



# The Birdsong

Quail Park of Granbury Monthly Newsletter



## October



### Holidays

- 9 - Leif Erikson Day
- 12 - Columbus Day
- 16 - National Boss's Day
- 18 - Health Care Aide Day
- 31 - Halloween

### Special Events

At Quail Park

- 1st - D'Vine Wine Outing
- 5th - Hope Singers Choir
- 13th - Mesquite Pit Lunch outing
- 14th - DJ Jim Thirsty Thursday
- 20th - Resident Council
- 27th - Chilis Lunch Outing  
Mini Mall Experience
- 29th - Halloween Costume Contest





## *A message from our Executive Director*

I once got a call from a daughter who asked for my advice. While visiting from another state, she found \$8000.00 cash in a book which was sitting on the coffee table. When the daughter asked her mom why she had \$8000.00 cash, her mom replied that she had gotten it to send to the man who was helping her with her estate planning. She was taking care of all her funeral planning now so that the family would not have to worry once she passed away. When the daughter asked where the lady had found this man to help, she stated that he had called her and offered his help. After doing some research, the daughter learned that her mom had already sent this man over \$20,000 cash. The daughter immediately contacted the police. They found that the man was not a representative of the company he claimed to work for and was scamming the lady. **Scams are becoming more and more prevalent** recently and are getting worse. Even the most financial savvy and intelligent people fall victim to scams every day. The scammers are professional thieves that have learned the most effective way to prey on people. Scammers are expected to steal over \$2 billion in 2021. We can thwart their efforts with the these golden rules.

1. **Slow it down** – Scammers often create a sense of urgency so that they can bypass your better instincts. Take your time and ask questions to avoid being rushed into a bad situation.
2. **Spot check** – Do your research to double check the details you're getting. If you get an unexpected phone call, hang up. Then look up the bank, agency or organization that's supposedly calling and get in touch directly.
3. **Stop! Don't send** – No reputable person or agency will ever demand payment on the spot. Often, scammers tell you to go buy gift cards—which are meant only to be given as a gift, not as payment under threat. So if you think the payment feels fishy, it probably is.
4. **Discuss things with your loved ones.** They often have resources to investigate things and will be great source of support to you to avoid finding yourself the victim of a scammer.

I'm always available if you need to chat or have any concerns.

P.S. Aren't these cooler mornings AAAAAMMMMAAAZZZING!!!

Hugs and Love, *Cheri Rose*

# Word of the Month Power

Picture the time you last walked through a personal challenge or faced some adversity that you felt you could never overcome. Envision every single breath you took to forge ahead, each of your friends or family that were there to support you in moving on to the next day. Somehow we can all relate to having done this at some point in our lives. It took a certain strength inside us that we had to lean into and use to come out on the other side. Strength and fortitude - This is POWER.

Written by Jill from [TheDailyMethod.com](http://TheDailyMethod.com)

## 2 Corinthians 12:9

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.

[biblestudytools.com](http://biblestudytools.com)



### Residents

- 1st - Millie K.
- 2nd - Larry S.
- 8th - Cheryl R.
- 12th - John C.
- 13th - Merle T.
- 17th - Bill E.
- 20th - Peggy R.

### Employees

- 3rd - Chloe T.
- 5th - Rachel W.
- 15th - Espi G.
- 24th - Destaney C

HAPPY  
Birthday

HAPPY  
ANNIVERSARY  
David C. - 1 Year



This is What

# MEMORY CARE

Is All About!

The Tribute Program at Quail Park of Granbury is designed to address the unique needs of your loved one living with Alzheimer's or other forms of dementia. Our program seeks to honor and cherish the distinguished life of each of our residents with services and amenities focused on paying tribute to their accomplishments and significant life events while nurturing the individual's strengths, relationships, and daily experiences.

**Because we believe everyday is an opportunity to live well, remain active and find joyous moments!**



KODAK PORTRA 400  
53  
400

KODAK PORTRA 400  
53  
400

# WORDS OF WISDOM FROM OUR RESIDENTS

- Signed up for exercise class and was told to wear loose fitting clothing. If I had any loose-fitting clothing, I wouldn't have signed up in the first place!
- I used to go skinny dipping, now I just hunky dunk.
- Brain cells come and go but fat cells live forever.
- Remember, life is like a roll of toilet paper – the closer it gets to the end, the faster it goes.
- Why is it that our children can't read the Bible in school but they can read it in prison?
- Happiness comes through doors you didn't know were left open.
- We could learn a lot from crayons, some are sharp, some are pretty, some are dull, some have weird names and all are different colors....but they all have to live in the same box.



*What's Cooking with  
our Executive Chef*



## Pumpkin Pie Twists

- PEGGY DUVALL



### INGREDIENTS

- refrigerated crescent roll dough
- 1/2 cup pumpkin puree
- 1/4 cup brown sugar
- 1 Tablespoon maple syrup
- 1 teaspoon pumpkin spice
- 2 Tablespoons melted butter
- 1 Tablespoon sugar
- 1/2 teaspoon cinnamon
- whipped cream for dipping

### DIRECTIONS

1. Preheat the oven to 375F. Line a baking sheet with parchment paper.
2. Mix together the pumpkin puree, brown sugar, maple syrup and pumpkin spice.
3. Unroll crescent dough and Cut the dough in half so you have two identical rectangles
4. Evenly spread the pumpkin mixture over one of the rectangles of dough.
5. Place the second rectangle of dough on top of the first rectangle of dough (so the pumpkin mixture is sandwiched between them). Make sure you line up all the edges.
  1. Use a pizza cutter to cut the dough into strips approximately 3/4 inch wide.
  2. Twist each strip by picking up one end and twisting it.
  3. Brush melted butter generously over each twist.
  4. Mix together the sugar and cinnamon then sprinkle evenly over each twist.
  5. Bake at 375F for 8-11 minutes until golden brown.



Michelle Allen  
Wellness Director



## SHOULD YOU RECEIVE THE FLU VACCINE?

It's that time of year again when cold weather begins and along with that comes cold and flu season. I always hear people say "I'm not getting the flu vaccine, because I get the flu after I receive it." You cannot get the flu from receiving the shot, The flu vaccine is made from an inactivated form of influenza virus or virus components that cannot cause infection. Some individuals do experience side effects that will go away in a day or so.

### These include:

- Low-grade fever
- Swollen, red, tender area around the injection site
- Chills or headache

### The benefits of the flu vaccine are:

1. Flu prevention - according to CDC receiving the vaccine is the most effective way to prevent yourself from becoming sick with the flu.
2. Feeling less sick – it's still possible to get the flu after vaccination. If you do get sick with the flu, your symptoms may be milder if you got the vaccination.
3. Flu season may begin as early as September and last as late as spring. It's recommended to get your vaccine early in the season, but it's never too late to get your shot and lower your risk for severe flu illness.

If you have concerns about receiving the flu vaccine, talk to your doctor.

# What's Happening In the Neighborhood



FILM NEGATIVE

FILM NEGATIVE



RESIDENT COUNCIL  
October  
20th



FILM NEGATIVE

## CLEAR EYE IS COMING TO QUAIL PARK!

Needing to get your eyes  
checked? there is a  
mobile eye clinic coming  
on the 13th. Sign up by  
Friday 8th with Michelle H.



FILM NEGATIVE



## SPOOKY FUN!!

Dress in your best  
Halloween Costume and  
Decorate your doors! We  
will be having a party and  
contest on the 29th



FILM NEGATIVE

# 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 |  |