



The Birdsong

Quail Park of Granbury Monthly Newsletter



Holidays

1st - Canada Day

4th - Independence Day

Special Events

6th - Hope Choir Singers

7th - D'vine Wine Taste Test Outing

15th - DJ Jim Karaoke

21st - WINSTAR TRIP

JULY



A message from our Executive Director

This morning I woke up grumpy. I slept well last night and had a relaxed weekend, so I am not sure why I woke up feeling like I just wanted to climb back under the covers, go back to sleep and skip today. This is unusual for me because I am normally a morning person. My husband and kids hate this about me because they usually spend the first hour of the day avoiding others at all costs. I irritate them because I will intentionally go up to them and be extra happy and excited about the day. It does not seem to help their moods, but it helps mine. As I lay in bed thinking about how grumpy I was,

I remembered that attitude is everything! I changed my attitude and the day has been so much better. Those of you that know me well have heard me say,

"If you wake up in the morning thinking it's going to be a bad day, then it will be a bad day, because that's your expectation of the day."

I have found that if I focus on the good things and expect good things, those good things happen. It is all about how you see the world around you. Are you looking for the good or the bad?

Continue to the next page to read about Cheri's tips on how to change a bad morning into a great day!



The following is a good way to change a bad day into a good one as soon as you wake up:

1. Smile and Think Something Positive.

As soon as you wake up, smile. Scientists have discovered that smiling does all the following for you:

- When you smile your body releases the feel-good neurotransmitters dopamine & endorphins. This means that by smiling first thing when you wake up, you will be starting your day in a better mood.
- when you smile your mood is further lifted by the release of serotonin.
- Smiling strengthens the immune system, so by smiling first thing in the morning and remembering to do it throughout the day you'll be warding off disease, especially during flu season.

If you have trouble getting yourself to smile in the morning, force yourself: even a forced smile has benefits.

2. Say something positive to yourself (say it out loud or just say it silently in your head):

"Every day, think as you wake up: today I am fortunate to be alive, I have a precious human life, I am not going to waste it." – Dalai Lama

"This is the day that the LORD has made; let us rejoice and be glad in it." (Psalm 118:24)

3. Ask yourself these two questions:

- What am I grateful for today?
- What am I looking forward to today?

I hope that you can start each day off renewed, happy and feeling positive about what the day holds for you. I pray that you can see the good things that happen every day and focus on the good things, not the bad. I hope you always feel loved!

- Cheri

June Photo Recap



STRESS FREE SENIOR LIVING!
Signature Dining
Weekly Housekeeping
Entertaining Activities **and more!!**

Quail Park
Independent Living • Assisted Living • Memory Care
817-279-9259

Let's Celebrate!

Resident Birthdays

12 - Marie C. 30 - Susan B.
16 - Chris R. 30 - Alice S.
17 - Mary S. 31 - Norma W.
23 - Ben M.

Employee Birthdays

2 - Walter L. 27 - Michelle A.
7 - Kylie B.
14 - Stephanie O.
16 - Valerie S.



Word of the Month

FREE

In celebration of this word (and the Fourth of July holiday) see if you can tap your inner "free spirit." Because freedom is about not needing to be in the place you envisioned, it's about remembering that space is YOU!

Find freedom through stability, space and strength. Think about a tree being grounded through roots, taking up its own space, and then swaying/flowing/dancing with the breezes, winds and storms. The tree has to be strong in one place to be free in another. So do we.

Written by Jill from TheDailyMethod.com

2 Corinthians 3:17

"Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom."



What's Cooking with
our Executive Chef



4th of July Jell-O Cups

INGREDIENTS

- Strawberry Jello (you can also use cherry)
- Berry Blue Jello
- Water
- Cool whip
- Blueberries
- Strawberries, chopped

DIRECTIONS

1. Pour the jello powder into a mixing bowl. Add in 1 cup of boiling water, and stir for 1-2 to dissolve the mixture. Add in 1 cup of cold water, and stir to combine.
2. Evenly divide the jello mixture among the glasses or cups. I chose to fill my glasses halfway full.
3. If you're using strawberry jello, place chopped strawberry pieces in each glass. If you're using berry blue jello, place blueberries in each glass.
4. Place the glasses in the refrigerator to set.
5. Before serving, top with a layer of cool whip on top of the jello. Top each jello cup with either chopped strawberries or blueberries.



MEET YOUR NEIGHBOR



*Pat and
Margaret Ann*

Quail Park of Granbury brought together two people who love each other just as much as they love serving the Lord and the community around them. Pat, moved to Texas when he was just three years old. Margaret Ann was born in California and later lived in Kansas before coming to Texas. At one point in each other's lives, they lived 2 blocks from one another and did not even know it! Pat and Margaret Ann live a very active lifestyle. Pat was recruited to play Baseball and golf in the Air Force. Exercise is what first brought these two together. Pat was already living at Quail Park when Margaret Ann would come to walk the hallways with a friend of hers. At the time, Pat was taking care of his wife who had dementia. Sadly, she passed away. Margaret Ann was praying for a Christian man to come into her life and Pat was needing companionship. One morning, Margaret Ann ran into Pat when he was delivering newspapers and asked him if he wanted to walk the halls with her and the rest is history! Before coming to Quail Park, Pat retired as a Dallas Firefighter and started up a fire department in Pecan Plantation. Margaret Ann had her realtor license since 1979 and is now the President of the Woman of Waples where their mission is to raise money for non-profit organizations in Granbury. One thing Pat and Margaret Ann both love about Quail Park is the feeling of "Home". All the residents and staff are one big family, and we are here to help each other out! They want to thank the residents who contributed belongings to the garage sale for their church that helped raise money for non-profit organizations as well as thank the kitchen staff for serving great meals every day and to our activity director, Rachel, for all her hard work in planning fun activities for the residents.

What's Happening In the Neighborhood



Taste of Summer

Join us every Tuesday this month as we celebrate summer and all the yummy food it brings us!



6TH - WATERMELON SOCIAL
13TH - LEMONADE SOCIAL
20TH - WATERMELON SOCIAL
27TH - LEMONADE SOCIAL

Bible Study Tuesdays at 6PM In the Great Room

Resident Council Meeting July 14th

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

Why is it we are told when we are younger that we need at least 8 hours of sleep for us to have a healthy body? And why must we rest? We are commanded that on the 7th day we are to rest, but do we actually do this? We are busy people in this day and age, and we are on the go from early morning hours to late nights. We take care of the kids, work, do our household chores, work on the computer, and so many other things. Unfortunately, we deprive our bodies of the sleep it needs to reenergize our bodies and especially our minds.

As we get older we do not get substantial rest. Chronic sleep problems can significantly interfere with older adult's daily activities and reduce their quality of life.

Common sleep issues in older adults include:

- **Pain:** Discomfort and pain can lead to inadequate rest for some older adults. Pain and sleeplessness can become a vicious cycle, in which less sleep can lead to more pain, it's important to talk to a doctor if pain is interfering with sleep
- ★ • **Nighttime urination:** This increases with age due to physical changes in the urinary system among other factors. This issue may affect up to 800% of older adults, contributing to increased sleep disruptions
- **Insomnia:** Having persistent difficulty in falling or staying asleep is one of the most common sleep issues in older adults. Insomnia may be caused by a variety of overlapping factors but can get better with treatment
- **Daytime drowsiness:** Many people believe that feeling tired during the day is a normal part of getting older, but this is not the case. Around 20% of older people experience excessive daytime sleepiness, which may be a sign of an underlying health condition rather than merely old age. Excessive daytime sleepiness in older adults may be a symptom of health issues like sleep apnea, cognitive impairment, or cardiovascular issues
- **Sleep apnea:** obstructive sleep apnea can cause pauses in breathing during sleep. These pauses are related to a repeated collapse (apnea) or partial collapse (hypopnea) of the upper airway. Sleep apnea causes fragmented sleep and can affect oxygen levels in the body, leading to headaches, daytime sleepiness, and difficulty thinking clearly.

Aging affects people differently, and if the quality and quantity of sleep is not what you feel you are getting, then speak to your primary physician to discuss ways to improve your sleep.

Next month: Sleep Tips for Seniors

Information obtained by the Sleep Foundation: sleepfoundation.org/aging-and-sleep





*Ericka Carreras
Memory Care Director*

The Cottage

Memory Care

Activities are crucial for people living with Alzheimer's disease or dementia, offering benefits such as cognitive stimulation, the opportunity to connect with others, comfort and relaxation, and more. Plus, physical activities and exercises are important for maintaining physical strength and balance, physical exercise is great for the mind, too!

Activities Happening this month in the Cottage!



*July 3rd
Floral Arrangements*



*July 6th
Hope Singers*



*July 9th
Homemade Ice Cream*



*July 13th
Karaoke Jim*



*July 22nd
Taste of Summer*



*July 28th
Gardening*



*July 30th
Make Bird Feeders*

Quail Park
of Chambers

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

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My Monthly Journal

Reminders / Notes

A 4th of July planning tip:
this year throw veggie burgers
on the grill ...
and next year,
someone else will
host the cookout.



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 | |



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Your Opinion Matters!
Please leave us a review to let us know
how we're doing!

Happy



**INDEPENDENCE
DAY**