



### **Local Senior's Wish of Taking Flight Comes True 91-Year-Old went Skydiving with his Doctor**

Frank Thieme, 91, a resident of Brookdale Grants Pass Springs, a senior living community, has always dreamed of flying. When he was 10-years-old he constructed a pair of wings and attempted to take flight from the top of a barn. Falling 25 feet and spraining both of his ankles, Frank remained thrilled by soaring through the air for even a few moments. From that day, it had been his Wish of a Lifetime to soar through the sky again. Thanks to Brookdale and Wish of a Lifetime, this Wish came true on June 18 when Frank and his orthopedic doctor, Bruce Perry, went skydiving together.

"It seemed like an impossible dream to be among birds, above the earth and flying like an eagle," said Frank of his Wish to go skydiving. "What could be better than that?"

Frank was diagnosed with cancer in 2008 and since then he has received nine separate surgeries under the care of Dr. Perry. During the many appointments these two shared together, Frank mentioned to Dr. Perry that it was his Wish to go skydiving one day, and Dr. Perry promised to join him if the opportunity ever arose. After building a relationship with Frank, Melissa Krehbiel, the resident program director at Brookdale Grants Pass Springs, nominated him to have his Wish granted through the Wish of a Lifetime organization. Melissa and Dr. Perry worked together to help Frank get under the specified weight limit for skydiving by putting him on a special juicing regimen. The diet was a success and Frank made his jump in Mulino, Ore., from the Pacific Northwest Skydiving Center!

In 2010, Brookdale Senior Living and Wish of a Lifetime formed a partnership to provide a helping hand in making some of the dreams of Brookdale's residents come true. To request a Wish, residents fill out a Wish application explaining an experience they would like to have fulfilled and how that experience relates to one or more dimensions of Brookdale's Optimum Life® platform. Optimum Life cultivates whole-person wellness through fulfillment in the six key dimensions: purposeful, emotional, physical, social, spiritual and intellectual. Since the partnership's inception, more than 600 Brookdale seniors have had their Wish granted.

For more information about Brookdale and Wish of a Lifetime visit [brookdale.com](http://brookdale.com) and [wishofalifetime.org](http://wishofalifetime.org)

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#### **About Brookdale**

*Brookdale Senior Living Inc. is the leading operator of senior living communities throughout the United States. The Company is committed to providing senior living solutions primarily within properties that are designed, purpose-built and operated to provide high quality service, care and living accommodations for residents. Currently Brookdale operates independent living, assisted living, and dementia-care communities and continuing care retirement centers, with approximately 1,114 communities in 47 states and the ability to serve over 107,000 residents. Through its ancillary services program, the Company also offers a range of outpatient therapy, home health, personalized living and hospice services.*

#### **About Wish of a Lifetime**

*Wish of a Lifetime™ fosters respect and appreciation for deserving seniors by fulfilling their life-enriching Wishes. Founded in 2008 by two-time Olympic skier, World Cup gold medalist, entrepreneur, and former NFL football player Jeremy Bloom in living honor of his grandmother, Wish of a Lifetime has made over 1,000 Wishes come true for seniors in all 50 states and the District of Columbia. The organization aims to create a positive shift in the way society views and values aging by sharing the stories of its inspiring Wish recipients with those of all generations. After experiencing a wish, 93 percent of Wish recipients stated they felt their quality of life improved and 76 percent said they felt their overall health improved. To learn more about the organization or to help fulfill a senior's Wish visit [www.wishofalifetime.org](http://www.wishofalifetime.org)*

