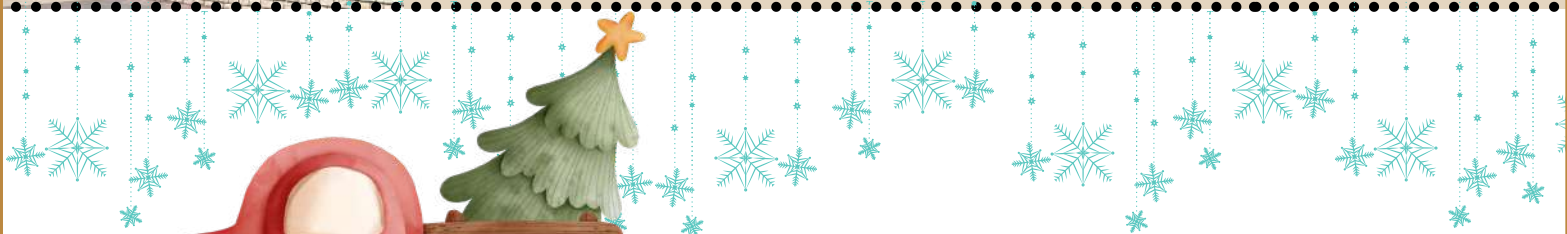




The Birdsang

Quail Park of Granbury Monthly Newsletter



DECEMBER

Special Events

- 7th - Hope Singers Choir
- 8th - Chilis Lunch Outing
- 15th - Christmas Party!
- 16th - DJ Jim at Happy Hour
- 17th - Christmas Carolers
- 22nd - Garcia's Lunch Outing
- 29th - Holiday Lights Tour
- 31st - New Years Eve Party!



Holidays

- 1st - National Christmas Lights Day
- 6th - Walt Disney Day
- 7th - Pearl Harbor day of remembrance
- 24th - Christmas Eve
- 25th - Christmas Day
- 31st - New Years Eve



*A message from our
Executive Director*



With Thanksgiving over and Christmas upon us, I want to share with each of you a special Christmas story about my family.

Dad was in Vietnam for his second tour and mom was pregnant. You guys know, back in those days there were no ultrasounds to determine the sex of your baby, so it was a nice surprise to find out as you delivered if you had a boy or a girl. Dad and mom wrote each other letters every day and talked about the things going on and their excitement about finding out what the baby would be. Would it be another girl (they had a 2-year-old at the time) or would it be a boy?

Christmas morning mom started to have some labor pains. She was a couple of months early to go into labor and nervous since dad was in Vietnam. However, she knew she would be having a baby and it would be here on Christmas day. I think back about how afraid she must have been but when she told the story, she only talked about being excited to see her baby. She couldn't wait to see if it was a boy or a girl and was anticipating getting to tell my dad what they had. The day drew on and on and she was starting to have some problems and the medical team decided to do a Cesarean section because she was struggling. It was a very scary situation. They put her to sleep to do the C-Section.

When she woke after surgery, she asked if the baby was healthy. The nurse said to her. Yes, the baby is healthy. So is the other one. **IT'S TWINS!** The Red Cross immediately started to try to get a message to dad in Vietnam. They could not find him and it took a while for him to get the telegram. When the telegram came a few weeks later, his commanding officer received it. He found my dad and told him that mom had to have an emergency Cesarean. Dad was very scared and asked if Mom was ok. They told him she was fine. Dad asked, "How is the baby?". The commanding office said, "the babies are fine". Dad didn't hear the surprise in the message and asked if it was a boy or a girl. The officer said "it's a girl! And another girl!". It took a few minutes before Dad realized that there were 2 babies! He hooped and hollered that he now had 3 girls! I'm pretty sure his Commanding Officer probably thought – 3 girls! He's in for an expensive life. (Laughing). It was another few months before he was able to come home and see Mom and his 3 girls, but he says he was so grateful we were all healthy. He also has said many times that he wouldn't trade his 3 girls for the world.....but....it was an expensive life. (laughing) We girls had, and still have, Dad wrapped around our little fingers. (WINK).

We have had a wonderful life because of the sacrifices that our parents made for us. Christmas was always extra special because we got to share it with Jesus. Dad and Mom always made Christmas super special for us keeping the importance of Christmas on Christ and togetherness. I wouldn't trade my life for anything in this world. I pray, this Christmas season, that you are blessed and able to count all those blessings! I am so grateful to have each of you in my life and be able to share the wonderful memories that we can make together every day.

Christmas love and blessings to each of you!

Hugs - Cheri





*What's Cooking with
our Executive Chef*

HOMEMADE EGGNOG

- 6 large egg yolks
- 1/2 cup granulated sugar
- 1 cup heavy whipping cream
- 2 cups milk
- 1/2 teaspoon ground nutmeg
- pinch of salt
- 1/4 teaspoon vanilla extract
- ground cinnamon , for topping



INSTRUCTIONS

1. Whisk the egg yolks and sugar together in a medium bowl until light and creamy.
2. In a saucepan over medium-high heat, combine the cream, milk, nutmeg and salt. Stir often until mixture reaches a bare simmer.
3. Add a big spoonful of the hot milk to the egg mixture, whisking vigorously. Repeat, adding a big spoonful at a time, to temper the eggs.
4. Once most of the hot milk has been added to the eggs, pour the mixture back into the saucepan on the stove.
5. Whisk constantly for just a few minutes, until the mixture is just slightly thickened (or until it reaches about 160 degrees F on a thermometer). It will thicken more as it cools.
6. Remove from heat and stir in the vanilla.
7. Pour the eggnog into a pitcher or other container and cover with plastic wrap.
8. Refrigerate until chilled. It will thicken as it cools. If you want a thinner, completely smooth consistency, you can add the entire mixture to a blender with 1 or 2 tablespoons of milk and blend until smooth.
9. Serve with a sprinkle of cinnamon, and fresh whipped cream, if desired.
10. Store homemade eggnog in the fridge for up to one week.

The more you weigh, The
harder you are to kidnap.

So stay safe... *Eat Cake!*

Entry by Peggy DuVall



WISHING
YOU
a festive
holiday season



Now that you're celebrating another birthday, you're probably saying to yourself... well, you're probably saying a lot of things to yourself.

That's what people your age do!

Entry by Peggy DuVall



Residents

Employees

7th - Wanda L

3rd - Jerry A.

8th - Donna U.

17th - Angela M.

23rd - Kathryn H.

23rd - Lysie, W.

25th - Carol M.

25th - Cheri R.

27th - Billie P.

26th - Mariah H.



Happy Quail Park ANNIVERSARY

ALITA P. Celebrates 1 year!

HOLLIS A. Celebrates 2 Years!

CHRIS R. Celebrates 3 Years!

PAT P. Celebrates 7 Years!



Thank you for choosing us as your forever home!

Word of the Month **COMFORT**

This time of year brings so much comfort! Whether its the getting cozy under a warm blanket, being in the presence of our loved ones or even the comfort knowing the greatest gift we have been given through Jesus. No matter what life throws your way, there is always something or someone there to comfort you!

Luke 2: 11 - 12

"Today in the city of David a Savior was born for you, who is the Messiah, the Lord. This will be the sign for you: you will find a baby wrapped tightly in cloth and lying in a manger."



Memory Care Cottage



Cottage Calendar and Fun Events!

1st - 3rd Decorate for Christmas!

4th - BINGO

5th - Hallmark Christmas Movie

6th - Christmas Card Making

7th - Hope Choir Singers

8th - Gingerbread House Decorating

9th - Chair Yoga

10th - S'mores!

11th - Name that tune

12th - Devotional

13th - Bus ride & Braums

14th - Cocoa Social

15th - Manicures

16th - Christmas Party

17th - Balloon Volleyball

18th - Exercise

19th - Resident Choice Games

20th - Bus Ride & Braums

21st - DJ Jim Karaoke

22nd - Holiday Lights Tour

23rd - Men's Coffee Group

24th - Basketball

25th - Christmas Reminisce

26th - Hallmark Movies

27th - Craft with Staff

28th - Bean Bag Baseball

29th - Apple Cider

30th - Trivia Games

31st - New Years Eve party

Michelle Allen
Wellness Director



LAUGHTER: THE BEST MEDICINE!

Laughter can help-cure negative feelings such as stress, anger, worry, depression, etc. This phrase is one of the few that is derived from the Bible, in the book of Proverbs, Chapter 17, verse 22 which reads that “ A merry heart doeth good like a medicine, but a broken spirit drieth the bones” So laughter is the best medicine was coined

from the first part of the verse as being merry is associated with being happy and lots of laughter. When was the last time you had a really good laugh?

Laughing make people feel good for a reason. It creates a positive mood, allows the expression of happiness and the release of anxiety. Humor eases tension and is a great antidote to a stressful situation. Humor and laughter are natural safety valves that shut off certain hormones that are released during stressful situations. Your sense of humor is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health.

Here are some ways to bring more humor and laughter into your life:

- Smile
- When you hear laughter, move toward it.
- Count your blessings
- Bring humor into conversations
- Laugh at yourself
- Surround yourself with people who make you laugh and have a positive attitude with life
- Emulate children – they are experts on taking life lightly and laughing
- Finally, look for the funny – instead of focusing on life’s miseries, try to find laughter in everything around you. Think of it as looking at the world through a pair of Groucho Marx glasses.

Some information found on caregiver.com

Ho Ho Ho





Bus Ride and Braums
Every Monday at 1:30 PM

Holiday Lights Tour
Every Wednesday at 6 PM

Resident Council
December 21st at 2PM



What's every parent's favorite Christmas Carol? **Silent Night**

How does a snowman lose weight? **He waits for the weather to get warmer**

What's the Grinch's least favorite band? **The Who!**

Who's never hungry at Christmas? **The turkey -- He's always stuffed!**



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



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 | |