



# The Birdsong

Quail Park of Granbury Monthly Newsletter



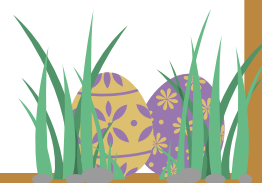
## April

### QUAIL PARK EVENTS

- 5 - Hope Choir Singers
- 8 - Clear Eye meet & greet
- 11 - Sing Along
- 13 - Mesquite Pit outing
- 15 - Easter Egg Hunt
- 20 - Clear Eye Exams
- 21 - Resident Council
- 25 - Bus Ride & Braums
- 28 - Putt Putt competition
- 29 - Bean Bag Baseball

### HOLIDAYS

- 1 - April Fool's Day
- 10 - Palm Sunday
- 15 - Good Friday
- 17 - Easter Sunday
- 22 - Earth Day





## A MESSAGE FROM OUR EXECUTIVE DIRECTOR

# *Spring Has Sprung!*

Oh! how I love spring! The flowers are blooming, the birds are singing, and the weather has finally made up its mind! Well, for today anyways. Easter is around the corner. Easter Sunday is marked by so many beautiful things: Faith, family, warm weather, and reflection. Some people will spend their morning at church, remembering the Resurrection of Jesus Christ, while others will be with the kids, hunting for eggs all around the backyard. My family will be doing both.

Each Easter, I always think about how Jesus's last days went down. He entered a city on a donkey (a symbol of peace) and was highly praised by the people of the city. In just a matter of days He shared his "Last Supper" with his disciples. He was betrayed by one of His own disciples and the same people who praised Him turned their backs on Him as he was beaten and hung on a cross to die next to criminals.

I can't imagine His anguish or the anguish of our Father, God who loves you and I so much that He would sacrifice his ONLY son so that we can live eternally with Him. I CAN imagine how His people felt when they found the tomb empty. They must have been so sad, angry, and scared. Until.....they found out that **JESUS WAS ALIVE!!!** I CAN imagine what it will be like when we meet Him face to face! I am so blessed that God sacrificed His everything for me and for you!

I will enjoy having my family around me on Easter celebrating together. I can still vividly see my children (who are grown now) when they were little being so excited to find the eggs (especially the money egg). I hope that when you think of Easter, you remember the great times and can celebrate the joys you've known and the joys yet to come.

Much love and many hugs to each of you!



This cartoon made me giggle..



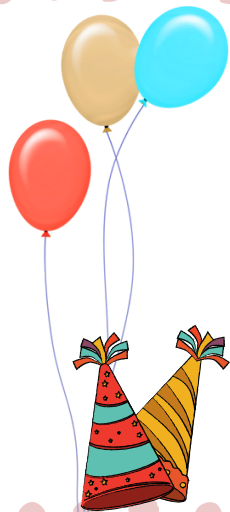


"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him." JOHN 3:16-17



## Happy Birthday

- Jim C. 4/8
- Dalton H. 4/15
- Joann R. 4/21
- Delores G. 4/25
- Jeanelle T. 4/ 28



I had a great joke about COVID... but I don't wanna spread it around.



Coming Soon!

Resident Ambassador Program! Be sure to Sign up at the front desk and order your Golden Shirt!



# WHAT'S COOKING WITH OUR EXECUTIVE CHEF?

## CHEESY SPINACH AND ARTICHOKE PINWHEELS

Yield:	prep time:	cook time:	total time:
8 SERVINGS	20 MINUTES	20 MINUTES	40 MINUTES

## INGREDIENTS

- 1 (14-ounce) can artichoke hearts, drained and chopped
- 2 cups baby spinach, chopped
- 1 cup sour cream
- 1/3 cup mayonnaise
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- Kosher salt and freshly ground black pepper, to taste
- 1 cup shredded mozzarella cheese
- 1/4 cup freshly grated Parmesan
- 2 (8-ounce) tubes crescent rolls
- 1 large egg, beaten
- 2 tablespoons chopped fresh parsley leaves

## DIRECTIONS

1. Preheat oven to 375 degrees F. Lightly oil a pie plate or coat with nonstick spray.
2. In a large bowl, combine artichoke hearts, spinach, sour cream, mayonnaise, garlic powder and onion powder; season with salt and pepper, to taste. Stir in mozzarella and Parmesan.
3. Unroll crescent rolls, pressing perforations to seal into approximately a 13×18-inch rectangle. Top with artichoke mixture.
4. Starting at the shortest side, roll up, pressing the edges to seal. Cut in eighths. Place, cut side down, onto the prepared pie plate. Brush with egg.
5. Place into oven and bake until golden brown, about 20-25 minutes.
6. Serve immediately, garnished with parsley, if desired.





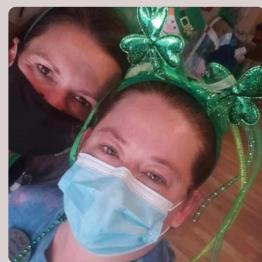


**NEW RESIDENT  
AMBASSADOR PROGRAM!  
PLEASE SIGN UP AT THE  
FRONT DESK. FIRST MEETING  
WILL BE THURSDAY THE 21ST  
AT 2PM IN THE ACTIVITY ROOM**

**WALMART TRIPS  
EVERY OTHER  
WEDNESDAY. SIGN UP  
AT THE FRONT DESK!**



**HAVE YOU SEEN THIS?**  
Quail Park of Granbury now sponsors an ice cream at silver saddle saloon! Be sure to stop by and grab a scoop of their "anti-aging cookies and cream"





## April is National Stress Awareness Month.

### Learn 5 ways to de-stress and help your heart

[www.ewellnessmag.com/article/5-ways-to-de-stress-and-help-your-heart](http://www.ewellnessmag.com/article/5-ways-to-de-stress-and-help-your-heart)

According a Special Health Report from Harvard Medical School, stress doesn't have to ruin your life or your health. Constant stress can have real physical effects on the body. It has been linked to a wide range of health issues, including mood, sleep, and appetite problems — and yes, even heart disease. The connection between chronic stress and heart disease isn't well defined. Yet stress may influence heart disease in subtle ways. "Stress does cause some people to act in ways that increase their risk for heart disease," Dr. Bhatt says. For example, when stressed, people often eat unhealthy food and don't have the energy or time to exercise. Stress can also lead us into other heart-damaging behaviors, such as smoking and drinking too much alcohol.

**Breaking the connection requires both learning to deal with stress and managing unhealthy habits. These five simple tips can help you do just that.**

1. **Stay positive.** Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase "good" HDL cholesterol.
2. **Meditate.** This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure.
3. **Exercise.** Every time you are physically active, whether you take a walk or play tennis, your body releases mood-boosting chemicals called endorphins. Exercising not only melts away stress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.
4. **Unplug.** It's impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV news. Take time each day — even if it's for just 10 or 15 minutes — to escape from the world.
5. **Find ways to take the edge off your stress.** Simple things, like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in your life.





*Congratulations!*

TO CHERI ROSE FOR PASSING  
HER NURSING EXAMS!

we are so proud of you!

"May your Easter be Happy,  
May your day be bright,  
May you enjoy the treats,  
and sweet delights.  
But remember the meaning,  
remember God's gift,  
remember the resurrection,  
may your soul uplift.

-Bill Hoeneveld

It was for me Christ Jesus died.  
So that I could live, He was crucified.  
Jesus was innocent, he knew no sin.  
But yet He died for sinful men.

It was for me Jesus paid the price.  
He became the ultimate sacrifice.  
Oh, the depth of the love of one.  
Who would offer up his only son?

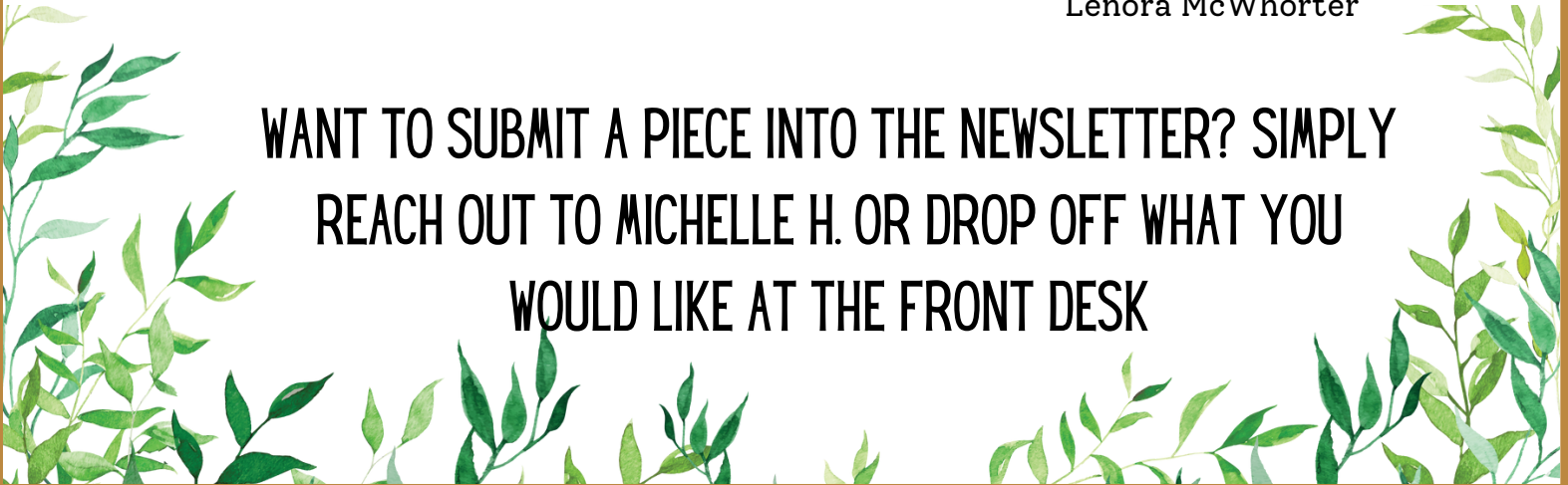
It was for love God gave His all  
to restore mankind after the fall.  
The debt was huge and the price high,  
therefore an innocent man had to die.

God could find no one else to qualify  
to pay the awful debt for you and I.  
Because sin was found in one and all,  
only Jesus could answer the call.

So out of His endless love for man  
God unfolded His perfect plan.  
Jesus said, "I'll give my life for man."  
And God said, "I'll raise you up again."

And through the death of Jesus Christ  
we all have access to eternal life.  
From east to west, in all directions,  
we give thanks for the resurrection.

Lenora McWhorter



WANT TO SUBMIT A PIECE INTO THE NEWSLETTER? SIMPLY  
REACH OUT TO MICHELLE H. OR DROP OFF WHAT YOU  
WOULD LIKE AT THE FRONT DESK

# 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 |  |