NEWS RELEASE

Brookdale Resident Shares Her Alzheimer's Journey on The Grey Take

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Special episode honors National Alzheimer's Disease Awareness Month

NASHVILLE, Tenn., Nov. 10, 2026 /PRNewswire/ -- In recognition of National Alzheimer's Disease Awareness Month, Brookdale Senior Living is sharing the powerful story of one of its own residents in the latest episode of its award-winning podcast, The Grey Take.

Experience the full interactive Multichannel News Release here: **https://www.multivu.com/brookdale/9412651-en-brookdale-national-alzheimers-disease-awareness-month-the-grey-take-episode-33**

Episode 33 features Marcia Schuman, a resident of Brookdale Punta Gorda Isles and author of Facing Alzheimer's Disease, in a candid conversation about her personal journey with Alzheimer's disease, the challenges she has encountered and the impact the disease can have on individuals and those who love them.

Schuman was diagnosed with Alzheimer's in 2019 and later chronicled her experiences in Facing Alzheimer's Disease. By sharing her story, she hopes to bring greater awareness and understanding to a disease that affects millions of individuals and families.

At Brookdale Punta Gorda Isles, Schuman is a resident ambassador known for her outgoing and welcoming personality. A proud New Yorker, she shares her home with her bird, Bebe, and her dog, Angel. Her willingness to speak openly about her experience with Alzheimer's has also given others an opportunity to better understand the person behind the diagnosis.

"Having the opportunity to sit down with Marcia and hear her share her story was incredibly powerful," said Jill Ladaa, Alzheimer's & Dementia Gerontologist at Brookdale and co-host of the episode. "Her courage and willingness to speak so openly offers a message of hope and reminds us that a diagnosis is only one part of a person's life. Marcia's story shows how identities, relationships, memories and experiences continue to shape us. We're honored to help share Marcia's voice with others who may be navigating a dementia diagnosis."

Created for families of aging loved ones, The Grey Take offers a fresh, candid and often humorous perspective on the complex journey of aging and caregiving. The podcast explores the grey areas families encounter while caring for aging loved ones, recognizing that life—and aging—isn't black and white.

Since its launch, The Grey Take has brought together caregivers, Brookdale residents and aging experts for conversations that combine personal experiences, practical guidance and perspectives on topics ranging from caregiver exhaustion and senior relationships to paying for senior living and recognizing when a loved one may need additional support.

Now in its second season, The Grey Take has expanded to include full video episodes on YouTube and Spotify, giving audiences another way to connect with the people and stories behind the conversations.

The special Alzheimer's Awareness Month episode featuring Schuman is available on Spotify, Apple Podcasts and YouTube.

Listeners can also join the conversation through The Grey Take hotline by calling or texting 1-833-GREYTXT (1-833-473-9898) to share their own stories, ask questions or suggest topics for future episodes.

To learn more, watch episodes or listen to The Grey Take, visit **brookdale.com/grey-take**. Contact: Brookdale Media Relations **media.relations@brookdale.com**, 615-564-8666

About Brookdale Senior Living

Brookdale Senior Living Inc. is the nation's premier operator of senior living communities. With 529 communities across 41 states and the ability to serve approximately 45,000 residents as of September 30, 2026, Brookdale is committed to its mission of enriching the lives of seniors through compassionate care, clinical expertise, and exceptional service. The Company, through its affiliates, operates independent living, assisted living, memory care, and continuing care retirement communities, offering tailored solutions that help empower seniors to live with dignity, connection, and purpose. Leveraging deep expertise in healthcare, hospitality, and real estate, Brookdale creates opportunities for wellness, personal growth, and meaningful relationships in settings that feel like home. Guided by its four cornerstones of passion, courage, partnership, and trust, Brookdale is committed to delivering exceptional value and redefining senior living for a brighter, healthier future. Brookdale's stock trades on the New

York Stock Exchange under the ticker symbol BKD. For more information, visit **brookdale.com** or connect with Brookdale on **Facebook** or **YouTube**.

Contact: Media Relations, 615-564-8666, **media.relations@brookdale.com**

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