



Heart vs. Head

When it comes to making decisions, must we always choose between our heads and our hearts? In 2007, inspirational speaker Deb Kulkula decided that she no longer wanted to choose one over the other, so she declared February Renaissance of the Heart Month, an entire month dedicated to making decisions with the heart as well as the intellect.

Many people insist that the best decision-making is data-driven and entirely logical, emphasizing the importance of keeping a "cool head." Emotions (sometimes called *intuition* or *instinct*) are often seen to cloud or muddy the decision-making process. Society also tends to influence our decision-making. When it comes to finding a job, people will often follow their heads rather than their hearts. Attractive incentives like higher pay, more prestige, and better benefits take precedence over a low-paying dream job that might satisfy a lifelong passion. And yet when it comes to finding a life partner or choosing a pet, we let our hearts guide us

Do you follow your head or your heart when it comes to big life decisions?

Notable Quotable

"More than kisses, letters mingle souls."

~ John Donne, English poet



Flights of Fancy

The night of the first full moon of the lunar new year brings one of Taiwan's most famous events, the Pingxi Sky Lantern Festival. Tens of thousands of visitors crowd the small hillside village of Shifen to release rice paper lanterns into the night sky. Participants write their names and wishes upon the lanterns, hoping that they will fly up to the gods, who will grant them their wishes in the new year.

It is believed that sky lanterns were invented in the third century by military strategist Zhuge Liang

Culture has told us that when it comes to jobs, we follow our heads, but when it comes to relationships, it's okay to follow our hearts. The scientific truth is that decision-making almost always requires both cognitive and emotional thinking.

February Anniversary

Residents

No Resident Anniversary for February

Staff

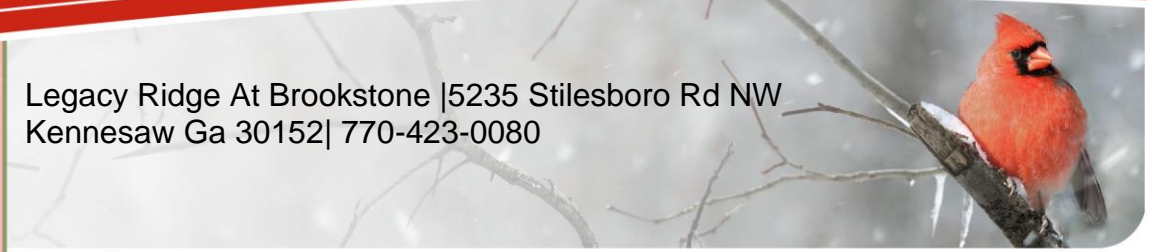
Kevin P. 2/23

as a way to send military signals. When the sky lantern tradition arrived in Taiwan, it was adopted by local farmers, who wrote their wishes for a plentiful season on the lantern's paper walls and sent them skyward to their gods and ancestors. Today, anyone who hopes to release a lantern arrives early before 80,000 people descend upon the town. The sight of the night sky filled with thousands of lanterns is magical to behold.

Brookstone News

February 2023

Legacy Ridge At Brookstone | 5235 Stilesboro Rd NW
Kennesaw Ga 30152 | 770-423-0080



Leadership Team

Lisa Kerr
Executive Director

Chelsey Stokes
Sales & Marketing Director

Nicole Harris
Health & Wellness Director

Stacey Wheeler
Business Office Manager

Ariel Kemp
Lifestyle Director

Kevin Perry
Dining Service Director

Nery Recinos
Maintenance & Housekeeping Director

ED CORNER

January 2023 was very eventful for us. We began a New Year, we made amazing resolutions, and we had a great Casino Night! Although I am no longer at Brookstone, our amazing Regional Director of Operations, Keith Martin is here; and there is no one better to lead the residents, families, team members, and department heads at Legacy Ridge at Brookstone. I am truly excited for all the other wonderful things that 2023 has in store for you all. Remember as of **February 1, 2023**, we will be **switching from Guardian Pharmacy to Moxi Pharmacy**. Please ensure all of your enrollment paperwork as well as your updated insurance cards has been submitted to our concierge Cheryl. This will aid us in providing you all with a smooth transition. Also, we had **Angela from Silver Scissors Salon** start servicing our residents. She is in the salon **every Friday**. We would love to bring her on for an additional day each week, but **we need more residents to sign up in order to do so**. Please call the concierge desk if you need paperwork for have any questions.

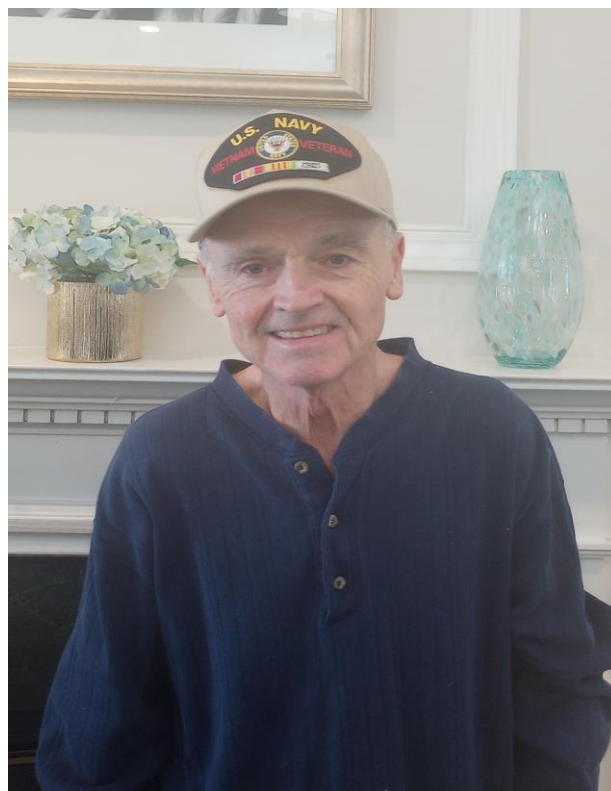
This year we are focusing on growth in the number of residents who live within these walls. **So please reach out to your friends, co-workers, and family and let us know if there is anyone that is looking for an amazing place to call home**. I cannot wait to experience all the amazing thing 2023 has to offer! Our Legacy at Brookstone staff is dedicated to making you feel at home. We had several new residents move in last month, and I wanted to extend a warm welcome to all of them. Our job is to make sure your life here is comfortable, enjoyable, and safe. We want you to be happy here and to feel as if you've found a place to stay. If you do like it here- and we truly hope you do- please tell everyone you know. Having a friend as a neighbor is a wonderful feeling so, please make sure you ask the office about our Forever Friends Program and scan our QR code inside to leave a Google Review!

~ Lisa Robinson-Kerr

OFFICE HOURS

Monday- Friday8:30a.m.- 5:00 p.m.
Saturday10 a.m.-2:00 p.m.
Sunday10 a.m.-2:00 p.m

Resident Spotlight



Meet Bruce C. our February Resident Spotlight! Bruce starts his day by sleeping in and then having a cup of coffee as soon as he wakes up. Bruce is from Lexington North Carolina and at 20 years old he moved to Georgia and has lived here now for 50 years. Bruce served in the Navy in Vietnam for 22 months once he returned, he married Kitty and has been married to her for 48 years. They had one daughter together. Serving in the Navy for 4 years Bruce graduated from Atlanta Area Tech then opened a laboratory for a dental lab. Bruce's favorite hobby is sailing boats and traveling to new places with his wife such as Mexico and Cayman Islands. Whenever he gets the chance, he loves to get out on the water and do trick skiing. Bruce is a wonderful and kind man who always love to help those in need. Thank you, Bruce, for being an amazing person in every way.

February Birthdays

In astrology, those born from February 1–18 are the Water Bearers of Aquarius. Although they bear water, Aquarius is an air sign, signaling that they are innovative, progressive, and rebellious. Those born from February 19–28 are Pisces' Fish. Pisces are incredibly sensitive and empathetic. They often tap into their boundless imaginations and dreamy attitudes to become accomplished artists.

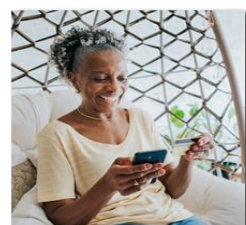
Resident

Donna B. 2/14
Berny M. 2/25
Pilar K. 2/27

Staff

Mercy M. 2/1
Nery R. 2/3
Chelsey S. 2/12
Gwen E. 2/21

An Inconvenient Truth



Convenience plays a powerful role in our day-to-day lives. New technologies often rely on promises of convenience: dishwashers replace handwashing, search engines replace encyclopedias, text messages replace emails and snail mail, Amazon replaces the department store. To resist these convenient options in life sometimes means being called quaint, eccentric, or even a fanatic.

But has life become too convenient? That is a question worth asking on February 22,

Employee spotlight



Meet Arianna B. our February Employee spotlight! Arianna is from Detroit Michigan, but she grew up in Kennesaw Georgia. She has been with this company for 6 months and transferred to this community in November, she has already made a difference in the community. Arianna has always had a passion for caring for others, in fact she is currently a nursing student at the university of west Georgia. She will be graduating this May with her BSN and will be a Registered Nurse! In Arianna's free time she loves to paint and spend time with her family. Arianna is so amazing with our Memory Care residents and is always around to give a helping hand. Thank you, Arianna for everything you do to make this community a better place!

February Riddle

What did the January calendar girl say to the February calendar girl?

Answer:
"I have more dates than you do!"

Events of the Month

- 2/2 GROUNDHOG DAY
- 2/14 Valentine Event
- 2/21 Happy Mardi Gras
- 2/17 National Caregivers Day

➤ Don't forget to leave us a Google Review!

