

Evolution of Dance

April 29 is International Dancing Day, a day that will be greeted with enthusiasm by those who love to dance and perhaps with dread by those with two left feet. The date commemorates the birthday of Jean-Georges Noverre, the French dancer who is credited with creating ballet during the 18th century. While ballet might be considered the ultimate expression of modern dance, dancing has been a part of humanity since the prehistoric era.

Dancing is a pastime of every human society on Earth. Its ubiquity has led scientists to ask whether dancing is more than just an entertaining diversion. Does dancing play a role in our survival as a species? Neuroscientists have mapped the regions of the brain that are activated when we dance.

Evolution Of Dance

In the 1800s, sociologist Émile Durkheim coined the term "collective effervescence," the feeling that an individual is a part of something larger than themselves. Amongst our prehistoric ancestors, dancing may very well have been a source of collective effervescence. Anthropologists assert that groups that danced well together formed lasting bonds and alliances. Group dancing also imparts psychological benefits. When we dance, our brains release endorphins. These feel-good chemicals boost our moods and create a stronger

Unsurprisingly, various parts of our brains associated with locomotion and coordination are involved. Perhaps more surprisingly, dance activates areas associated with emotions, memory, and social interaction. This has led evolutionary scientists to suggest that dancing has long played a vital role in social cohesion and group dynamics.

April Anniversary

Residents

Ronald C. 4/28

Staff

Katie T. 4/22

sense of social bonding. Societies that practice group dancing may have survival advantages over societies that do not dance. The next time you hit the dance floor, your survival may not depend on it, but you are participating in a ritual that has been performed by humanity since the dawn of civilization.



Notable Quotable

"I wasn't just going to walk, I was going to run. And then, once I stopped running, I was going to dance."

~ Robert Battle, dancer and choreographer



Brookstone News

April 2023

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



ED CORNER

Greetings Family Members,

I hope that everyone is doing well. On Wednesday, April 19th from 5:30 pm to 6:30 pm, Legacy Ridge at Brookstone will be hosting **Wine Down Wednesday**. This event will allow family members to meet community leadership and ask any questions that you may have. In addition, during the event wine and light refreshments will be served along with musical entertainment. Wine Down Wednesday will take place bi-monthly and everyone is encouraged to attend. If you have any pending concerns that need to be addressed, please feel free to email me at hlangston@legacyridgebrookstone.com or contact me by phone at 770-423-0080.



Sincerely,

Hudie Langston, Executive Director

OFFICE HOURS

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

Leadership Team

Hudie Langston
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

Resident Spotlight



Meet Donna B. our April Resident Spotlight! Donna starts her day sleeping in late and waking up to a cup of coffee. She loves to read her morning newspaper and greeting all her neighbors. Donna is from Georgia and has lived here all her life. Donna has been with our community for four years and is apart of our welcoming committee for our Memory Care Neighborhood. She helps us welcome new friends into our community and is always there to give a helping smile. Donna used to be an Assistant Electrician for five years. Donna was married for eleven years to Mike Bryant, though they didn't have any kids, they had many cats and dogs to keep them busy. Donna you are such a free spirit, and we want to say thank you for being the best you can be!

April Birthday

In astrology, those born from April 1–19 are Aries' Rams. Rams are headstrong, charging forward into adventures with confidence and ambition. Aries' charisma and confidence make them effective leaders. Those born from April 20–30 are Taurus' Bulls. Bulls are reliable workers who take a slow-and-steady approach to finishing tasks. They do expect a reward for their hard work and love life's little indulgences.

Residents

Becky S. 4/26
June W. 4/21

Staff

Cheryl B. 4/12
Luarintee N. 4/14
Geneva J. 4/22

The Last Laugh



Remember to laugh out loud on April 14, International Moment of Laughter Day. Is always laughing the best medicine?

Research shows that laughter does impart several health benefits. When we laugh, we inhale more air and oxygen, stimulating the heart, lungs, muscles, and brain. A good laugh also stimulates the body's stress response and then deactivates it, causing heart rates to rise and fall, leaving us with satisfied, relaxed feelings.

Employee Spotlight



Meet Katie T. our April Employee Spotlight! Katie has been with our community for two years and has shown team leadership skills every day. Starting as a Care Associate Katie worked her way to MedTech in no time! Katie is another great example of moving up in the business. Katies favorite part of her job is getting to know all our residents. She loves to spend one on one time with them, making them laugh, and helping them with anything they may need. Katie was born in Georgia and has lived here all her life. Katie has two kids, a boy and a girl. Her daughter is a gymnast and a cheerleader so Katie spends a lot of time at cheer competitions! In Katies free time she loves to spend time with family and friends. Thank you, Katie, for being a great team player in our community!

April Riddle

Why did the duck get fired from his Easter job?

Answer:
"He kept quacking the eggs."

Events of the Month

- 4/10 Easter Monday Bash
- HAPPY EARTH MONTH
- NATIONAL VOLUNTEER MONTH
- 4/19 Family Wine Down Wednesday at 6:00pm
- 4/25 Happy Hairstylist Day

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

