

TIMELESS

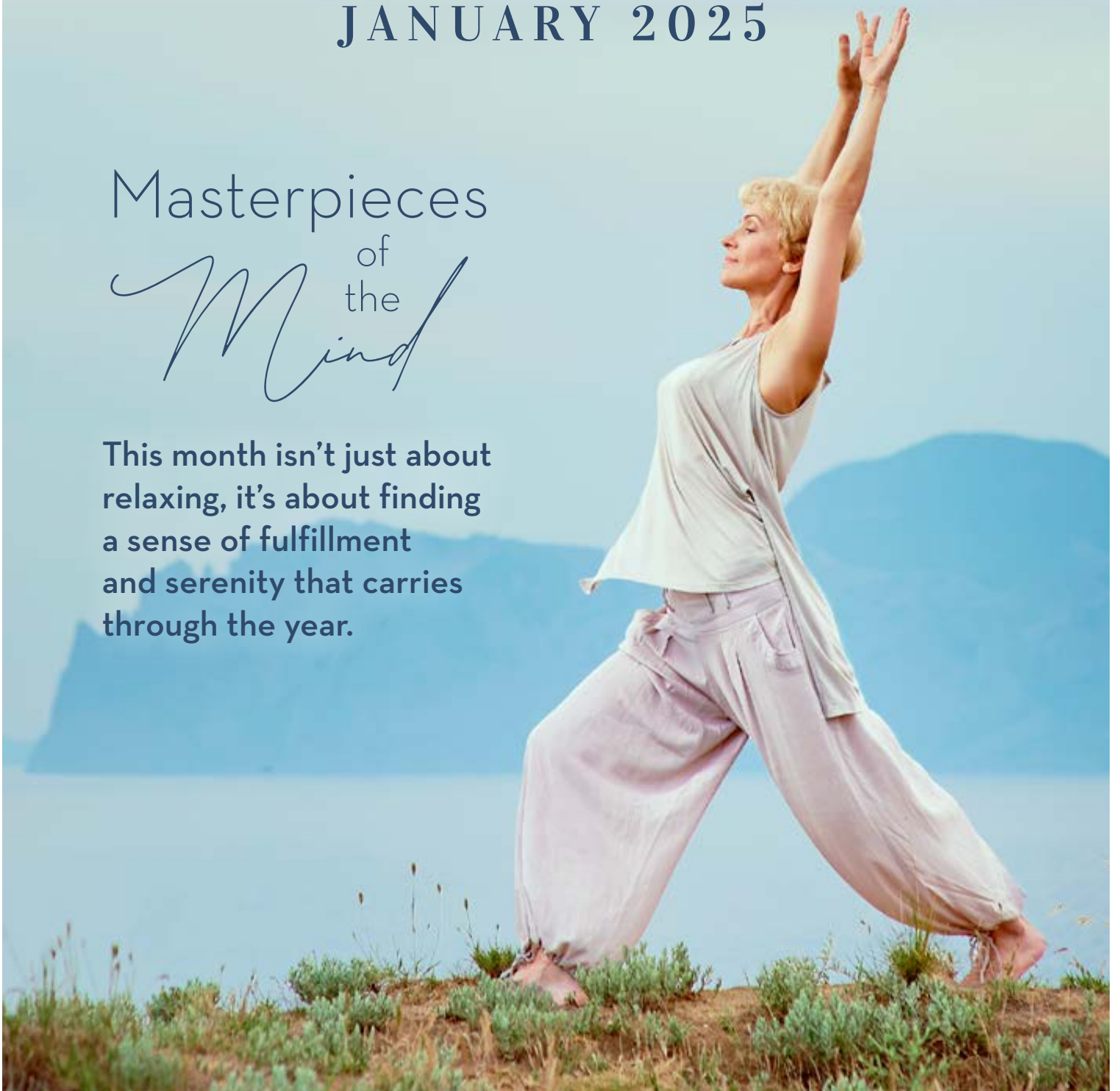
AN EDITORIAL BY BRISTOL PARK AMARILLO

JANUARY 2025

Masterpieces

of
the
Mind

This month isn't just about relaxing, it's about finding a sense of fulfillment and serenity that carries through the year.



BRISTOL PARK AMARILLO | ASSISTED LIVING

Employee Spotlight

Congratulations Gabby!



For the first time in newsletter history, one of Bristol Park's own associates has graciously nominated one of their own team members for Employee Spotlight! So, here it is, Gabby! Know you are appreciated and that your hard work has been seen! For those who

don't know or haven't seen what goes down in the twilight hours here at Bristol Park, Gabby is one of the night-shift resident assistants who work tirelessly through the night to make sure that even when the sun goes down, the residents are well taken care of. She has been described as someone who truly loves and cares for the residents as if she were caring for one of her own parents and even spreads that love to everyone around her just when she speaks. Gabby has been described as someone who cares for plants and has a green thumb, loves spending time with her nieces and would do anything for them, and fills any space she inhabits with fun and happiness. Thank you, Gabby, for everything, and know that here at Bristol Park, your teammates see the good that you do!

Happy Birthday!

- Sharon M 1/1
- Cheryl W..... 1/3
- Robert H..... 1/13
- Alice S..... 1/16
- Judith S..... 1/18
- Jeanet M..... 1/20
- Alfred K..... 1/23
- Annette B 1/24



Masterpiece of the Mind

In today's fast-paced world, where distractions are endless and true relaxation feels increasingly rare, people across the globe are turning to ancient cultural practices to find balance and peace. Two of the most cherished and widely embraced philosophies are Japan's Zen and Scandinavia's Hygge. Though they originate from vastly different regions, both Zen and Hygge offer profound insights into the art of mindful living. By understanding Zen's focus on inner clarity and Hygge's embrace of cozy simplicity, we can uncover ways to bring a sense of calm and fulfillment to our own lives.

Zen is philosophy and spiritual practice that finds its roots in Buddhism. Zen emphasizes direct experience and mindfulness, encouraging practitioners to move beyond conscious thought to attain a sense of inner illumination and deeper intuition. Unlike many philosophical practices that prioritize intellectual understanding, Zen focuses on breaking through mental barriers and achieving enlightenment through everyday actions and awareness.

Similarly, the Scandinavian concept of Hygge (pronounced hue-guh) offers its own pathway to a fulfilling and mindful life. Hygge, deeply rooted in Danish and Norwegian cultures, encompasses the ideas of contentment, warmth, and coziness. It's about embracing simplicity, slowing down, and finding pleasure in small, comforting experiences. Like Zen, Hygge encourages presence and awareness, but its focus lies in creating a comforting environment that promotes peace and relaxation.

While Zen and Hygge originate from distinct cultures and traditions, both share a focus on being fully present and grounded. Zen cultivates this through introspection and discipline, aiming for inner clarity and insight, whereas Hygge finds joy and comfort in one's surroundings, enhancing emotional well-being through connection and a restful atmosphere. Together, they offer timeless lessons for modern life, reminding us that simplicity, mindfulness, and warmth are universal keys to a balanced and peaceful existence.



From the Desk of

Court Dickson

Happy New Year, Bristol Park Family!

The New Year is once again upon us, and with it comes the transition that marks the end of one year and the beginning of the next in a celebration of change and new opportunities. Whether that be by making resolutions for a new start or embracing the new chances to come, this time of the year we are thankful for all that has been given by reflecting on the past and which has yet to be received by embracing the future. January itself marks a variety of significant events that we here at Bristol Park plan to share with you to help start this year right. So, without further ado, I would like to welcome you all into the year 2025 by personally sharing with you my own New Year's Resolution.

For some time, I have been on a hard-fought journey of reinventing myself with better, healthy life choices, and it all began with the motivation to diet and lose weight. I know, I know, aspiring to lose weight isn't exactly a new idea when it comes to New Year Resolutions, but I strive to remain motivated and have learned the best way to lose weight and keep it off is by making lasting lifestyle changes and setting realistic goals.

I started this journey over a year ago and I have seen significant change and plan to continue this new life odyssey into the New Year. I hope that talking about my own goals inspires all of you to reach your own New Year's Resolutions.

"What the New Year brings to you will depend a great deal on what you bring to the New Year."

- Vern McLellan



January 2025

Team Members

Court Dickson

Executive Director

Kellie Ruiz

Business Director

Johnny Rourke

Resident Services Director

Layla Hayes

Pathway's Coordinator

Anthony Smith

Maintenance Director

Michael Zamora

Sales and Marketing Director



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Bristol Park Amarillo - Assisted Living



January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30 Daily Chronicle 10:00 Fitness Fun (Video) 10:30 BUS OUTING: Butterlove Diner 2:00 Jewelry Making Class 6:00 Puzzle Club	9:30 Daily Chronicle 10:00 Fitness Fun! 1:00 Dominos 6:00 Rumikub Club	National Chocolate Covered Cherry Day! 9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Happy Hour 3:30 UNO Bunch! 6:00 Puzzle Club	9:30 Daily Chronicle 10:00 Coffee & Donuts (Lobby) 1:00 Rummikub Club (Bistro) 2:00 Bingo! 3:30 UNO Club 6:00 Rumikub Club
9:30 Daily Chronicle 10:30 Group Puzzles 1:30 Church with Pastor Dave (MR) 3:00 Game Galore (Bistro) 6:00 Rumikub Club	9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Bingo! 6:00 Rumikub Club 6:00 Puzzle Club	9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Bingo with Chelsea! 3:00 Gospel with Pastor Tom 6:00 Rumikub Club	9:30 Daily Chronicle 10:00 Fitness Fun (Video) 10:00 BUS OUTING: Walmart 2:00 Craft Corner 3:00 Planning Committee 6:00 Puzzle Club	9:30 Daily Chronicle 10:00 Fitness Fun! 1:00 Dominos 2:00 Trivia with Bradley! 6:00 Rumikub Club	National Bittersweet Chocolate Day 9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Happy Hour with Ramon 3:30 UNO Bunch!	9:30 Daily Chronicle 10:00 Coffee & Donuts (Lobby) 1:00 Dominoes 2:00 Bingo! 6:00 Rumikub Club
9:30 Daily Chronicle 10:30 Group Puzzles 1:30 Church with Pastor Dave (MR) 3:00 Game Galore (Bistro) 6:00 Rumikub Club	9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Bingo! 6:00 Rumikub Club	9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Bingo! 3:00 Gospel with Pastor Tom 6:00 Rumikub Club	9:30 Daily Chronicle 10:00 Fitness Fun (Video) 10:30 BUS OUTING: Route 66 Buffet 2:00 Craft Corner 3:00 Resident Council (MR)	9:30 Daily Chronicle 10:00 Fitness Fun! 1:00 Dominos 2:00 Trivia with Cayla! 6:00 Rumikub Club	National Classy Day 9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Classy Happy Hour! 3:30 UNO Bunch!	9:30 Daily Chronicle 10:00 Coffee & Donuts (Lobby) 10:30 Accelerate Church Group 1:00 Rummikub Club (Bistro) 2:00 Bingo! 6:00 Rumikub Club
9:30 Daily Chronicle 10:30 Group Puzzles 1:30 Church with Pastor Dave (MR) 3:00 Game Galore (Bistro) 6:00 Rumikub Club	9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Bingo with Jenna! 6:00 Rumikub Club	9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Bingo! 6:00 Rumikub Club	National Blonde Brownie Day! 9:30 Daily Chronicle 10:00 Fitness Fun (Video) 10:00 BUS OUTING: Drug Emporium 2:00 Craft Corner 3:00 Food Council (MR)	9:30 Daily Chronicle 10:00 Fitness Fun! 1:00 Dominos 6:00 Rumikub Club	National Peanut Butter Day 9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Happy Hour with Megan! 3:30 UNO Bunch!	9:30 Daily Chronicle 10:00 Coffee & Donuts (Lobby) 1:00 Dominoes 2:00 Bingo! 6:00 Rumikub Club
9:30 Daily Chronicle 10:30 Group Puzzles 1:30 Church with Pastor Dave (MR) 3:00 Game Galore (Bistro) 6:00 Rumikub Club	9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Bingo! 6:00 Rumikub Club	9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Bingo! 6:00 Rumikub Club	9:30 Daily Chronicle 10:00 Fitness Fun (Video) 10:30 BUS OUTING: The Plaza 2:00 Craft Corner	9:30 Daily Chronicle 10:00 Fitness Fun! 1:00 Dominos 2:00 Baking Class 6:00 Rumikub Club	9:30 Daily Chronicle 10:00 Fitness Fun! 2:00 Happy Hour Birthday Celebration 3:30 UNO Bunch!	KEY Media Room.....MR Dining Room.....DR Activity Room.....AR Fitness Room.....FR Library.....L All activities are subject to change based on our residents' needs and preferences.



TAKE A STEP BACK IN

Times Square

Times Square is one of the most notable spaces in America. It's at the heart of New York City and roughly 50 million people visit it annually. Located between Broadway and 7th Avenue and 47th and 42nd Streets, Times Square is known as the most visited spot in the world, but it wasn't always that way.

Times Square became an engagement hub and must-see tourist destination in the 1990s, after more and more corporations bought their way into the city center and re-invigorated its environment. The state of New York purchased nine of the theaters located on 42nd Street, solidifying Times Square's status as the lifeblood of the theater district. Adult stores were closed and slowly there became room for more family-friendly activities. Restaurants and retail, bright lights and all-night attractions became the norm. The 1980s work in Times Square was largely focused on cleanup and redevelopment, as there was a great deal to overcome from the past.

Prior to that, we can take a leap back in time to learn that Times Square was originally named Long Acre Square. Its name changed in 1904. In 1905, opportunities to visit the area picked up tremendously as the public transportation system ran directly through it. After the Great Depression, however, tourism came to a halt as adult entertainment became the dominant attraction in Times Square. After decades of disrepair and disrespect, Times Square turned around and became something, albeit over-commercialized, special. On Dec. 31, more than 2 million people cluster together to see the beloved Times Square ball drop at midnight and ring in the New Year. It's a spectacular sight and one of many reasons to visit New York City.

The History of Presidential Inaugurations

Presidential elections have been held since 1789, when George Washington became the first U.S. president. With every election comes an inauguration designed to connect the chosen leader with those whom they serve. Since 1933, following the 20th Amendment's ratification, this event has continued to occur at noon on Jan. 20. And, since 1981, the presidential oath has been taken at the Capitol building's West Front. But what about years prior?

While there's genuine consistency in the process, taking the oath of office hasn't always looked the same. Let's take a look.

- A resolution approved in 1788 by Congress determined that the first Wednesday in March would become the standing inauguration date. That year, it happened to fall on March 4.

- Washington's inauguration occurred on April 30, 1789. There were a number of logistical issues, plus terrible weather, that played a role in this date shift. Kicking off a new federal government ratified under a new Constitution had its difficulties.
- Washington was inaugurated in two cities – something no other president has done.
- In 1792, Congress proclaimed March 4 would be the ongoing inauguration date, but that date changed in 1933.
- The phrase "under God" or some variation of it is repeated by the president during the ceremony, but the origins of this tradition aren't definitively known.
- During inauguration, presidents often place their hand on a Bible or religious book of some kind, but it's not required. It's an age-old tradition.



PUPPY PAW PADS

Dog owners are all too familiar with the scents of their beloved furry friends. Big or small, old or young, there's always a "dog" smell. It varies, but it exists, nevertheless. "Wet dog" smell is a demon of a different type. We aren't even going there. But where we will go this month is the puppy paw pad place. Doggy feet are known to have a fairly distinct smell. It's been consistently described as that of corn chips (think Fritos). You might be thinking, "That's weird" or "I've never noticed that with my dog." It's not a thing that happens with all dogs all the time. It is something

that happens often enough for it to be dubbed a reality for pet owners, though. Think about it. They encounter all sorts of bacteria every single day. They don't wear shoes like humans. It only makes sense that they'd have some sort of smell. The particular bacterium associated with the corn chip complex are *Proteus* and *Pseudomonas*. These are commonly described as having "yeasty" smells, which can be likened to something like corn chips.

Dogs lick their paws for a number of reasons. It's perfectly normal but we do have to be wary of why. If your pup's pads smell like corn chips and you find it truly off-putting, or they do because they're constantly licking them, there's a simple solution. Mix a little bit of mild soap with water and scrub the pads gently. Afterward, make sure to dry completely. Give them a thorough examination and make sure there aren't any cuts or abrasions that might be irritating the dog, too.



DATES TO CELEBRATE

January 2025

New Year's Day 1/1
 Elvis Presley's Birthday 1/8
 Full Moon 1/13
 Activity Professionals' Week 1/19-25
 Inauguration Day 1/20
 Martin Luther King, Jr., Day 1/20
 Chinese New Year 1/29
 National Puzzle Day 1/29

Birthstone - Garnet
Flower - Carnation
Zodiac - Capricorn & Aquarius
 Year of the Snake

JANUARY TRIVIA

- Actress and comedian Betty White was born January 17 of which year?
A. 1922 B. 1920 C. 1918
- Which former president became governor of California in January 1967?
- On January 14, 1954, Major League Baseball player Joe DiMaggio married this famous actress and model.
- On January 13, 1968, this famous singer held two concerts while incarcerated.
- Author J.D. Salinger was born January 1, 1901. *True or False?*
- In January 1959, the 49th state joined the union. Which state was it?
- In January of 2012, which Disney film was re-released as a 3D picture?
A. *The Little Mermaid* B. *Snow White and the Seven Dwarfs*
C. *Beauty and the Beast*
- Who announced the creation of the Apple iPhone on January 9, 2007?
- On the third Monday of each January, a federal holiday celebrates the life of which Civil Rights activist?
- Warnings about the hazards of smoking cigarettes didn't appear on the Senate's docket until January of which year?
A. 1986 B. 1972 C. 1965

1. A. 1922 2. Ronald Reagan 3. Marilyn Monroe 4. Johnny Cash 5. False - Salinger was born in 1919
6. Alaska 7. C. Beauty and the Beast 8. Steve Jobs 9. Martin Luther King, Jr. 10. C. 1965

Tranquil New Year

COMMUNITY
CHEER
WELLNESS
YOGA
FRIENDSHIP
PEACE
LOVE
FAMILY
MENTAL HEALTH
EXERCISE

