

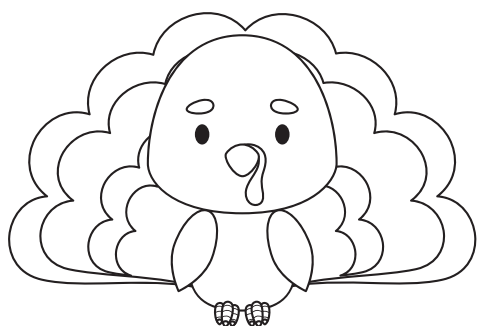


The Birdsong

Quail Park of Granbury Monthly Newsletter



November



Fun events happening at Quail Park!

- 1 - Bus Ride to Braums
- 2 - Hope Choir Singers
- 3 - Trip to Granbury Square
- 10 - Cotton Patch Lunch
- 11 - Honoring Veterans
- 17 - Trip to Winstar
- 18 - DJ Jim Happy Hour
- 24 - Trip to the Square



THANKFUL

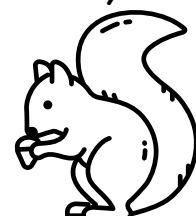
I have seen better days, but I have also seen worse. I don't have everything I want, but I do have all I need. I woke up with some aches and pains, but I woke up. My life may not be perfect, but I am blessed!

- Peggy DuVall

Holidays



- | | |
|----------------------------|-------------------|
| 2 - All Souls Day | 25 - Thanksgiving |
| 6 - National Nacho Day | 26 - Black Friday |
| 7 - Daylight Savings | |
| 10 - Marine Corps birthday | |
| 13 - Sadie Hawkins Day | |



*A message from our
Executive Director*



Many of you know that I have a twin sister. We are identical. Well, we WERE identical until the youth wore

off and the wrinkles crept in a bit. She is my best friend, and we do most things together still. We don't usually get into trouble like we did when we were kids, but there are still times..... 😊 We have an older sister who helped in all our ventures (Good and bad) as well. The 3 Musketeer's.

I was thinking this morning about the time we were 6 years old and decided our older sister who was 8 and us were going to run away. Now, I can't remember what it was that caused us to be so mad at mom and dad, but boy were we mad!! It was something trivial I'm sure, like having to keep our bedrooms clean or take a bath every day but whatever it was, it was the most unfair thing in the world in our little 6 and 8-year-old minds.

We decided we were going to run away and never come back. This required some preparation ahead of time. We decided we would leave in the middle of the night, and we needed to pack. We each put an apple and an orange into our backpacks thinking this would last us long enough to find a

new place to live where 6 and 8-year olds didn't have rules about when to be home for dinner or what time we had to go to bed. Now keep in mind, this was 1977 and things were a bit different back then. We played outside all day and had to be home for dinner then back outside again until the streetlights came on. It was a much different world back then. I'd love to be 6 years old again during that much simpler time.

So, we went to bed and whispered about whichever one of us woke up would wake the others up and then we would run away. Plans didn't go as we thought though because we all 3 slept all night. The next day we decided it would be that night we would go. Turns out, we slept through that night again. This planning went on for several days and eventually we forgot about our plan to run away. About 2 months later there was a very strange smell coming from the small closet where we had hidden our backpacks. Turns out oranges and apples don't last forever in a dark backpack, and they spoiled. Mom found the backpacks and asked why there was fruit in them. We made up some story about packing them for a picnic then forgetting them when we had our picnic. Mom bought the story. Or so we thought..... A couple of weeks later Dad and Mom appeared with 3 backpacks. In each backpack was some granola bars,

a few sandwiches and some capri suns to drink and some proper clothing. Dad and Mom smiled and sat each of us down. They said that they knew we had planned to run away a while back and if we were going to run away we needed to make sure we had packed appropriately and that we had a plan. They would help us make a better plan. Where were we going? Where were we staying? How would we make money? How would we get to school? And so on. We all 3 stared at them like they were crazy!! What did they mean? Were they going to let us go and be by ourselves and starve to death? No friends. No parents! What were they thinking? They must have lost their minds. We cried about not wanting to leave and go away. We were home! We were family! How could they do this to us! They just smiled and allowed us to decide to stay.

I laugh today thinking about this memory. They were so good to let us work through our feelings without being angry and without us knowing it they allowed us to decide based on facts instead of feelings. This is a difficult thing at times for me, even now. It's so easy to let emotion take over when we are mad and not think rationally about the outcome. We learned to slow down a little and think things through to reach a better outcome. We didn't want to run away. We had a happy home and a loving family. We were just mad. There have been many times since, and even now that I want to just run away. Because I had wonderful parents who taught me a very important lesson that sometimes running isn't the best answer to a problem and hitting it straight on works best. This has helped me through many difficult situations.

Do you ever feel like running away? If so, take a lesson from my story. Staying close and talking to people who love you might be a better option. You won't starve, you won't freeze to death and your fruit won't rot in your backpack.

Let me know if you need anything, even if its just to talk about not packing it in when things get tough.

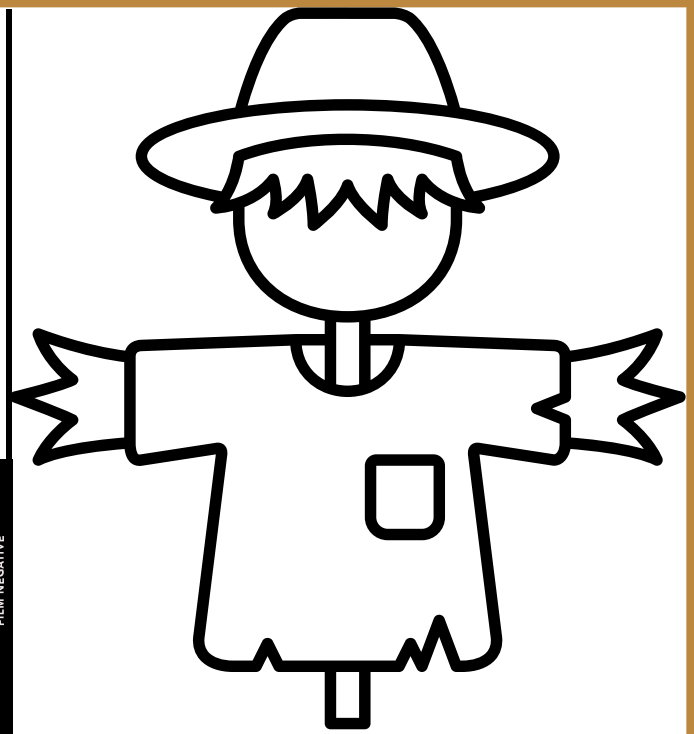
I love you!

Cheri Rose





2 - Ericka C.
11 - Louise H
12 - Mike T..
13 - Sonnie M.
15 - Vernon L
16 - Jean P.
25 - Mandy T.
29 - David C.



ANNIVERSARY

1 YEAR

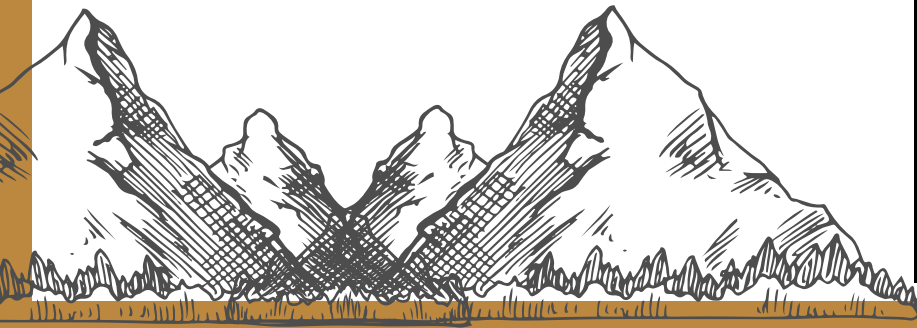
2 YEAR

JoAnn R.
Harold & Marlene
Delores G.
Ben & Wanda.

Ethel R.
JoAnn C.

Word of the Month Humble

ADJ. having or showing a modest or low estimate of one's own importance.



Philippians 2: 3-4

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, Not looking to your own interests but each of you to the interests of the others.



*What's Cooking with
our Executive Chef*

Southern Cornbread Dressing

Ingredients:

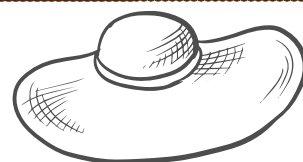
- 1 batch Southern cornbread crumbled
- 8 tablespoons butter
- 1 medium onion chopped
- 4 celery ribs chopped
- 1½ teaspoons dried sage
- 1 teaspoon poultry seasoning
- 3 bread slices toasted and crumbled
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup milk
- 3 eggs lightly beaten
- 3 cups chicken broth
- 2 tablespoons butter

Directions:

1. Preheat oven to 350°F. Butter a 9"x13" baking dish, and set aside.
2. In a medium skillet over medium heat, melt 8 tablespoons butter.
3. Add onions and celery to skillet and sautee until tender.
4. Stir in poultry seasoning, sage, salt, and pepper. Remove from heat, and set aside.
5. In a large mixing bowl, add cornbread crumbles and toast crumbles. Stir in chicken broth.
6. Add onion mixture to cornbread mixture, and stir to combine. Test seasoning now and adjust as necessary.
7. In a separate bowl, whisk together milk and eggs. Pour into dressing mixture and stir to combine.
8. Transfer dressing mixture to prepared baking dish, and spread gently and evenly.
9. Cut the remaining 2 tablespoons butter into small slivers and scatter on top of the dressing.
10. Bake for about 30-40 minutes, or until browned on the top.



Mini Mall Experience

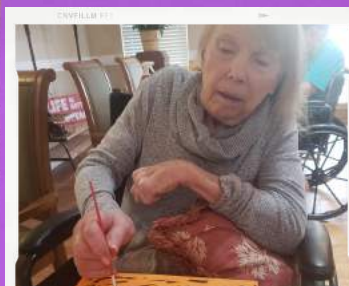


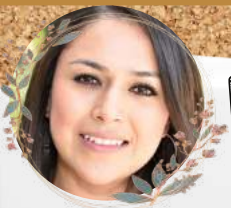
The Cottage

ACTIVITIES!

A month full of FUN!

- | | |
|---------------------------------|-------------------------|
| 1 - Bus Ride & Braums | 17 - Resident Council |
| 2 - Hope Choir Singers | 18 - Chair Yoga |
| 3 - Bean Bag Baseball | 19 - Make Bird Feeders |
| 4 - Men's Coffee Group | 20 - Name that Tune |
| 5 - Popcorn Ball Baking Class | 21 - Devotional |
| 6 - Popcorn Social | 22 - Bus Ride |
| 7 - Devotional and Gospel Music | 23 - Coke Float Social |
| 8 - Memory Lane Music | 24 - Adult Coloring |
| 9 - Balloon Volleyball | 25 - Thanksgiving lunch |
| 10 - Bingo | 26 - Making S'mores |
| 11 - Honoring our Veterans | 27 - Moving to Music |
| 12 - Fall Wreath Making Class | 28 - Gospel Music |
| 13 - Water Flowers | 29 - Crafts |
| 14 - Resident Choice Games | 30 - Manicures |
| 15 - Exercise | |
| 16 - DJ Jim Karaoke | |





Ericka Carreras
Memory Care Director

ADAPTING TO THE HOLIDAYS

Helpful tips to enjoy the Holidays , together!

- **Prepare together.** Mix batter, decorate cookies, open holiday cards or make simple decorations. Focus on the task rather than the outcome.
- **Host a small gathering.** Aim to keep celebrations quiet and relaxed.
- **Avoid disruptions.** Plan a gathering at the best time of day for the person with dementia. Keep daily routines in place as much as possible.
- **Provide a quiet place.** If you are having guests over, provide a quiet place for the person with dementia to have time alone or to visit with one person at a time.
- **Plan meaningful activities.** You might read a favorite holiday story, look at photo albums, watch a favorite holiday movie or sing songs.
- **Keep outings brief.** If you'll be attending a holiday gathering, plan to be brief or be prepared to leave early if necessary. Make sure there is a place to rest or take a break.

Celebrating at a care facility

If your family member lives in a nursing home or other care facility, try these ideas:

- **Celebrate in the most familiar setting.** Because a change in environment can cause distress, consider holding a small family celebration at the facility. You might participate in holiday activities planned for the residents.
- **Minimize visitor traffic.** Arrange for a few family members to drop in on different days. A large group may be overwhelming.





BENEFITS OF THE PFIZER BOOSTER SHOT

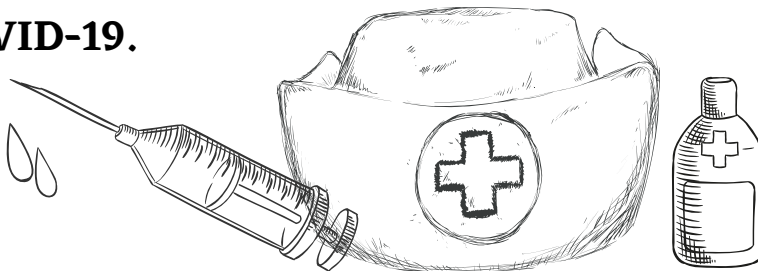
If you have been watching the news, or been in a conversation with someone, the topic right now is the Covid-19 booster. The first one to be approved is the Pfizer, the others are in approval stages.

According to the CDC - studies show that after getting vaccinated against COVID-19, protection against the virus may decrease over time and be less able to protect against the Delta variant. Older adults and 50-64 year old people with medical conditions should get a booster shot. The risk of severe illness from COVID-19 increases with age, and can also increase for adults of any age with underlying medical conditions. Residents who live closely together in group settings; such as assisted living and long-term care settings are at increased risk of infection and severe illness from COVID-19, according to the CDC.

Some people may ask what are the side effects? With any medication, injection or vaccine, there are side effects. You may not have any and others may have some. On the arm where you get the shot, you can have pain, redness and swelling. Throughout the rest of your body you may experience: tiredness, headache, muscle pain, chills, fever, and nausea.

You can relieve post-vaccination side effects by taking Ibuprofen, Acetaminophen, Aspirin, or Antihistamines. Talk to your doctor to see what medication is safe for you. Lastly, to reduce pain and discomfort where you got the shot; apply a clean, cool, wet washcloth over the area. Use or exercise your arm.

Remember these side effects should go away in a few days. Drink plenty of fluids, and get rest. The best course of action is to be safe and prevent ourselves from COVID-19.



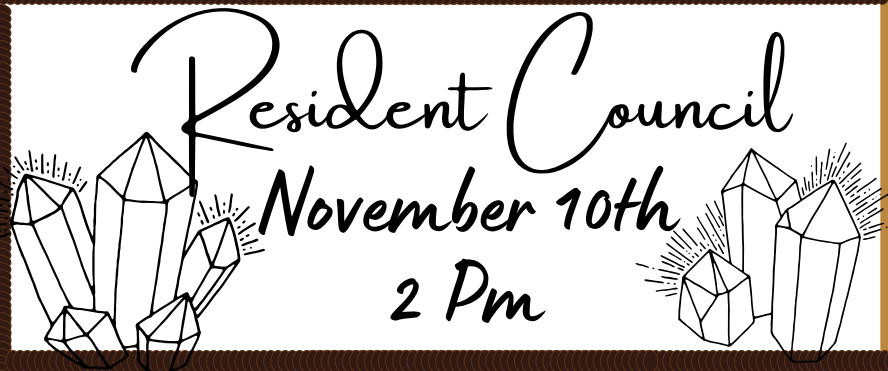
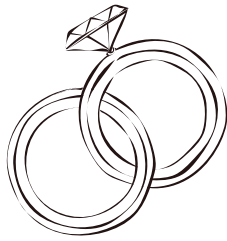


What's Happening In the Neighborhood



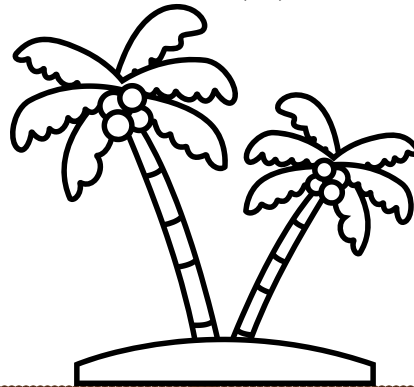
On October 16th Shelly said "I do" to her best friend, Randy!

Congratulations
to the New Mr. & Mrs.!!!



DID YOU KNOW?

It is Illegal to laugh to loud in Hawaii?
Apparently you can only do Aloha!



We want to hear from you!
Scan the QR code to leave us a review and let us know how we're doing!



PRESS YOUR LUCK!

Winstar Trip
November 17th

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 | |