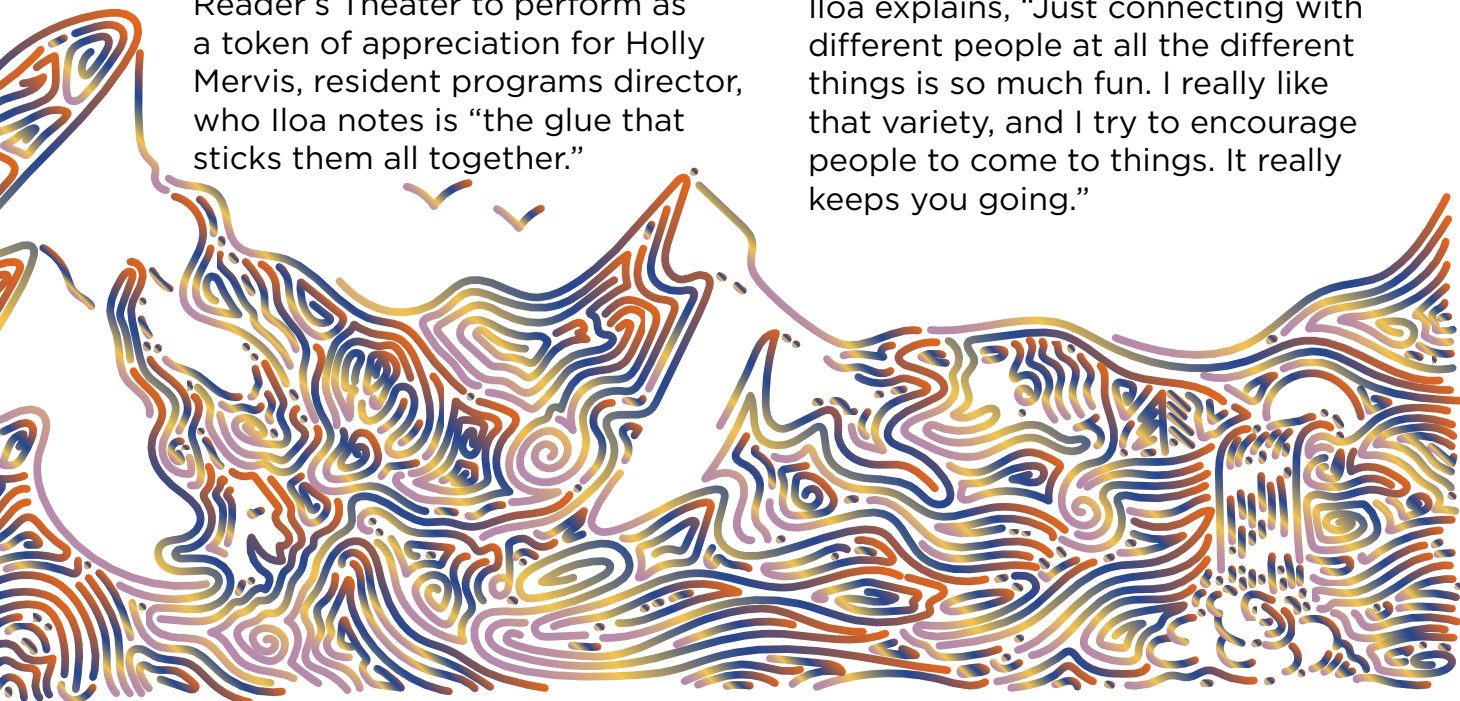
She also wrote a script for their Reader’s Theater to perform as a token of appreciation for Holly Mervis, resident programs director, who Iloa notes is “the glue that sticks them all together.”

Art is another talent of Iloa’s. However when she was young, it wasn’t offered at school, instead learning from a radio program called *Let’s Draw*. “Really it was in college that I took a few art classes. In my first teaching job, I taught an arts and crafts class where I had to write my own curriculum. Then I actually taught myself how to do it,” she explained.

Iloa enters the art shows put on by the community, “I did a really neat picture of one of the trees outside our apartment that was incredibly beautiful last fall. I enjoy it, and I am amazed at the talent on our campus here.”

She and her husband attend as many of the musical events at the community as possible, and Iloa is in the chimes group as well.

When asked why she keeps so busy, Iloa explains, “Just connecting with different people at all the different things is so much fun. I really like that variety, and I try to encourage people to come to things. It really keeps you going.”







# Then & Now

*The first published study on creativity dates back to 1835. It's only become a hotter topic over the decades. Check out these interesting facts and thoughts about creativity and creative people then versus now.*

In 1968, George Land conducted a research study to test the creativity of 1,600 children ages 3 to 5. It was the same creativity test he devised for NASA to select engineers and scientists. It was discovered that non-creative behavior is learned.

While wax-based crayons were developed sometime in the 19th century, the Crayola crayons we are familiar with were invented in 1902.

Women often wrote under pen names in times when it was not seen as appropriate for them to contribute to literature.

At first, the waltz was performed with arm's length between male and female dancers. The transition to the close embrace happened only after Queen Victoria fell in love with the dance.

Walt Disney was once fired by a newspaper editor for "lack of creativity".

In 2013 TIME magazine published the results of a poll that found 94 percent of Americans value creativity in others — more than they value intelligence, compassion, humor, ambition or beauty.

Crayola makes 3 billion crayons year, enough to circle the world six times. They are popular with adults as well as children.

UK resident Lorna Page became one of the oldest debut writers on record at age 93 in 2008.

Today, ballroom dancing is a popular activity for seniors, because it is so beneficial to health, lowering the chances for heart and blood vessel diseases, improving posture, reducing stress and improving brain function.

Author Robert Dilts wrote *Strategies of Genius* discussing Disney's creative mind and how his ability to balance reality with imagination was what made him so successful.





There's a lot to love here.



**Sometimes innovation is about seeing the world in a new way, not looking at a screen.**

At Brookdale, we are changing perceptions of aging. Actually, we're doing more than that. We're celebrating aging by redefining what it means to live well. But, of course, our residents use cool technology, too, like tablets, social media and video-chatting to connect with family and friends.



# Write On :

## the Powerful Art of Journaling

By Tara Thompson

Putting pen to paper can be a powerful life tool. Journaling (or keeping letters or diaries) is an ancient tradition dating back to 10th century Japan. Now there is growing evidence to support the claim that journaling has a positive impact on our physical and mental well-being.

While writing down ordinary, everyday moments may seem uninspiring, or maybe even boring, recent studies have shown that people actually look forward to having records of those moments later.

In a study led by researcher Ting Zhang at Harvard Business School and published in *Psychological Science*, university undergraduates were asked to create written time capsules. The students were prompted to write about the commonplace and routine, including their most recent conversation, a recent social outing, how they met their roommate, an inside joke, three songs they listened to and a recent Facebook status they had posted.

After completing a time capsule, students were asked to rate how curious they thought they would be to see the capsule in the future. When asked again three months later, students rated their curiosity higher with average scores jumping from 3.0 points after completing

the capsule to 4.3 points on a scale of one to seven. Zhang concluded that taking a few minutes to document the present could generate unexpected value in the future.

In addition to the value of capturing seemingly plain unmemorable moments, journaling may also have health benefits, too.

“Regular journaling strengthens immune cells, called T-lymphocytes. Writing helps us come to terms with stressful events and reduces the impact of stressors on our physical health,” says James Pennebaker, a psychologist and researcher at the University Texas at Austin.

### Moving forward by looking back

Whether it’s captured on paper or not, reflecting back on one’s life is valuable.

“It struck me how important it was for people to come to grips with the kind of life they had led,” says Dr. Robert Butler, founder of the New York-based International Longevity Center.

Current research shows that writing or reminiscing about family history can expand our sense of mastery over life and help create a new vision for our lives, too.



## JOURNALING 101: HOW TO GET STARTED



1. The most important rule? There are no rules.
2. Begin anywhere in your story.
3. Forget about spelling or punctuation. The key is not to overthink while journaling.
4. Privacy is important, so you can write without censoring your thoughts for fear of who might read them.
5. Write quickly to free up your brain from “should” or other blocks.
6. If you need a place to start, pick a theme for the day, week or month.

“Writing one’s story not only boosts self-esteem and reduces stress and anxiety; it is also a powerful tool for a senior — or anyone — to visualize and create their future,” said Hope Levy of There’s Always Hope, a San Francisco-based Geriatric Consultancy.

Sharing life stories bonds us, and it benefits both young and old. Our life stories are also a part of the legacy we pass on to others, including children and grandchildren.

Dr. Wendy Schenberg-Elliott, Professor of History at California State University Fullerton, has collected hundreds of oral histories.

“The effects on seniors are empowering,” she said. “They realize they have stories to tell.”

### Slow down with Morning Pages

Morning Pages are three pages of long-hand stream of consciousness writing, ideally done first thing in

the morning. The daily practice of Morning Pages was first introduced by Julia Cameron in her best-seller book, *The Artist’s Way*.

There is no wrong way to do Morning Pages; this daily practice is not meant to be artful or well-crafted or even grammatically correct! The pages are about anything and everything that crosses your mind as you put pen to paper. Most importantly, they are for your eyes only.

Entrepreneur Chris Winfield was skeptical of the practice at first. But after integrating this practice into his daily routine, he noticed significant benefits. He claims it helps him clear his mind, tap into creative ideas, quiet his inner critic and reduce his anxiety.

Winfield cautions against the temptation of typing your Morning Pages. “Velocity is the enemy. It takes longer to write by hand, and this slowness helps connect us to our emotional life.”



## Sharing your life stories: a guide to creating your memoir

The practice of journaling has its own intrinsic value as a record of ordinary moments of life and

without the pressure of creating a final product. Your journals may also be a source of inspiration for sharing your life stories with others through a memoir.

### HERE ARE SOME TIPS FOR GETTING STARTED ON YOUR MEMOIR:

- 1. Write a memoir, not an autobiography.** An autobiography is the story of an entire life, but a memoir is just one story from that life.
- 2. Don't start at the beginning.** You don't have to follow a linear timeline for your story. Consider starting in the middle. You'll hook your readers with a hint of what's to come and then flashback to fill in the back story.
- 3. Embrace imperfection.** Perfection is overrated, so don't get hung up on grammar or spelling. The point is to keep writing and get the story out. You can always edit later.
- 4. Create a routine and stick with it.** Set a daily goal of writing 200, 500, or even 1,000 words, and set aside a regular time each day to write.
- 5. Bring the reader with you.** Transport readers into your world by using all your senses to capture sights, sounds, textures and smells.

Sources: *TheAtlantic.com*;  
*PsychCentral.com*;  
*JuliaCameronLive.com*;  
*INC.com*; *ChrisWinfield.com*;  
*RD.com*; *HuffingtonPost.com*





PRESENT TIME

MONTH

NOV

YEAR

2017

DESTINATION TIME

YEAR

0027



# THE ROMAN EMPIRE

**A PARTY**  
*TO CONQUER ALL OTHER PARTIES*

**JOURNEYS  
THROUGH TIME**

Brookdale Celebrates November with a  
Roman-themed party — bring your chalice!

# PURSuing PASSIONS, *Realizing Dreams*

## **Pursuing Passions. Realizing Dreams**

Meet four amazing Brookdale residents who experienced their Wish of a Lifetime and explored their creative sides as a result.



### **Helen Hudgens**

*Brookdale University Park, Birmingham, Alabama*

The 104-year-old Helen celebrated her Wish of a Lifetime by returning to the Birmingham Art Museum to see her collection of Asian artifacts and reunite with her dear friend Donald Wood, who is the senior curator at the museum and will be retiring at the end of the year.

She became a teacher and taught grade school in both New York and Birmingham. She is also quite the writer, having had six books of poems published and being recognized by the National Society of Pen Women. She's even had her poems read at the national meeting of Arts & Letters.

*Special thanks to the Birmingham Museum of Art and J. Woody O'Neal*



### **Ernest Gregory**

*Brookdale Inver Grove Heights,  
Minneapolis, Minnesota*

Ernest, 72, used to enjoy painting subjects like people and still life, as well as visualizations from his memory. After a stroke he became very frustrated at his lack of ability to paint like he once could.

Brookdale Senior Living and Wish of a Lifetime partnered to send Ernest to the Minneapolis Institute of Art to take an art class. He was excited to have the opportunity to learn new skills — especially the more technical aspects of painting — and the lesson allowed him potential through new abilities he hadn't been able to tap into since his stroke. He was able to branch out of the aspects of art he had been so comfortable in for almost 50 years and learn more about the mixing of colors and water-based paints in general.

*Photo Credit: Nicholas Ritz*





## **Norbert Wagner**

*Brookdale Loma Linda,  
Loma Linda, California*

Norbert, 92, has had a passion for dancing his entire life.

Although he enjoyed the competitive aspect of dancing, what he loved most was that it brought him closer to his wife. His Wish of a Lifetime was to have the wonderful senior dance group Pam Kay and the Tap Chicks perform in his Brookdale community.

Pam Kay and the Tap Chicks came to Norbert's community to perform for him and many other residents and family members who took part in the festivities. He was even invited on stage to sing with the performers with his daughter, granddaughter and great-granddaughter all in the audience.

*No photo credit available*



## **Mary Ward**

*Brookdale El Camino,  
Pueblo, Colorado*

Mary, 89, lived on a farm as a teenager when her parents first got

her a battery-operated radio. Her passion for singing and playing guitar started at a young age, because her family would often get their instruments out and perform together. She loved country music, and as she and her sisters would sing along to the radio, she dreamed of singing in a recording studio.

Mary said that she practices playing the guitar in her room to keep her calluses from the strings from softening. Although her voice has changed over time, she offers private performances from her room to the residents and staff of Brookdale. She longed to share her gift with more than those just around her, however.

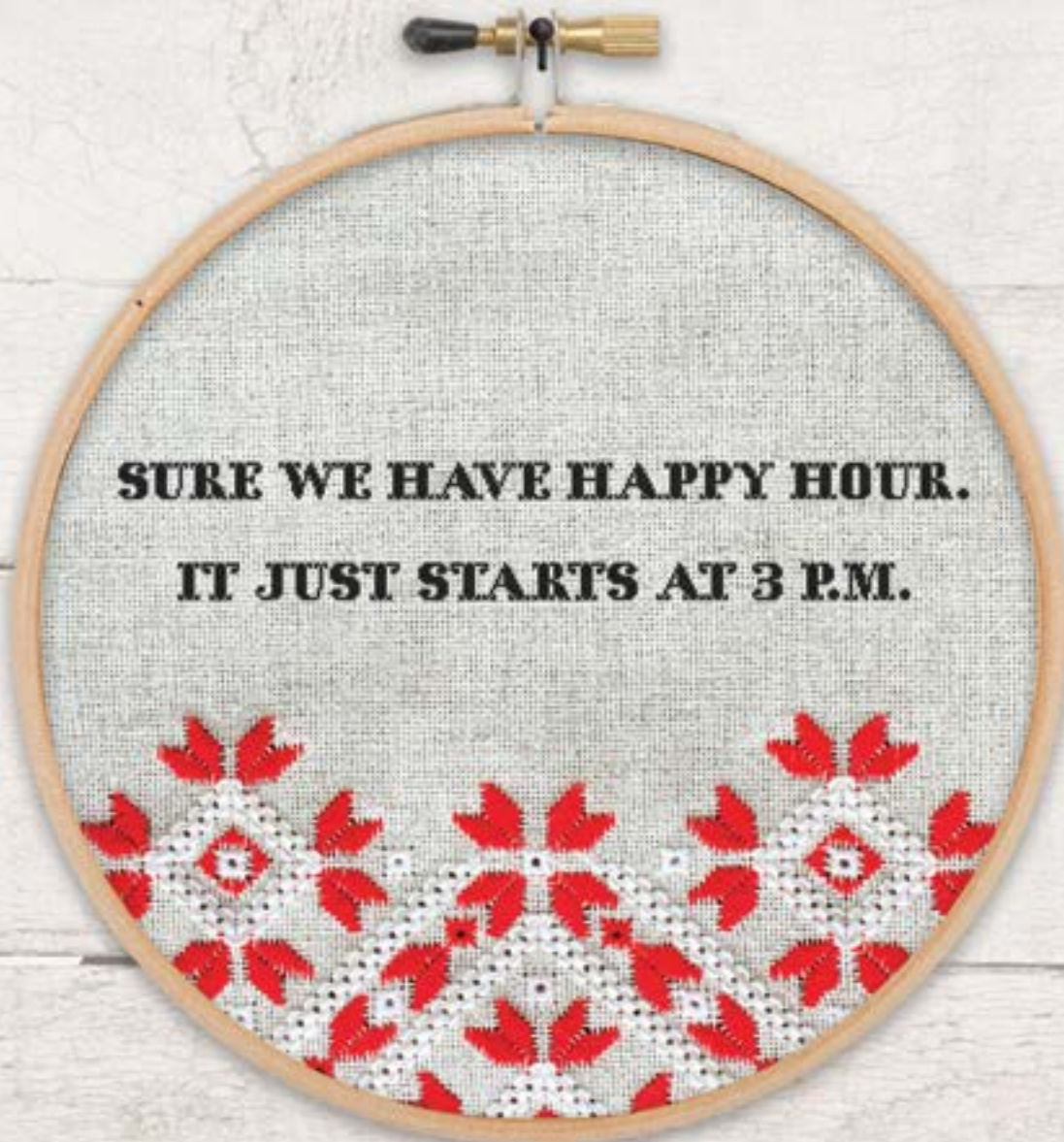
Thanks to Brookdale, Wish of a Lifetime and Perfect World Studio, Mary's lifelong wish to sing in a recording studio was fulfilled. She recorded a few songs, which she can now share with anyone, whether they are present for a personal performance or across the country.

*No photo credit available*

*Stories compiled by Samantha E. Donaldson*







**SURE WE HAVE HAPPY HOUR.  
IT JUST STARTS AT 3 P.M.**

**What**

**Is**



**Brookdale?**

Continue to Page 47

## What Is Brookdale?

Brookdale is a wide network of senior living communities that boasts one of the most diverse platforms of healthcare services in the industry. Sewn together by a systematic lifestyle philosophy called Optimum Life, Brookdale is a mozaic framework of communities, professionals and most importantly people.

### Independent Living

An ideal retirement experience

- Spacious apartments with minimal maintenance
- Restaurant-style dining
- Plenty of planned activities every day

### Assisted Living

The right choice for those needing extra help with daily activities

- Qualified staff assists with taking medication, dressing and bathing
- Floor plans from studio to two-bedroom apartments
- Activities and events for various levels of acuity

### Alzheimer's & Dementia Care

Person-centered care for all stages of the disease

- Programs that leverage the latest dementia care research
- A care philosophy designed to treat the person, not just the disease
- An experienced staff who help residents thrive

### Rehabilitation & Skilled Nursing


For short-term surgical recovery or long-term rehabilitation

- Around-the-clock, licensed nursing care
- Providing clinical resources in a comfortable home-like setting
- A focus on getting residents well and home as quickly as possible

### Other Services

- Personalized Living
- Home Health
- Hospice
- Therapy





TONIGHT WE'RE  
GONNA PARTY  
LIKE IT'S 1969.



**BROOKDALE**  
— SENIOR LIVING SOLUTIONS —

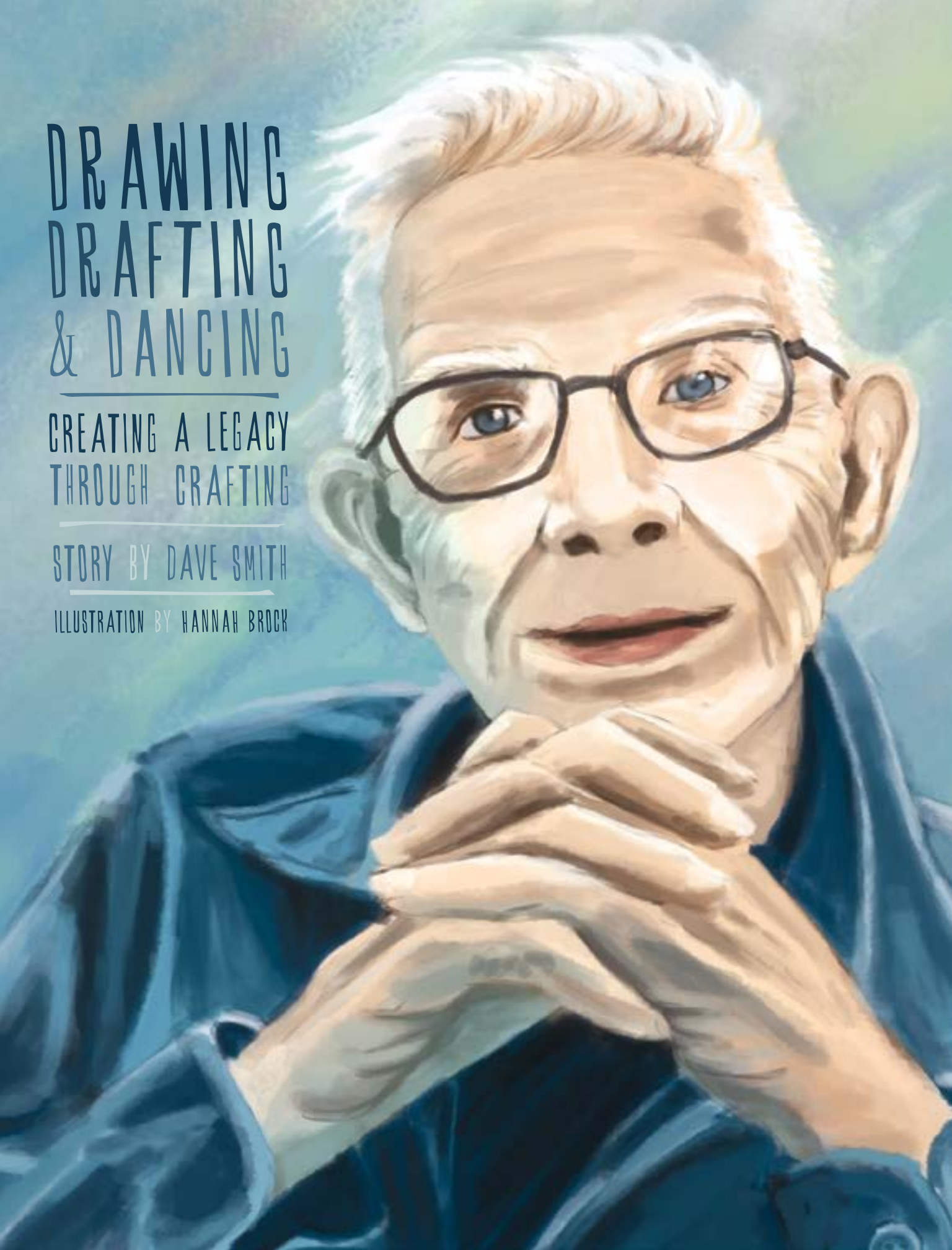
*Close to Home*

# DRAWING DRAFTING & DANCING

CREATING A LEGACY  
THROUGH CRAFTING

STORY BY DAVE SMITH

ILLUSTRATION BY HANNAH BROCK





## **DRAWING DRAFTING & DANCING** **Creating a Legacy Through**

**Crafting.** To say 86-year-old, life-long New Englander Bob Hyde is an interesting man would be quite the understatement.

The fact is he's truly a "Renaissance Man." Graduating from college with a degree in mechanical drafting, Bob spent many years working for Pratt & Whitney as a draftsman. All the while he and his wife Margie raised three boys in East Hartford, Connecticut, near the Connecticut River and home of a Coca-Cola bottling plant.

In addition to drafting at work, Bob also enjoyed painting, drawing and model shipbuilding. And while creating things has always been his passion, perhaps the most unique thing Bob created over the years were moves on the floors of roller rinks all over New England as a roller dancer.

It all started years before he met his wife when he partnered with a young woman named Dolly Funk as a beginner roller dancer. Dolly, whose husband created the Funk & Wagner Encyclopedia Company, teamed up with Bob for more than 30 years to become one of the premier roller dancing teams in the northeast.

Together, and to music ranging from rock 'n' roll to polkas, they

performed moves like the Mohawk and triple and double jumps.

"Dancing in those days was a lot tougher than figure skating for one reason: our skates were a lot heavier," Bob says.

They danced at rinks around the area but spent most of their time at the Bowl-o-Rink in New Britain, Conn., where they were the stars of the day.

Meanwhile Bob also kept designing all types of things, including elements of the Cabbage Patch Dolls, which were all the rage in the 1980s.

"Word got out in my neighborhood that I was involved with the dolls, so I get a knock on the door one day, and there is a line out my door and around the corner of children and parents asking me if I could get them a doll as they were selling out everywhere," Bob recalls.

About 10 years ago, after 35 years of dancing together, Bob's partner Dolly decided to hang up her skates. Bob continued on for a few years before deciding to do the same. These days he continues to draw, enjoys singing and still remembers fondly his days of artistry on the roller rink.

Today Bob continues to draw and paint as a resident of Brookdale South Windsor.







**Youth** is not a time of life.  
**It is a state of mind.**

Brookdale communities are full of characters, adventures and new beginnings. Our residents are writing new chapters every day. Read along with our resident bloggers at [Brookdale.com/ResidentBlogs](https://www.brookdale.com/ResidentBlogs). If you are interested in sharing your story, email [Media.Relations@Brookdale.com](mailto:Media.Relations@Brookdale.com).





**BROOKDALE**  
—SENIOR LIVING SOLUTIONS—

Bringing **New Life** to Senior Living®

The background is a dark, textured blue. It is filled with various hand-drawn, brush-stroke style arrows and swirls in bright colors: orange, green, blue, and light blue. The arrows point in different directions, some straight and some curved, creating a sense of movement and flow. The central text 'OUT &' is white and bold, with a light blue arrow pointing towards the ampersand.

**OUT &**





# ABOUT

WITH BROOKDALE

## OUT & ABOUT WITH BROOKDALE



Lewis Majors, a resident of **Brookdale Avondale**, feeds the Lorikeets during a trip to the Jacksonville (Florida) Zoo.



Approximately 50 people, including residents, associates and family members, from **Brookdale West Orange**, Brookdale Solana (no longer a Brookdale community) and **Brookdale Emerson** enjoyed a private Point Pleasant Day Cruise. The whole boat was rented for a special lunch event on the water.



Residents Shelly Horner, Patsy Read and John Roberts of **Brookdale Overland Park** took a stroll to enjoy the landscapes and greenery of the local Overland Park Arboretum.







Sam Damico and Leota Kelsey became good friends after moving to **Brookdale Bella Vita**, following the loss of their spouses. Here they share a margarita at a local Mexican restaurant on one of the community's outings.



**Brookdale Castleton** residents made dog and cat blankets to donate to the county Humane Society. Upon completion, they delivered the blankets in person and had a small tour of the shelter, meeting the animals. Here, resident Bob May shows his enthusiasm for the volunteer efforts.



**Brookdale Dogwood** residents headed out on a safari to the Memphis Zoo. The trip was a part of the Walking Club's journey to rack up 50 miles of walking before the Walk to End Alzheimer's.







## **Live an Optimum Life**

Brookdale believes everyone can live an Optimum Life by focusing on the six principles of well-being: physical, emotional, intellectual, social, purposeful and spiritual. Here are some of the programs offered in Brookdale senior living communities to encourage residents to pursue and embrace an Optimum Life.

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### **My Life Story**

This reminiscence and writing program allows residents to explore their emotional well-being.

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### **Brookdale Fitness B-Fit**

Our unique exercise program, encompassing all of the dimensions of well-being, is evidence-based and meets the updated guidelines of the American College of Sports Medicine guidelines for physical activity.

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### **Brookdale Celebrates**

A monthly opportunity to create social engagement and dining experiences customized exclusively for each community; this year event themes focus on popular Broadway shows.

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### **Ageless Spirit**

This program uncovers the power of positive aging and provides participants with information about spiritual wellness and how spiritual practices support overall health.

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### **Optimum Life Health Talks**

These are monthly opportunities for lifelong learning through a lecture series on a variety of healthy aging topics.

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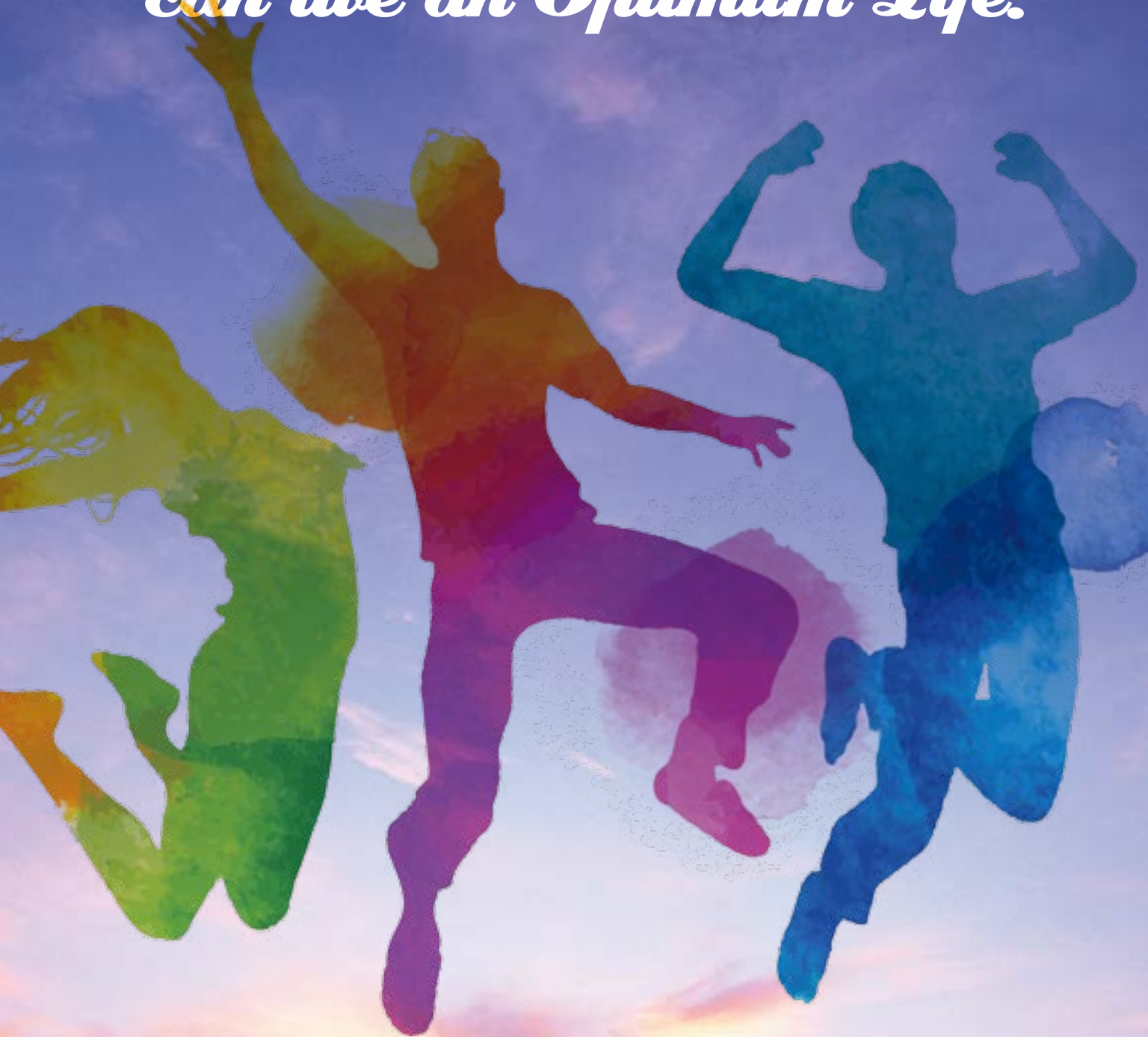
### **Brookdale BrainFit**

Enjoy a comprehensive, holistic approach to brain health that guides residents and participants to make and carry out a brain health plan and provides opportunities to keep the brain sharp.

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Brookdale's Optimum Life® magazine is available free of charge to residents, associates and friends of Brookdale communities. Inquiries about content or suggestions for future articles should be directed to the Resident & Family Engagement associate at any Brookdale community.

*At Brookdale,  
we believe everyone  
can live an Optimum Life.*



**Optimum Life Magazine Team**

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In conclusion: Creating a life that is enriched by your daily endeavors might sometimes feel like a puzzle. That is why we, at Brookdale, have taken careful time to craft a magazine that is full of inspirational stories and colorful tidbits. It's a collection that can hopefully benefit our readers in forging a fuller and healthier life. We hope you rise to the challenge of optimizing your life.



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