TIMELESS

EDITORIAL BY BRISTOL PARK CONROE

APRIL 2024



Spring Clean

Be fresh as flowers and green as grass as you dust off the winter drab and go for green with a good spring clean!

Upcoming Events

Growers Outlet (Outing) 4/3 at 11 a.m.

Pastor Trey Every Thursday 4/4 at 2:30 p.m.

7 Acre Wood (Outing) 4/8 at 11 a.m.

Cooking Spring Creations W/ Culinary 4/10 at 11 a.m.

> Ark Church W/ Pastor John 4/10 at 2 p.m.

Garden Tea Social (Family Night) 4/12 at 5:30 p.m.

> Family/Resident Council 4/16 at 3 p.m.

Dementia Support Group 4/17 at 11 a.m.

Ice-Cream Shop (Outing) 4/17 at 2:30 p.m.

A Picnic In The Park (Outing) 4/23 at 11:15 a.m.

Spring Clean Community Yard Sale 4/27 8 a.m. - 4 p.m.



Spring Clean Yard Sale 4/27

Please join us for a Spring Clean Community Yard Sale on April 27th from 8 am-4 pm. All proceeds will go towards the activity wish list. This will be a great opportunity to get our life skills stations started that we have been talking about. Let's make this sale a great way to eliminate things you don't need or want. Spring cleaning can be fun when

> you know the things that you are eliminating will benefit your loved one.

Please sign up with the Activity Director (Wendy) so we can get you a spot reserved. We will also have a bake sale for the Culinary Dept.

Resident Spotlight

I want to introduce Chuck M. He is one of our residents here at BP; I couldn't think of a better man to choose



than him. Chuck has a huge heart and is always in a great mood. He never complains and goes with the flow. We all iust adore Chuck.

Chuck was born in Santa Monica, California where his father was in the military there. Chuck's father built aircraft in the military, therefore leaving Chuck loving airplanes. He grew up in Childress, TX. He has one brother and one sister. His dad owned the Royal

Crown bottling company; Chuck worked for his father. He married the love of his life Dorothy, and they had one daughter. They have been married for 61 years. Once his father sold the company, he and Dorothy moved to Houston, TX. He then started laying carpet for a carpet company. He wanted to excel in his knowledge, so he started working for Blue Bell Creameries. He worked there for 30 years then retired. Chuck loved working on motorcycles and cars in his downtime. He also loved to fish. He has two grandchildren who adore him.



Housekeeper Spotlight

I want to take a moment to give this wonderful lady a shout-out. Maria is our housekeeper and has been with Sagora for over 8 years. Maria is super friendly to everyone she meets. She is great with the residents and has a sweet personality. She can clean like no other. When she was on vacation a few months back, everyone kept asking when

she would return because she has that special touch. No one can clean like her.

Maria was born and raised in Mexico on a ranch (Vista Hermosa). Maria has been married to her husband for 33 years and has two wonderful children.

Thank you Maria for giving so much to our community.





Spring Clean

April is a month of new beginnings. The winter weather has come to an end, there's more light instead of darkness and new life is breathed into creation. New growth is everywhere — not just outside in nature, but also within oneself.

People are inspired and moved to act as new life fosters a strong sense of openness. Inspiration leads to motivation, which then leads to productivity. That is part of the reason April is known as the prime time for spring cleaning. Making things super clean goes beyond a deep clean. Decluttering and reorganizing are central actions at home. Internally, it's time for the mind, body and soul to be refreshed. People need to reset their systems to catch up with the new life surrounding them.

It's no wonder that April is overflowing with holiday observances that support these notions. A fresh start includes taking care of the environment and finding ways to better care for oneself. Celebrating National Inspiring Joy Day on April 3 is a great way to honor one's self. On the flip side, green and growing things are celebrated through International Plant

Appreciation Day on April 13, National Gardening Day on April 14 and Earth Day on April 22. This month is also National Garden Month.

Take advantage of all that April has to offer and spring clean everything, including one's surroundings and personal health and wellness routines.



Meet the **Bristol Park Team**

Jennifer Harrell

Culinary Director

Wendy Braswell

Program Director

Lena Sweeney

Nursing Director

Felipe Martinez

Maintenace Director

Brittany Clark

Marketing Director



608 S Conroe Medical Dr. Conroe, TX 77304 (936) 441-4454



STERIOR

Welch.

Bristol Park Conroe - Memory Care

April 2024-



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Coffee & Morning Shows 10:00 Rise & Reflect: Devotional 10:05 Spring Into Shape (Workout) 11:00 Golden Girls Social & Bingo (OP) 11:30 Dinning With Grace 2:00 Manicures (Spring Green Colors) 3:00 Comedy Matinee W/ Popcorn 4:00 Sacred Heart Services 4:15 Short Stories 4:30 Dining With Grace 5:30 Reading History & Relaxing	Natl' PB&J Day 9:30 Cup O' Chatter & A.M. Shows 10:00 Gratitude & Growth: Devotional 10:05 Balloon Tennis Tuesdays 11:00 Springtime Crafting Corner 11:30 Dinning With Grace 2:00 Homemade PB&J Creations 3:00 Planting Spring Flowers 4:00 Golf Competition 4:30 Dining With Grace 5:30 Trivia W/ The RA's	9:30 Java Jaunt & Breakfast Banner 10:00 Sunrise Serenity: Devotional 10:05 Spring Workout Wednesday 10:50 Pastor Randy W/ Alamo Hospice 11:30 Dinning With Grace 1:00 The Growers Outlet (Outing) 2:00 Reading, Music & Dancing 3:00 Golf Tournament 4:00 Happy Hour & Bingo 4:30 Dining With Grace 5:30 Puzzles & Patsy Cline	9:30 Rise & Shine & Conversations 9:45 Daily Blessing: Devotional 10:00 Happy Strings Singers 11:00 Old Timers Men's Club (RR) 11:30 Dinning With Grace 2:00 Music W/ Pastor Trey 3:00 Golf Tournament 4:00 Painting Spring W/ A Twist 4:30 Dining With Grace 5:30 Sorting Dominoes	9:30 Java Jaunt & Breakfast Banner 10:00 AM Affirmations: Devotional 10:05 Spring Into Fitness Friday 11:00 Short Stories & Trivia 11:30 Dinning With Grace 2:00 Movie & Popcorn 3:00 Team Spring Cleaning (MS) 4:00 Chair Travel To Oklahoma 4:30 Dining With Grace 5:30 Fun Facts W/ The RA's	Natl' Caramel Popcorn Day 9:30 Sunrise Sip & Socialize 10:00 Guided Grace: Devotional 10:45 Balloon Tennis Volleyball 11:15 Bible Study W/ Gaynell & Sandra 11:30 Dinning With Grace 2:00 Movie & Caramel Popcorn 3:00 Karaoke On Main St 4:00 Folding & Sorting 4:30 Dining With Grace 5:30 Colorful Creations
9:30 Brews & Views: I Love Lucy 10:00 Daily Devotional 10:15 Online Church Service 11:15 Spring Time Walks Outdoors 11:30 Dinning With Grace 2:00 Springtime Bingo 3:00 Taking A Stroll Down Memory Lane 3:45 Jokes & Riddles 4:30 Dining With Grace 5:30 Independent Prayer & Reflection	9:30 Rise And Shine & Conversations 10:00 Guided Grace Devotional 10:05 Motivate & Movin Monday 11:00 7 Acre Wood (Outing) 11:30 Dinning With Grace 2:00 Manicures (Spring Green Colors) 3:00 Trivia & Tall Tales 4:00 Sacred Heart Services 4:30 Dining With Grace 5:30 Spring Art	9:30 Sip & Spark w/ Morning TV 10:00 Daily Blessings: Devotional 10:05 Balloon Tennis Tuesdays 11:00 Tall Tale Tuesday 11:30 Dinning With Grace 2:00 Karaoke On (MS) 3:00 Spring Cleaning The Flower Beds 4:00 Get 2 Stepping Walking Club 4:30 Dining With Grace 5:30 Unicorn Art	9:30 Sunrise Sip & Socialize 10:00 Everybody Express: Devotional 10:05 Spring Workout Wednesday 11:00 Cooking Creations w/Culinary 11:30 Dinning With Grace 2:00 The Ark Church w/Pastor John 3:00 Trivia & Short Stories 4:00 Happy Hour & Bingo 4:30 Dining With Grace 5:30 Evening Social W/The RA'S	9:30 Sip, Rise & Socialize 10:00 Guided Grace: Devotional 10:05 Therapeutic Thursday 11:00 Old Timers Men's Club (RR) 11:30 Dinning With Grace 2:00 Music W/ Pastor Trey 3:00 Pet Therapy 4:00 Get 2 Stepping Walking Club 4:30 Dining With Grace 5:30 Brain Teasers	Family Night @ 5:30pm 9:30 Cup O' Chatter & A.M. Shows 10:00 Soulful Start: Devotional 10:05 Spring Into Fitness Friday 11:00 Story Time! Let's write a story 11:30 Dinning With Grace 2:00 Spring Painting W/ A Passion 4:00 Detective Findings 4:30 Dining With Grace 5:30 Garden Tea Party Family Night	9:30 Sip, Rise & Socialize 10:00 Sunrise Serenity: Devotional 10:45 Fun Facts & Trivia 11:15 Bible Study W/ Gaynell & Sandra 11:30 Dinning With Grace 2:00 Crafting Corner 3:00 Golf Tournament 4:00 Scrabble 4:30 Dining With Grace 5:30 Scattered Activities
9:30 Morning Mingle & Mugshots 10:00 A.M. Affirmations: Devotional 10:15 Online Church Service 11:15 Balloon Volleyball 11:30 Dinning With Grace 2:00 Popcorn & Brain games (MS) 3:00 Bean Bag Football 3:45 Folding & Sorting 4:00 Gardening In The Court Yard 4:30 Dining With Grace	9:30 Coffee & Morning Shows 10:00 Rise & Reflect: Devotional 10:05 Spring Into Shape (Workout) 11:00 Golden Girls Social & Bingo (OP) 11:30 Dinning With Grace 2:00 Manicures (Spring Green Colors) 3:00 Scrapbooking Class 4:00 Sacred Heart Services 4:30 Dining With Grace 5:30 Reading History & Relaxing	Natl' Wear Your Pj's To Work 9:30 Cup O' Chatter & A.M. Shows 10:00 Gratitude & Growth: Devotional 10:05 Balloon Tennis Tuesdays 11:00 Springtime Crafting Corner 11:30 Dinning With Grace 2:00 Movie & PJ's On The (OP) 3:00 Resident/Family Council 4:00 Famous Foods In Oklahoma 4:30 Dining With Grace 5:30 Trivia W/ The RA's	9:30 Java Jaunt & Breakfast Banner 10:00 Sunrise Serenity: Devotional 10:05 Spring Workout Wednesday 11:00 Dementia Support Group 11:30 Dinning With Grace 2:00 Reading, Music & Dancing 2:30 Ice Cream Shop (Outing) 4:00 Happy Hour & Bingo 4:30 Dining With Grace 5:30 Puzzles & Patsy Cline	9:30 Rise & Shine & Conversations 10:00 Daily Blessing: Devotional 10:05 Therapeutic Thursday 11:00 Old Timers Men's Club (RR) 11:30 Dinning With Grace 2:00 Music W/ Pastor Trey 3:00 Golf Tournament 4:00 Bowling For Bucks 4:30 Dining With Grace 5:30 Sorting Dominoes	9:30 Java Jaunt & Breakfast Banner 10:00 AM Affirmations: Devotional 10:05 Spring Into Fitness Friday 11:00 Make Me Laugh Charades 11:30 Dinning With Grace 2:00 Cleaning & Organizing (Activities Closet) 3:00 Ice-cream Shop (Outing) 4:00 Scattered Table Activities 4:30 Dining With Grace 5:30 Fun Facts W/ The RA's	9:30 Sunrise Sip & Socialize 10:00 Guided Grace: Devotional 10:45 Balloon Tennis Volleyball 11:15 Bible Study W/ Gaynell & Sandra 11:30 Dinning With Grace 2:00 Movie & Popcorn 3:00 Spring Clean Walkers & Wheel chairs 4:00 Folding & Sorting 4:30 Dining With Grace 5:30 Colorful Creations
9:30 Brews & Views: I Love Lucy 10:00 Daily Devotional 10:15 Online Church Service 11:15 Spring Time Walks Outdoors 11:30 Dinning With Grace 2:00 Bingo For Bucks 3:00 Taking A Stroll Down Memory Lane 4:30 Dining With Grace 5:30 Folding & Sorting	9:30 Rise And Shine & Conversations 10:00 Guided Grace Devotional 10:05 Motivate & Movin Monday 11:00 Golden Girls Social & Bingo (OP) 11:30 Dinning With Grace 2:00 Springtime Flower Arrangements 3:00 Woodwork Shop 4:00 Sacred Heart Services 4:30 Dining With Grace 5:30 Evenings W/ Sinatra	Natl' Picnic Day 9:30 Sip & Spark w/ Morning TV 10:00 Daily Blessings: Devotional 10:05 Balloon Tennis Tuesdays 11:15 Picnic In The Park (Outing) 11:30 Dinning With Grace 2:00 Word Search & Table Games 3:00 Spring Clean Is Green In The (GR) 4:00 Get 2 Stepping Walking Club 4:30 Dining With Grace 5:30 Mindful Masterpieces (Art)	9:30 Sunrise Sip & Socialize 10:00 Everybody Express: Devotional 10:05 Spring Workout Wednesday 11:00 Trivia 11:30 Dinning With Grace 2:00 Springtime Bingo 3:00 Spring Cleaning Our Craft Station 4:00 Prayer Group 4:30 Dining With Grace 5:30 Evening Social W/The RA'S	9:30 Sip, Rise & Socialize 10:00 Guided Grace: Devotional 10:05 Therapeutic Thursday 11:00 Old Timers Men's Club (RR) 11:30 Dinning With Grace 2:00 Music W/ Pastor Trey 3:15 Chair Travel To Oklahoma 4:00 Get 2 Stepping Walking Club 4:30 Dining With Grace 5:30 Brain Teasers	9:30 Cup O' Chatter & A.M. Shows 10:00 Soulful Start: Devotional 10:05 Spring Into Fitness Friday 11:00 Story Time! Let's write a story 11:30 Dinning With Grace 2:00 Jump Into Spring Short Stories 3:00 Resident Birthday Bash 4:00 Detective Findings 4:30 Dining With Grace 5:30 Puzzles & Board Games	Spring Clean (Yard Sale) @ 8AM 9:30 Sip, Rise & Socialize 10:00 Sunrise Serenity: Devotional 10:45 Fun Facts & Trivia 11:15 Bible Study W/ Gaynell & Sandra 11:30 Dinning With Grace 2:00 Crafting Corner 3:00 Spring Cleaning Together 4:00 Cornhole Competetion 4:30 Dining With Grace 5:30 Scattered Activities
9:30 Morning Mingle & Mugshots 10:00 A.M. Affirmations: Devotional 10:15 Online Church Service 11:15 Balloon Volleyball 11:30 Dinning With Grace 2:00 Popcorn & Brain games (MS) 3:00 Bean Bag Football 3:45 Folding & Sorting 4:00 Get 2 Stepping Walking Club 4:30 Dining With Grace	9:30 Coffee & Morning Shows 10:00 Rise & Reflect: Devotional 10:05 Spring Into Shape (Workout) 11:00 Golden Girls Social & Bingo (OP) 11:30 Dinning With Grace 2:00 Manicures (Spring Green Colors) 3:00 Scrapbooking Class 4:00 Sacred Heart Services 4:30 Dining With Grace	9:30 Cup O' Chatter & A.M. Shows 10:00 Gratitude & Growth: Devotional 10:05 Balloon Tennis Tuesdays 11:00 Springtime Crafting Corner 11:30 Dinning With Grace 2:00 Oatmeal Cookie Ice-cream Social 3:00 Spring Cleaning The (GR) 4:00 Bird Watching & Feeding 4:30 Dining With Grace	SPS N	oring Clea	n	KEY Main Street

5:30 Reading History & Relaxing

5:30 Evenings W/ 50's & 60's Music

5:30 Trivia W/ The RA's

Supporting Autism Awareness Month

In April of 1970, a new annual observance began to take shape due to the efforts of autism researcher and psychologist Bernard Rimland, PhD. April became Autism Awareness Month by design. Rimland saw the significance of spring's new life and new beginnings. In addition, he wanted to honor his son who celebrated an April birthday. April appeared to be the perfect choice for this monthlong holiday.

Autism Awareness Month's mission is to heighten awareness and promote acceptance of autism spectrum disorder or ASD. This developmental and neurological disorder has a substantial impact on behavior and the ways people learn, communicate and relate to others. There is so much diversity in the disorder. Obtaining a proper diagnosis and an accompanying treatment plan takes time and many specialist visits. Typically, treatments fall into two main areas. One includes therapies that target core autism symptoms like communication problems, social difficulties and repetitive actions. Another includes therapies that hone in on behavioral problems and other secondary symptoms like irritability. Currently, no approved drug treatments address the core symptoms, but there are some that address secondary symptoms.

That being said, new treatments are an ongoing area of research. Trials are currently underway that focus on a hormone integral in the human bonding experience, oxytocin. Some scientists believe it could be an effective tool in increasing social awareness, helping those with ASD better understand eye contact, body language, tone and other social information.

There are so many ways to support Autism
Awareness Month. Learning
about autism, attending or
volunteering at nearby autism
awareness events and advocating for the cause are just a few
of them. April is a great month
to get involved and
support the
cause!



Welcome Our New Team Member!

Meet our newest Sales and Marketing Director, Brittney C. In the short time she has been here, she has shown all of us that she is a team player. Brittney is always offering a helping hand wherever it is needed. Thank you, Brittney, for showing us that you are a great fit at Bristol Park.

Brittney attended Texas State University San Marcos and graduated with a bachelor's in healthcare administration. She has worked in healthcare for eleven years with experience in home health, hospice, home care and memory care.

Brittney moved to the Conroe area two years ago from San Antonio. She is engaged and her wedding is in April 2024. She loves spending time with her family and dogs outside. She also likes spending summer days on Lake Conroe.

Brittney is excited to join the Bristol Park team and looks forward to getting to know everyone.



April Fool's Day	4/1
National Pet Day	
Income Tax Day	4/15
National Volunteer Week	4/21-27
Earth Day	4/22
Passover	4/22-30
Full Moon	4/23
Arbor Day	4/26

Birthstone: Diamond | Flower: Daisy Zodiac: Aries & Taurus



Facial Fridays. Residents loved the feel of their faces after their mask treatments.



Threcia playing balloon volleyball: her favorite!





Craig D. doing what he does best... GOLF!!!!!!





Karaoke with Nancy F. singing- "You Are My Sunshine"

Resident's Favorite Memory Verse

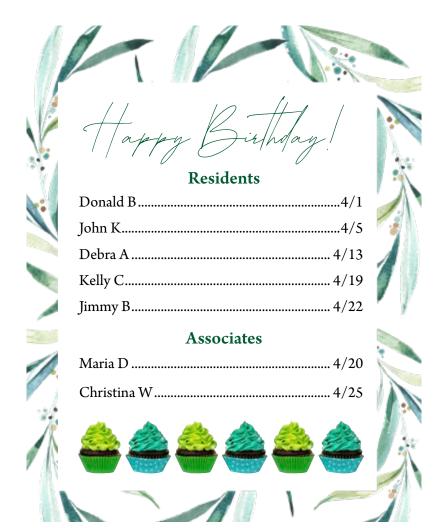
This is the favorite memory verse from one of our residents, Sandra H. Sandra recites this daily as well as leads bible study on Saturdays with Gaynell M. at 11:15 a.m.

Come join us for a fun-filled fellowship on Saturday morning.



This is the day that the Lord has made. Let us rejoice and be glad in it.

Psalm 118:24



SPRING CLEANING WORD SEARCH

AIR
AWAKEN
BLOOM
DECLUTTER
FLOURISH
GREENERY
ORGANIZE
PURIFY
REFRESH
REJUVENATE
RENEW
SPARKLE
SUNLIGHT
SUNSHINE
TIDY

 Y E H S U S H I N E F L U O R I S H D A O

 O R G A N I Z E T M R G O R G U N I Z E E

 D E U G V O R H I T I D Y D E C L U T T A

 K R E C E N G E A R E J U V I N A T E U R

 S E F E E I S E R W R R E J U V E N A T A

 R S S F L O U R I I A G R E E N C W B G I

 E H F N R E F R E S H K R F L O U R I S H

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 V D S A E N R P O R D E C L U T T E R R A

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 A T N G E U Y R A L A I N B L O O M A W A

 I O E H P F H U R E T L R L R A W A K I N

 R R G R R W I E A H I G I F E T T G N I D