



The Brook

Retirement Communities

www.BrookRetirement.com

Jan/Feb/Mar 2020



Thank You



Jerry Bur has been volunteering at The Brook of Cheboygan for more than 5 years! He comes in once a month to play the accordion for the residents' enjoyment. Thank you, Jerry, for sharing your time and talent with us!

100th Birthday at the Brook of West Branch



Jacquie Farrand, Manager & Ruth Henderson-Ross

Born on December 9, 1919 in Chelsea, Michigan, Ruth celebrates being 100 years young. As a young adult, Ruth took classes

at the University of Michigan where she met her husband Samuel, whom she was married to for 47 years. Ruth worked as an executive Secretary for the Vice President of the YMCA in downtown Detroit. Ruth and Sam retired to Cedar Lake in the Gladwin area. She volunteered for Hospice of Helping Hands in West Branch and was an active member of the Log Church of Gladwin. Ruth's accolades included being crowned Queen at The Brook "Spring Fling" dance in 2019. Happy 100 Birthday, Ruth!



Honoring Veterans @ The Brook of Houghton Lake (above) and The Brook of West Branch (below). Gentlemen, thank you for your service!



WINTER MENU

Our Good Living Kitchen dining team has rolled out a new winter menu, and we encourage everyone to come to the dining room to try the delicious seasonal selections!

Remember to sign up for Valentine's Day and St. Patrick's Day celebrations.



STAY HEALTHY

Boost your immunity by practicing the basics of good health: Wash your hands often, eat a nutritious diet, exercise regularly and get plenty of rest.

JANUARY...

January gets its name from the Latin word for door, since it opens the new year.



THE BROOK OF CEDAR SPRINGS HIRES NEW NURSE

Jenny Tolonen, LPN, has joined The Brook of Cedar Springs as the Clinical Manager. Jenny has been a nurse for 27 years and has "enjoyed every minute of it." In her spare time you can find Jenny outside as much as possible! She is in her 18th season of being a Hockey Mom! Jenny also loves to ice skate and play in the snow with her dogs, loves to hike and go to Lake Michigan with her family and friends.



Jenny resides in Cedar Springs where two of her four sons attend the Cedar Springs Public Schools. Welcome to The Brook family, Jenny!

WORK BASED LEARNING PROGRAM IN ACTION AT THE BROOK OF GRAYLING



The Brook of Grayling is excited to participate in a "Work Based Learning Program" sponsored by the Crawford Ausable School District. This program is led by Jeff Branch who is the Career Readiness Coordinator at the Grayling High School. This program provides students with real life, on the job training in a career of their choice.

Emma Williams, a senior at Grayling High School, will be The Brook of Grayling's first student from this program where she will work side-by-side with our personal care staff to learn about caring for the elderly. If you see Emma, please help us welcome her to The Brook!

THE BROOK ADMINISTRATIVE TEAM



If you have called The Brook corporate office lately, you may have been greeted by a sweet voice with a southern accent. That voice would be Kimberly Kermicle, our new administrative assistant. She moved to Grayling from northern Tennessee this past summer. Kimberly loves traveling, enjoys all sports but especially football, and exploring the great state of Michigan. Welcome, Kimberly!

SHINING STAR AWARD



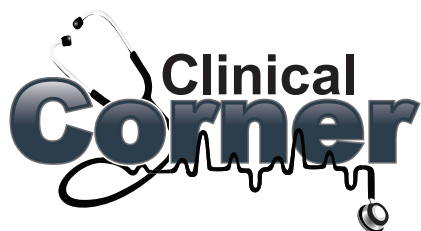
Congratulations to our very own Kenda Denlinger who is the recipient of the 2019 "Shining Star Award" from the Higgins Lake-Roscommon Chamber of Commerce. Kenda is the Community Liaison for The Brook and works diligently to make sure that our communities are well informed of all the services provided at The Brook Retirement Communities! In addition, The Brook of Roscommon was awarded "The Partnership of the Year" award!

Great job, Kenda, thank you for all of your hard work, this award is well deserved!

THE BROOK OF CEDAR SPRINGS

The Brook of Cedar Springs recently hosted a fantastic family dinner with over 90 guests and residents that joined in the fun. A delicious meal was served, lots of laughter heard, and great memories were made by the group. We look forward to making this an annual event!





CLINICAL OPERATIONS SPECIALIST ANNOUNCED



Mary Jo Stringham, RN, has been hired as our Clinical Operations Specialist. Mary Jo comes to The Brook with more than twenty years of hospital, home health and skilled nursing experience with expertise in dementia care. Mary Jo and her husband reside in Roscommon where she enjoys the small town life. They have three children, two granddaughters and one grandson.

In her spare time she enjoys reading, riding horses, watching the wildlife in her yard, baking and spending time with family including her dogs and cats. She also really enjoys riding motorcycles of which she named her favorite one, Alice. Welcome to The Brook family, Mary Jo!



Resident Spotlight

TOP 6 REASONS I AM THANKFUL FOR THE BROOK OF GAYLORD

- I'm thankful to have a garage for my car.
- I'm thankful I was able to bring my pug who is now twelve years old and I have had since she was a puppy. Her name is Holly Berry!
- I'm thankful for Karen who does housekeeping twice a month and who has always been friendly and reliable.
- I'm thankful for being able to do my laundry when I need to without additional cost. Also thankful for being able to recycle and dispose of garbage easily.
- I'm thankful for all the activities The Brook provides for the residents. There is always something to do. The Activities Coordinator is doing a great job! Always look forward to monthly calendar of events!
- I love the quiet beautiful setting of The Brook here in Gaylord. The people responsible for plowing this past winter did an excellent job and the people caring for the lawn last summer were good at what they did.

Eva Peters, resident at The Brook of Gaylord



Out & About

THE BROOK OF BIG RAPIDS

The residents at The Brook of Big Rapids enjoyed an afternoon of shopping & dinner. They found bargains galore and topped the day off with dinner at Red Lobster.

Whether they get together at home or away, these neighbors know how to have fun! The Activities Coordinator, Tricia, is great at coming up with new ways to offer fun and new memories for the residents.



BIG RAPIDS - Elizabeth Pynaert, BSB

Sarah Sease, LPN

14595 215th Avenue

(231) 592-1000

BOYNE CITY - Victoria Johnson, LPN

701 Vogel Street

(231) 582-4300

CEDAR SPRINGS - Diana Olsen

Jenny Tolonen, LPN

4170 Solon St. NE

(616) 696-9555

CHEBOYGAN - Andrea Wright, CALD

Debbie Czerkie, RN, BSN

11965 Townline Road

(231) 268-3400

GAYLORD - Jalyn Milliken, RN

900 Hayes Road

(989) 732-6200

GLADWIN - Lisa Stein, LPN, CALD

1201 W. Cedar Avenue

(989) 426-8700

GRAYLING - Beth Golnick, LPN, CALD

503 Rose Street

(989) 348-8900

HOUGHTON LAKE - Pam Wilcox, LPN, CALD, CDP

8815 Knapp Road

(989) 422-7200

NEWAYGO - Dianne Stilson

Nancy Robbins, LPN

318 Cooperative Center Drive

(231) 652-9800

ROSCOMMON - Melissa Fik, LPN, CALD

195 State Street

(989) 275-4000

WEST BRANCH - Jacquie Farrand, RN, CALD

Rakesha Bellville, LPN

646 Court Street

(989) 343-1400

CORPORATE OFFICE -

2375 S. I-75 Business Loop, Grayling, MI 49738

(989) 745-6500

CEO - Sandy Altman Elliott, BSW

Operation Specialist - Mary Jo Stringham, RN

Executive Assistant - Kat Hoffman

VP of Marketing - Kimberlee Pappas, CALD

VP of Accounting - Lisa Trudell, MBA

Maintenance Supervisor - Marty Ruegsegger

THE BROOK OF ROSCOMMON - PARTNERSHIP AWARD



Melissa Fik, LPN - Manager, Salve Apps - Personal Care Aide, Judy Ballard - Activity Coordinator & Amber Tworek - Personal Care Aide (L-R)

The Brook of Roscommon was recently selected for the Higgins Lake-Roscommon Chamber of Commerce Partnership Award.

This prestigious choice award, "Partnership of the Year" is selected by the Board of Directors of The Chamber of Commerce to a business or organization member who has demonstrated commitment to the Chamber by partnering with them in making their visions a reality.

At The Brook we strive to build healthier communities and to have a positive economic impact on the communities we serve. Everyone at The Brook - from our senior leadership to our entire staff - is passionate about what we do. We are dedicated to delivering a higher level of care at an affordable cost to seniors.

Thank you to staff at The Brook of Roscommon for all of

your hard work, this award is well deserved!

Our purpose is clear.

Our performance is consistent.

Our passion is people.