

As Seen in

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# OPTIMUM LIFE®

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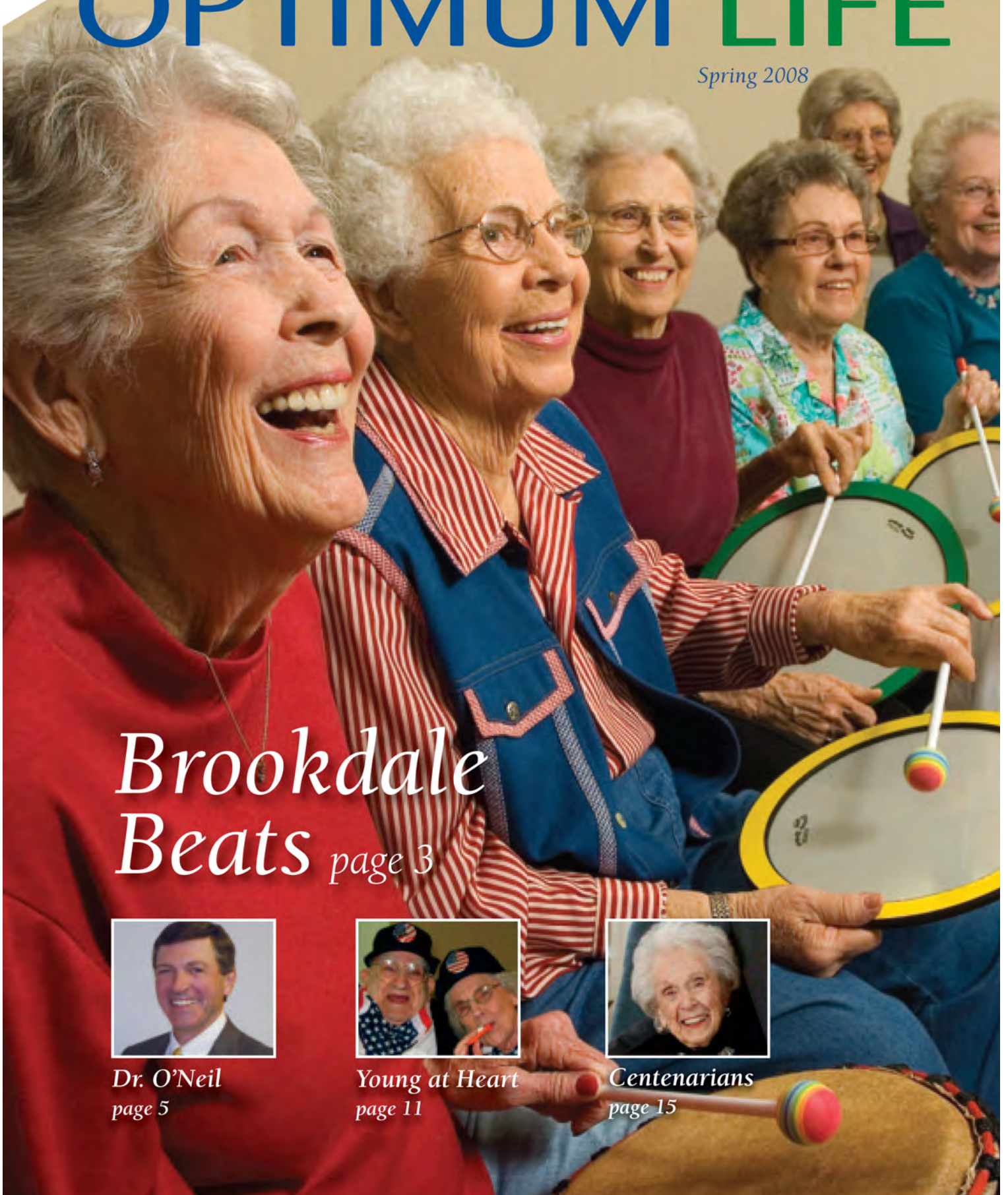
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BROOKDALE BEATS

# *Feel the*



# Rhythm of Wellness and Fun

One of the newest additions to the Celebrations program is Brookdale Beats, a drum circle. Celebrations, a year-long program designed exclusively for Brookdale's residents and communities, features a soundtrack of fun this year with the theme "Music of Our Lives."

Music, a universal language, has been used for thousands of years as an avenue of healing. Specifically, drums have been used as a tool for ceremonial and festive communication for centuries. Considered an "instrument of the people," the drum allows anyone to make music, regardless of musical training or ability.

During a drum circle, everyone participates by making music using drums. Recalling the natural rhythms of the body, namely the beating heart, drum circles help participants connect with deeper rhythms, thus bringing about healing. During this active event, all participants release "feel-good" chemicals, also making a positive impact on health. Participants may experience benefits similar to those of practicing yoga, aerobics or meditation.

For Brookdale residents, drum circles fulfill many of the dimensions of Optimum Life<sup>®</sup>, a way of life offered by the company at its communities. The communities provide resources and opportunities that enable residents to understand health and life fulfillment,

whatever their real or perceived limitations may be, by balancing six key dimensions of Optimum Life<sup>®</sup>. Those dimensions are: emotional, intellectual, physical, social, spiritual and purposeful.

Drum circles offer a unique fulfillment of these dimensions, including socialization, building self-esteem, actively improving range of motion and circulation, and participating in memory protective programming components.

In addition, drum circles offer many more health benefits, including:

- Decreased anxiety and depression.
- Improved immunity.
- Having fun, and being in the moment.
- An improvement in language ability.
- Making new social connections.
- Improved joint mobility and posture.
- Increased energy.
- Help with motor skills.

Participation in a drum circle is appropriate for everyone, regardless of age, ability and physical or cognitive limitations. This experience is set up to be fun,

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energizing and enlightening.

Communities and residents have embraced the drum circles. “Our first drum circle was such fun for our residents,” said Christine Hendrick, executive director of Clare Bridge Highlands Ranch in Colorado. “There were smiles and participation all around.”

The drum circles at Clare Bridge Highlands Ranch are lead by White Tail of Rocky Mountain Heartbeat Drums. Music accompanies this drum circle, and includes such sing-along favorites as “Boogie Woogie Bugle Boy,” “You are My Sunshine,” “Put on a Happy Face,” and “Take me Home Country Roads.”

“The drum circle is very popular in our community,” said Greg Yackley, Director of Lifestyle Programs for Grand Court Novi in Michigan. “The residents enjoy making music together. It’s an activity where everyone can get on the same level regardless of age or ability.”

At the community, Yackley normally leads the drum circle, but recently he put a new twist on the activity and asked the residents participating to pick a song they enjoy, and to play that beat. As soon as one resident did this, the other participants immediately

followed. By the end of the song several were singing the tune and playing their instrument at the same time.

“I like everything about the drum circles,” said a resident at Grand Court Novi. “It makes me feel good about what I’m doing, and we - staff and residents - have fun together.”

“The success of Chambrel’s Drum Circle is ongoing,” said Jan Jordan, Director of Lifestyle Programs at Chambrel Club Hill in Garland, Texas.

The leader recently went around a drum circle and asked each resident to describe it in one word. Some of the responses were, “peace,” “joyful,” “fun,” “amazing,” “community,” “expressive,” “calming,” and “friends,” were a few of the comments.

A resident said, “I don’t know how this works, I just know that I love coming to the circle, and love the way it makes me feel.”

“The drum circle gives them the freedom to be who they are with no expectations or performance demands, and they know how much they each mean to the success of the circle,” said Jordan. “They are personally committed to the activity and its obvious benefits.”



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