

# The Birdsong Quail Park of Granbury Monthly Newsletter



### Residents

9/3 Mary D. 9/29 Lois N.

9/30 Arveja C.

### Employees

9/8 Elvira

9/8 Monica

9/9 Patricia

9/12 Isle

9/16 Jeanee

### 7th - End of Summer Party

8th - Pastafina Lunch Outing

Lakeside Baptist Singers

15th - D'Vine Wine on the Square

22nd - Mi Familia Lunch Outing

6th - Labor Day

12th - Grandparents Day

19th - Talk Like a Pirate Day

26th - National Family Day



### A message from our Executive Director

I'm sure you've all noticed some updates we are having around the community. The most exciting for me is the parking lot repairs. We are hoping the repairs will be complete in the next couple of weeks and look forward to the much-improved look and driving experience. We appreciate your patience through this process! The carpets have been cleaned and the rock upgrade in the large courtyard is almost complete. We will continue to make upgrades throughout the community. Some small, some bigger. We want Quail Park to continue to be the best place call home. Fall is coming! We have a few more weeks of warm weather,

then should start to see cooler days ahead. This 9/11 marks the 20th year anniversary of the 9/11 attacks. I think each of us can remember exactly what we were doing when the first plane crashed into the tower. I was driving to work, and I got a phone call from my sister. She asked if I heard the news. I was not listening to the radio, so I was oblivious to what was going on. She told me a plane had flown into one of the twin towers. I turned on the news and when I arrived to work, we were fixated on the TV we had in the waiting room. My boss came in and sent us all home saying we needed to be with our families. I left and picked the kids up from day care and my firefighter husband came home and we literally sat in shock in front of the TV as additional news came in. The first tower, the second tower, the Pentagon, United Airlines flight 93 crashes in a field...the news kept coming. I remember sitting in front of the television for days holding my babies wondering what was next. Were there to be more attacks? There were thousands of people who perished at the scene and thousands who have passed since due to cancer, lung issues, suicide, and countless other reasons. There are still unidentified victims. Our nation came together. Together. That word means so much. I hope that in the weeks ahead, you take a minute to remember 9/11. Our nation pulled together to get through what was undoubtedly a pivotal changing point for each of us. We learned to help others better, we learned to cry and mourn together, and we learned to pray together. We learned that together meant. Together with our families, together with our neighbors, friends and together with strangers. We learned together we survive terrible tragedies and overcome.

"When Americans lend a hand to one another, nothing is impossible. We're not about what happened on 9/11. We're about what happened on 9/12."

-Jeff Parness, founder of New York Says Thank You

Tons of love and hugs,

Word of the Month Possibility

For me and maybe for most of us, I know we yearn for more out of our lives. It's an incredibly human quality to seek more happiness no matter what stage of life one is in. Whether it's an advancement in your career, a happier home life, a stronger/healthier body, or just overall inner peace, there seems to be forever something to strive and attain. There is an inner desire in each one of us that we hope to expand upon. And it is possible! It is my sincere belief that we only need to decide on what to place our focus and attention on.

Written by Jill from TheDailyMethod.com



### Matthew 19:26

And looking at them Jesus said to them, "With people this is impossible, but with God all things are possible."

Source: https://bible.knowingjesus.com/topics/Possibilities-For-God





Michelle Allen Wellness Director

## THE BENEFIT OF EXERCISE

According to the medical professionals, exercise can help you live a longer, healthier life. There are many benefits of exercising when you're a senior, including:

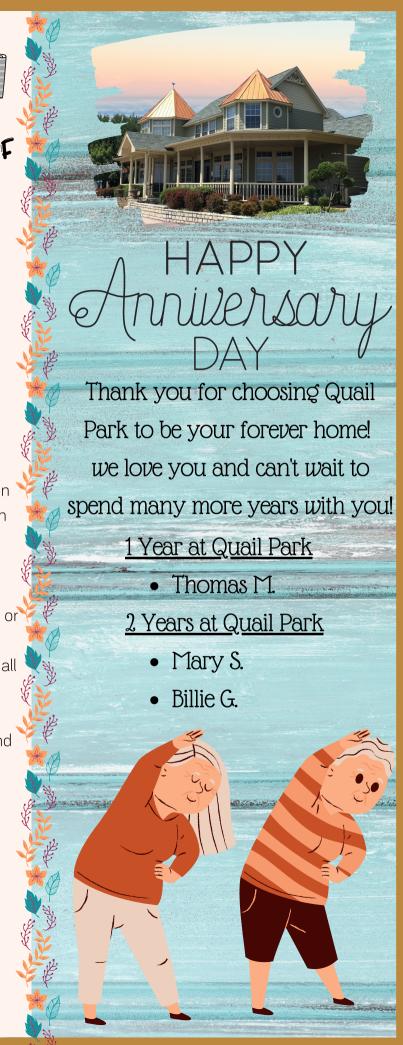
- It improves your strength. This helps you stay independent
- It improves your balance. This prevents falls
- It gives you more energy
- It prevents or delays diseases, such as heart disease, diabetes, or osteoporosis
- · It can improve your mood and fight off depression
- It may improve cognitive function (how your brain works)

It is safe for most adults to exercise, and many conditions that are listed above are improved with exercise. If you are not sure if exercise is safe for you or if you are currently inactive, ask your doctor.

There are 4 types of exercise. It important to include all 4 types in your exercise routine.

- Endurance increases your breathing and heart rate. Improves the health of your heart, lungs, and circulatory system.
- Strength makes your muscles stronger
- Balance helps prevents falls
- Flexibility stretches your muscles, keeps you limber and more easily able to move.

If you are not already active, begin slowly. Start with exercises that you are already comfortable doing. Starting slowly makes it less likely that you will injure yourself. Starting slowly also helps prevent soreness. Next month: Easy exercises for seniors





### BUTTERNUT SQUASH CHICKEN POPPERS



### INGREDIENTS

- · 2 thsp coconut oil (sub avocado oil)
  - 2 tbsp coconut flour 2 cups butternut squash
- I clove garlic, minced 2 slices of bacon
- 2 tsp sage
- I tsp sea salt
- I lb ground chicken (substitute turkey)
- 2 tsp rosemary I honey crisp apple, peeled and finely diced
  - 1/4 medium onion, finely diced

#### STEPS

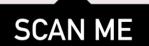
- 1. Preheat the oven to 375 and line a baking sheet with parchment paper
- 2.Using a food processor, rice the butternut squash until fine. Remove from the food processor and set aside. Process the bacon in the food processor until finely chopped.
- 3. Use a large mixing bowl to combine the chopped bacon and ground chicken. Mix the remainder of the ingredients into the chicken mixture and mix well until fully combined.
- 4. Roll the chicken mixture into small chicken poppers, slightly flattening with the palm of your hand. Place on a baking sheet evenly spaced.
- 5. Place in the oven for 25-28 minutes, flipping half-way through. Crisp further in a pan or place under the broiler if desired for I-2 minutes to crisp further. Remove from the oven when thoroughly cooked through
- 6. Allow to cool and serve by themselves or with a refined sugar-free cranberry sauce



Your voice matters! Please leave us a review!



This year we won best of Hood County for Independent Living, Assisted Living, and Memory Carel We are so grateful for your love and support to make this happen!



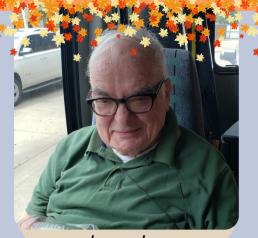








## MEET YOUR NEIGHBOR



John Cheney

John has been a resident at Quail Park of Granbury for 3 years. He is always a friendly face in the hallways and the king of puns and jokes! John served as a lieutenant in the Army where he was able to be apart of the Nuclear Test Operation. As John would say, it was a big Bang! John got to experience not one, but two Nuclear bombs go off at the testing site. His job during all of that was the fix station radio officer, they were the communications between all of those at the site. After his time in the military, he was a high frequency radio communication designer for ten years. After this, he spent the next 20 years as a computer programmer before retiring. When asked about what his favorite thing was about Quail Park, John replied with the people and the staff. John has been a very active resident in our community and provides the staff and residents with a devotional every week! Making sure that not one person goes by without hearing the good news about our Lord and Savior Jesus Christ. John even wrote a book about the wonders of what God has done through his life. This book can be found in our Library at Quail Park. "I couldn't of picked a better place to live" We couldn't agree more John! We are so blessed

to have you apart of our family!

# 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

### WORDS OF WISDOM FROM OUR RESIDENTS

Some people try to turn back their odometers - Not Me!!

I want people to know why I look this way. I've traveled a
long way and some of the roads weren't paved.







How do I know when it's time to place my loved one with dementia in a long-term care facility?

This, of course, is different for every patient, but it is also different for every caregiver. My rule of thumb is that there is no downside to placing a loved one in a facility too soon. However, there are many drawbacks to waiting too long. If your loved one requires a higher level of care, but you decide to wait, the number of things that can potentially go wrong are endless.

#### Medication Management

In a facility like a memory care unit, all medications are carefully regulated. They are administered on a strict schedule, the nursing staff looks for any indications that a resident's regimen should be changed, and they can usually implement these changes quickly once the doctor has approved them. When your loved one is living at home, all of the medication oversight falls to you. While many family caregivers learn a great deal while caring for their loved ones with dementia, there are certain signs and issues that only medical professionals can pick up on and address. Even if you do notice a problem, getting them to the doctor for an evaluation to change their meds can be a struggle.

#### Mobility Issues

Toward the end stages of dementia and Alzheimer's disease, patients have extremely limited mobility. This is a serious hazard for both the patient and their caregiver. For example, a petite 70-year-old woman could easily get hurt trying to get her 180-pound husband to the bathroom two or three times each night. Continuing to care for him at home puts them both in danger of falling. Bathing, toileting, dressing, and other activities of daily living all come with risks, but a facility is far better equipped to safely handle all of these. They have the proper equipment, training and manpower to assist residents and prevent accidents.



Finish reading this article by scanning the QR Code or visit

https://www.agingcare.com





#### 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.



817-279-9259

**SCAN ME** 

### Reminders / Notes



Instead of the John I call my bathroom the Jim! That way it sounds better when I say I go to the Jim first thing every morning!!!

## An Active lifestyle is a Healthy Lifestyle Place a checkmark pext to the activities you did this month!

That a should have to the activities you are this month.		
	Played Bingo Read a Book Worked on a Puzzle Happy Hour Arts & Crafts Exercise	<ul> <li>□ Visited with a Friend</li> <li>□ Visited with Family</li> <li>□ Attended Church</li> <li>□ Gardened</li> <li>□ Enjoyed the sunshine</li> </ul>
	$\square$ Walked around the building	
	☐ Attended a live performance at Quail Park	