



The Birdsong

Quail Park of Granbury Monthly Newsletter



August

Holidays

1st - National Friendship Day

8th - Happiness Happens Day

21st - National Senior Citizens Day



Special Events

3rd - Hope Choir Singers

4th - Cotton Patch Outing

10th - Coffee and Donuts with Julie

11th - D'Vine Wine - Taste Outing

18th - Spring Creek BBQ Outing

19th - Karole with DJ Jim

20th - Lunch and Learn with Julie

23rd - Silver Saddle Saloon Ice Cream Outing



*A message from our
Executive Director*

DID YOU KNOW THAT SUNDAY, AUGUST 8TH IS HAPPINESS HAPPENS DAY?

Founded in 1999 under the name of "Admit You're Happy Day" by the Secret Society of Happy People, Happiness Happens Day aims to spread the joy of being happy, and to persuade people to look on the brighter side of life. The Secret Society of Happy People was founded in August of 1998. It is an organization that was created to celebrate happiness. The society encourages members to think about happiness in their daily life and recognize happy moments. They have two mottos. The first is "Don't Even Think of Raining on My Parade" and the second is "Happiness Happens," which is what this day is all about. The Secret Society of Happy People believe that happiness is contagious, so all happy people should share their happiness with others. There are several different goals that people should strive to achieve on Happiness Happens Day. This includes...

- Not raining on other people's parades
- Listening to other people speak about their happiness
- Recognizing and expressing happiness

Most people tend to remember the negative and bad things that have happened to them, rather than the millions of good things that happen to people daily. If we focus more on the positive, we will be able to spread happiness. This is the message of Happiness Happens Day.



There are so many ways that you can celebrate Happiness Happens Day! It is all about being happy and doing what makes you and others feel this way. This day encourages people to take stock of their lives and to do things and think about things that make them happy, so this is what you should aim to do on this day. Here are some suggestions...

- Start off by thinking about what makes you happy and do something nice for yourself. After all, they say that happiness starts at home, and this is certainly the case! You cannot make other people feel happy if you do not feel happy yourself.
- You can also celebrate Happiness Happens Day by making other people feel happy. You can make someone else feel happy if you do something nice for them. This does not have to be a big, expensive gesture. There are small things that you can do for people that are going to make them feel just as happy and amazing. For example, you can send a greeting card to one of your friends to let them know that you are thinking about them, say hello to those you pass in the hallways, give someone a compliment. There is a never-ending list of the different things that you can do to make people feel happy!

We live in a world today that can be very negative and judgmental. Let's change this! We have all heard our parents say (I admit I've said it myself) "If you don't have anything nice to say, don't say anything at all" but we often forget. I find that when I am around someone who is negative or unhappy, it tends to make me feel unhappy and negative. I want to be the opposite. I want to be an encourager of people, a light to others, and a reflection of the blessings that God has provided me. I admit, I fail at this often.

Here my August challenge for myself and for you:

Let's not just celebrate Happiness Happens Day – lets call it Happiness Happens Month and celebrate it all month long!

TONS OF LOVE! Cheri



Let's Celebrate!

Birthdays

Kathy W. 8-10
Fred B. 8-12
Audrey G. 8-17
Peggy S. 8-24

Employee Birthdays

Shelly R 8-8
Kelsey M. 8-25

Move - In Anniversary

4 Years at Quail Park

Mildred K.

2 Years at Quail Park

Virginia P.

Merle T.

1 Year at Quail Park

Thomas M.

Word of the Month

Vibrant

VIBRANT is our August Word of the Month, and we believe that word defines exactly who we are *meant* to be. But sometimes we need to create space to remember who we really are, to be able to release what we are not, to allow our most vibrant selves to shine inside-out. What can we let go of? What can we say NO to, in order to make way for a bigger YES?

Written by Jill from TheDailyMethod.com

EAT,
DRINK
AND
BE MERRY

Lamentations 3:22-24

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness. "The Lord is my portion," says my soul, "therefore I will hope in him."





What's Cooking with
our Executive Chef

INGREDIENTS

- 18-24 large strawberries
- 1 cup heavy whipping cream
- 1/3 cup sour cream
- 2/3 cup white granulated sugar
- 1/2 cup graham cracker crumbs
- 1 tsp vanilla extract
- 1 (8 ounce) package of cream cheese (softened)

STEPS

1. Prep the strawberries by cutting off the stems and slicing them in half. Next, cut a small sliver off of the back of each strawberry half so that they sit up straight. Then use a small melon baller to carefully hollow out the middle (you don't need to take out much, just make a small enough indent so that the cream cheese filling doesn't slide off).
2. Place the softened cream cheese, sour cream, sugar, vanilla extract and lemon juice in a medium sized mixing bowl (DO NOT add the heavy whipping cream). Beat with an electric mixer until smooth.
3. In a different medium sized mixing bowl, beat the whipping cream until stiff peaks form (about 5 minutes).
4. Fold the whipped cream into the cream cheese mixture until well incorporated.
5. Fill a piping bag with the cream cheese mixture (I used a star tip), and pipe it onto each sliced strawberry.
6. Finish with a sprinkle of graham cracker crumbs.

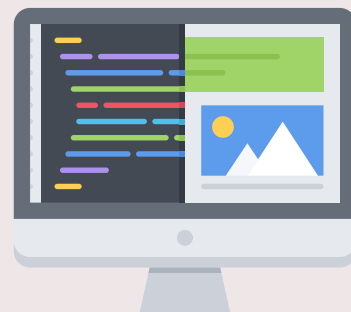
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www.QuailParkofgranbury.com



MEET YOUR NEIGHBOR



Cathy and Murphy

This month we are highlighting one of our newest residents, Cathy and Murphy! They have been with us for a couple on months now and are really enjoying the friends they both have made! "After living in my home for 50 plus years,

I didn't know what to expect moving into a community. I knew I needed more help and it is nice to be around people". Cathy was married to

a husband who served in the military and together raised three children. Being a Military family, they moved around a lot. Her favorite place they lived was in upper Michigan. She really liked the snow they would get up there and it made for a fun time with the kids! Her

favorite hobbies include ceramic painting, sewing, and reading. When asked what kind of books she enjoys reading, Cathy said anything that is entertaining. "I really like Mystery books... but if it is a book that has cats in it, that makes it even

better"! Speaking of Cats, Cathy has a loyal companion, Murphy, and they have been best of friends for 14 years! Murphy is a friendly, lap cat who loves making friends with all animals, even dogs! Murphy definitely thinks he is a human and loves to greet everyone who walks in the door with cheerful chirps and "meows". Cathy and Murphy do everything together.

"He keeps me healthy... and busy"!

What's Happening In the Neighborhood

GRANBURY OUTINGS

Now Happening!

Be sure to check out the monthly calendar for fun outings happening in Granbury! Enjoy Ice cream from Silver Saddle Saloon or have lunch with friends at Cotton Patch!

Bible Study Tuesdays at 6PM In the Great Room

Resident Council Meeting August 18th

Yard Sale

- exercise mat
- hair blow drier and curling iron
- Clothes

Please stop by Michelle's office in the puzzle room to view items.



Michelle Allen
Wellness Director

Health and Wellness

SLEEP TIPS FOR SENIORS

Research has shown that older people can take steps to improve their sleep. Some steps can be taken to improving sleep hygiene and developing habits that encourage quality sleep.

Here are a few tips for getting a better night's rest in your golden years:

- Exercise – Older people who exercise regularly fall asleep faster, sleep longer, and report better quality of sleep. Exercise is one of the best things older people can do for their health.
- Reduce bedroom distractions – Televisions, cellphones, and bright lights can make it more challenging to fall asleep. Keep the television in another room and try not to fall asleep with it turned on.
- Avoid substances that discourage sleep – Substances like alcohol, caffeine, and even large meals late in the day can make sleep more challenging. Try reducing caffeine intake, and eating dinner at least 4 hours before bedtime.
- Keep a regular sleep schedule – Remember that aging makes it more difficult to recover from lost sleep. Avoid sudden changes in sleep schedules. This means going to bed and waking up at the same time every day and being careful about napping too long.

Other tips for seniors is Safe Sleeping

Insufficient sleep in older adults can lead to a higher risk of falls and accidents. It is helpful to make changes to the bedroom environment that reduce the risk of accidents and makes it easier to call for help when needed. Here are some steps to consider for a safer night's sleep:

- Keep a telephone by the bed – It is important to be able to call for help from bed. Put a phone on the nightstand and, even better, keep a list of important phone numbers nearby.
- Make sure a light is within reach – Having a light easily accessible reduces the need to stumble around in the dark when getting out of bed. This can reduce the risk of trips and falls when trying to find the light switch. Lights with motion sensors may be helpful in hallways or the bathroom.
- Reduce hazards in the bedroom – be careful when placing objects in the bedroom that may become trip hazards, like rugs, cords, stools, and furniture.
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Information obtained from: sleepfoundation.org/aging-and-sleep





Ericka Carreras
Memory Care Director

The Cottage

Memory Care

Alzheimer's can cause busy hands...

Seniors with Alzheimer's or dementia may show anxiety or agitation through fidgety hands. Signs include pulling or rubbing at clothes or bedding, rubbing hands together, twisting fingers, wringing hands, and generally keeping hands in motion. Being happily engaged in a satisfactory activity reduces agitation, anxiety, depression, and anger. It may even reduce challenging behaviors like sundowning or reduce the need of medication.

Sensory therapy or fidget toys are effective way to reduce anxiety, calm nerves, and provide comfort.

Here are some examples of some fun activities:

- Fold towels
- create a memory box
- unite knots
- thread pasta with yarn
- create a box of fun fabrics
- cut pictures from old magazines.

There's no right or wrong way to do it, the goal is to engage in something fun and keep their hands happily occupied - whatever feels good for them is perfect.

Check out some fun activities happening in the Cottage!

6th - Making S'mores

7th - Flower Arrangements

10th - Cookie baking and Decorating

12th - Tie Dye T-shirt Craft

13th - Hand Massages

14th - Watermelon Party

18th - Make Bird Feeders

20th - Peach Festival

23rd - Movie Night

26th - Men's Coffee Club

Quail
Park
of Chanhury

Brilliant Senior Living



EVERYDAY IS AN OPPORTUNITY TO LIVE WELL
Joyous moments are important, and our professional team is trained to **serve and guide** residents experiencing Alzheimer's or other forms of dementia.

Quail Park

Independent Living • Assisted Living • Memory Care

817-279-9259

My Monthly Journal

Reminders / Notes



An Active lifestyle is a Healthy Lifestyle

Place a checkmark next to the activities you did this month!

- | | |
|--|--|
| <input type="checkbox"/> Played Bingo | <input type="checkbox"/> Visited with a Friend |
| <input type="checkbox"/> Read a Book | <input type="checkbox"/> Visited with Family |
| <input type="checkbox"/> Worked on a Puzzle | <input type="checkbox"/> Attended Church |
| <input type="checkbox"/> Happy Hour | <input type="checkbox"/> Gardened |
| <input type="checkbox"/> Arts & Crafts | <input type="checkbox"/> Enjoyed the sunshine |
| <input type="checkbox"/> Exercise | |
| <input type="checkbox"/> Walked around the building | |
| <input type="checkbox"/> Attended a live performance at Quail Park | |