

# Newsletter: August 2023

Monthly Newsletter for our GlenBrook Residents.

WELCOME TO OUR AUGUST NEWSLETTER: 🌻 AWAKEN TO THE AUGUST AWE 🌻  
RELISH IN GOLDEN SUNSETS, SIZZLING BBQS, AND END-OF-SUMMER SOIREEES!

★ Discover the Power of "Five Wishes" ★



**Assisted Living:** Dive into our vibrant collection capturing AL Residents and Jordan from Activities, uniting spirit and movement in Aerobic Yoga.



**Memory Care, SNF, and AL:** Residents make a splash with underwater wonders at the Birch Aquarium adventure!

GLENBROOK FAMILY NIGHT

"A LIVING WILL WITH A HEART & SOUL"

## 5 WISHES

ADVANCED DIRECTIVE PRESENTATION

WRITTEN IN EVERY DAY LANGUAGE AND EASY TO UNDERSTAND, 5 WISHES, IS LEGALLY VALID IN NEARLY EVERY STATE. IT ALLOWS YOUR FAMILY OR CAREGIVER TO KNOW EXACTLY WHAT YOU WANT SO THEY DON'T HAVE TO GUESS.

**EXPRESS YOUR WISHES IN AREAS THAT MATTERS MOST:**

- Personal
- Spiritual
- Medical
- Legal
- All in one document

**DATE & PLACE:**  
**AUGUST 31ST**  
**4:00-5:00PM,**  
**GLENBROOK HEALTH CENTER**

Availability is limited. Please reserve your spot today by calling JoAnn Ramsey at (760) 704-6800

**JOIN US FOR FOR AN AFTERNOON OF WINE, HORS D'OEUVRES & COMMUNITY BUILDING!**

Presented by: **GLENBROOK HEALTH CENTER**

The Elizabeth Hospice

5 WISHES HAS ALLOWED OVER 40 MILLION PEOPLE THE PEACE OF MIND OF LETTING THEIR LOVED ONES KNOW THEIR END OF LIFE WISHES IN THE EVENT THEY CAN'T MAKE THOSE DECISION FOR THEMSELVES.

## GlenBrook Health Center Family Nights:

Dear residents and cherished loved ones, we warmly invite you to attend the "5 Wishes Advanced Directive Presentation" hosted by The Elizabeth Hospice on **August 31, from 4:00 PM to 5:00 PM.** Seize this opportunity to gain insight into the profound aspects of end-of-life decision-making. Your presence will be our honor.

## GlenBrook Health Center Festivities:

Dive into our vibrant snapshots of AL, SNF, and Memory Care residents' adventures—from the historic Surf Museum to the mesmerizing Birch Aquarium and iconic Oceanside Pier. These outings are more than just trips; they're essential moments of connection, joy, and discovery for our residents.

★★★★★  
**REVIEW US!**

