



The Birdsong

Quail Park of Granbury Monthly Newsletter



HAPPY
New Year's

2022



January



*A message from our
Executive Director*

Let's be smart and stay safe this year!

The best way to prevent illness is to avoid being exposed to this virus. Learn how COVID-19 spreads and practice these actions to help prevent the spread of this illness. To help prevent the spread of COVID-19:

- Wear a mask to protect yourself and others and stop the spread of COVID-19.
- Stay at least 6 feet (about 2 arm lengths) from others who don't live with you.
- Avoid crowds and poorly ventilated spaces. The more people you are in contact with, the more likely you are to be exposed to COVID-19.
- Get a COVID-19 vaccine when it's available to you.
- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean frequently touched objects and surfaces daily. If someone is sick or has tested positive for COVID-19, disinfect frequently touched surfaces.
- Monitor your health daily.

- Cheri



Holidays

- 1st - New Years day.
- 9th - Law enforcement appreciation day.
- 14th - Dress-up your pet day.
- 17th - Martin Luther King Jr. day.
- 28th - National Fun at work day.
- 29th - National Puzzle day.

Special Events Happening at Quail Park

- ** Bus Ride and Braum's (Every Monday at 1:30)
- ** 12th - Hoffbrau lunch outing
- 14th - Beanbag Baseball
- 20th - DJ Jim at Thirsty Thursday.
- Bible Study Group 6:00PM
- ** 26th - Spring Creek lunch outing
- 27th - Hot Cocoa Social
- 31st - Stay fit exercise class.

Items with a ** next to it has limited spots available.



Want to be apart of the fun? Call
our front desk to secure your spot!

817 - 279 - 9259



*What's Cooking with
our Executive Chef*

BROCCOLI CHEESE AND POTATO SOUP

Prep Time
10 Min.

Cook Time
20 Min.

Total Time
30 Min.



Ingredients

- 2 tbsp flour, AP, whole wheat or gluten-free flour
- 2 1/2 cups less sodium chicken broth, or vegetable broth
- 1 cup fat free milk
- 2 medium potatoes, peeled and diced small
- 1/4 tsp kosher salt and fresh pepper
- 4 cups about broccoli florets, chopped into small pieces
- 1-1/2 cups reduced fat shredded sharp cheddar
- 2 slices 2% American cheese
- 1 tbsp Parmesan cheese
- 1 small onion, chopped
- 1 medium carrot, chopped
- 1 celery stalk, chopped
- 2 cloves garlic, minced
- 1 tbsp butter

Directions

1. Chop onion, carrot, celery, garlic in a chopper or mini food processor.
2. In a large soup pot, melt butter. Add chopped vegetables and sauté on low heat until soft, about 5 minutes.
3. Add flour, salt and pepper to the pot and stir until smooth.
4. Add chicken broth, milk and potatoes and set heat to high until it comes to a boil, then cover and cook on low until potatoes are soft, about 10-15 minutes.
5. Add broccoli florets, Parmesan cheese, and stir well. Adjust salt and pepper to taste. Cook uncovered until broccoli is cooked, about 5 minutes.
6. Add cheddar and American cheese, stir well and remove from heat.
7. Using an immersion blender quickly blend part of the soup for a quick second or two. If you don't have an immersion blender, remove about 1-2 cups of potatoes and broccoli, place it in your chopper, then add it back to the soup. This helps thicken it a bit.



100

Happy Birthday!



Our newest resident, Charles Baldwin from Lubbock, TX is joining our community and he's bringing with him 100 years worth of knowledge and intriguing life stories! On January 27, 2022,

Charles will be celebrating his 100th birthday! This gentleman is a history buff who has experienced firsthand so many of the events that we only read about in school. After graduating from Artesia High School in 1939, Charles enlisted in Civil Pilot Training in the Air Corps Reserves and later joined the Army Air Corps as an aviation cadet. His time in the military lead to this fighter pilot taking on 52 missions during WWII. After 20 years of service Charles retired with a title of Lt. Colonel. Charles married Peggy, his high school sweetheart, and together they raised three wonderful children, Rick, Judy, and Russ. During his retirement, Charles and Peggy enjoyed visiting national parks in their RV. Being an outdoor enthusiast, he loves to hunt and fish! Peggy passed away in 2005, but love found Charles again when he became reacquainted with an old friend. Now him and Myrna have been happily married for 10 wonderful years. Thank you Charles for your bravery and service to this country. Quail Park wants to wish you a very Happy Birthday!



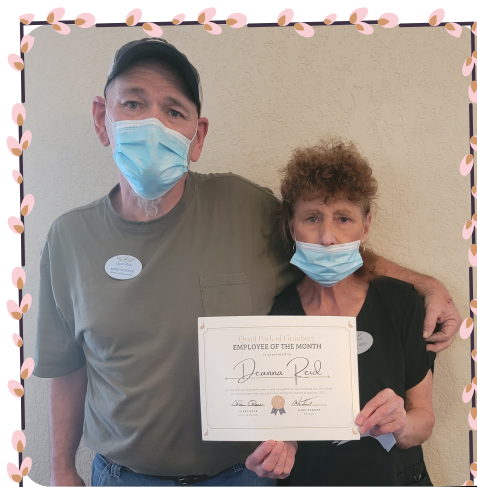
Birthdays

1/11 - Virginia R.
1/16 - Yvonne S.
1/16 - Betty R.
1/20 - Lillian B.
1/25 - Leo J.

Quail Park Anniversary

1 Year - Vernon L.
- Eldon L.
- Hazel D.
- Alice S.
3 Year - Wanda L.
- Bernice P.

WHAT'S HAPPENING IN THE NEIGHBORHOOD?



Deanna Reid receives January Employee of the month Award!



WHAT ARE KATIE BUG BUCKS?

Fake money real prizes!

Katie Bug was the beloved companion of Quail Parks owner, Dennis. He promoted her to VP of Marketing and created a program for staff appreciation by awarding Katy Bug Bucks to staff who go above and beyond their daily duties at Quail Park. At the end of the year, managers throw a big party for the staff where they can use the Katie Bug Bucks earned to bet on auction items. TVs, Laptops, Power tools and Grills are just some of the fun prizes they can win!

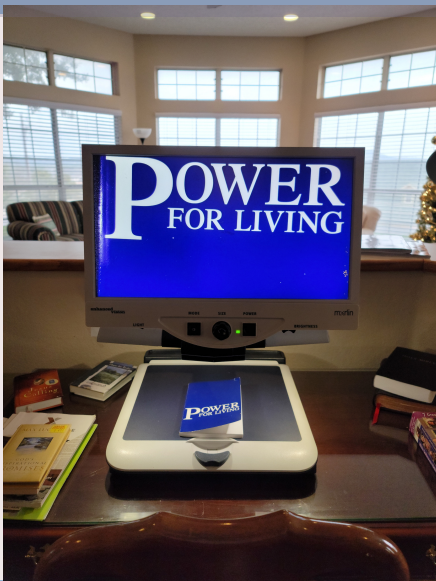
BIBLE VERSE OF THE MONTH

For I know the plans I have for you,
declares the Lord, plans for
welfare and not for evil, to give
you a future and a hope.

Jeremiah 29:11

A man who was outside in
the rain without an umbrella
or hat didn't get a single hair
on his head wet. Why?

RIDDLE OF THE MONTH



New Machine donated to the
residents at Quail Park makes it
easier to read books and other
materials. Located in the Library!

Try it out by taking this page to the machine
to see the answer to this months riddle!

Found next to this arrow



Answer: He was bald



Michelle Allen
Wellness Director

BENEFITS OF MOISTURIZING YOUR SKIN

Is it beneficial to moisturize your skin everyday? The answer to that question is yes! once in the morning and once at night. Moisturizing doesn't just feel great, it can help keep your skin clear, smooth, and wrinkle-free in the future. Using the right kind of moisturizer for your skin can help maintain its balance. If your skin tends to

be oily, you should look for lotions instead of creams, and try to find a moisturizer with exfoliant ingredient. If your skin tends to be dry, look for a cream – they tend to have a higher oil content. The most sensitive areas of your skin – the face, ears, neck, and chest, replace themselves more often than any other area of your skin. This daily loss of skin cells leaves these areas vulnerable to the dryness and the elements – in fact, they are highest-risk areas for skin cancer. Moisturizing can help give your sensitive skin the boost it needs to repair itself and stay healthy. These recommendations are not just for the ladies but for the men too. As men age, their skin also tends to become drier. When this happens, moisturizing can help to retain a more youthful appearance, and can also protect against skin damage, whether that damage comes from a razor nick or from the rays of the sun.

Dry skin can occur in summer and winter months.

Ways to prevent dry skin in the winter are:

- Moisturize right after showering or bathing
- Apply sunscreen daily (yes – even in the winter)
- Use overnight treatments such as emollient
- Use a humidifier – adds moisture back into the air
- Dial down the temperature
- Hydrate from the inside – stay well hydrated throughout the day. Not taking in enough fluid can affect the appearance of your skin and also make it more susceptible to drying out
- Focus on eating foods – high in antioxidants & omega-3 fatty acids
- Wear gloves – they protect your hands against the cold and use a pair of silicone gloves when washing dishes

Limiting the dry air and hot water that touches your skin can help keep your hands smooth and well hydrated.

Information obtained from: healthline



Beautiful Paintings
done by our very
own resident,
Yvonne S.



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 | |