



The Birdsong

Quail Park of Granbury Monthly Newsletter



Special Events

- 7th - End of Summer Party
- 8th - Pastafina Lunch Outing
Lakeside Baptist Singers
- 15th - D'Vine Wine on the Square
- 22nd - Mi Familia Lunch Outing

Happy Birthday

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

Holidays

- 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,

Cheri Rose



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.knowing-jesus.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



HAPPY Anniversary DAY

Thank you for choosing Quail
Park to be your forever home!
we love you and can't wait to
spend many more years with you!

1 Year at Quail Park

- Thomas M.

2 Years at Quail Park

- Mary S.
- Billie G.





What's Cooking with
our Executive Chef

BUTTERNUT SQUASH CHICKEN POPPERS



INGREDIENTS

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

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 1-2 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!

many
thanks



This year we won best of Hood County for Independent
Living, Assisted Living, and Memory Care!

We are so grateful for your love and support
to make this happen!

SCAN ME



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.

- By Peggy DuVall





Ericka Carreras
Memory Care Director

The Cottage

Memory Care

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>



SCAN ME

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



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 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 | |