

TIMELESS

AN EDITORIAL BY BRISTOL PARK AMARILLO

APRIL 2024



Spring Clean & green

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

BRISTOL PARK AMARILLO | MEMORY CARE

Test Your Baking Knowledge

We all know that baking is an art form. One tiny misstep, and you find yourself back at square one. It's as if all those hours of sweat and tears in the kitchen never happened. That butter pecan birthday cake your granddaughter asked for falls flat, all three layers sunken in the middle. That beautiful, aromatic banana bread you poured your soul into baking for your son turns out to be a dud. Sadly, you gaze out the kitchen window and wonder, "Why didn't it rise?"

Most of us have found ourselves pondering that same question at some point, and the answer often lies in the ingredients. Did the recipe call for baking soda or baking powder? Since they both act as leavening agents, some people mistakenly believe they are interchangeable. This isn't true at all. While they're both used in baked goods like cakes, cookies and quick breads, their chemical makeups are different. They don't work the same way as leavening agents, so they can't be direct substitutes for one another.

Sodium bicarbonate, or baking soda, reacts quickly when mixed with acidic elements and moisture. Carbon dioxide bubbles rapidly form to make the baked treat light and fluffy. It's fast-acting, which is why it's often called for in "quick" recipes for breads and biscuits. The use of baking soda in a recipe also means the mixture needs to be put in the oven quickly, before the bubbles dissolve.

In contrast, baking powder is a combination of dry acids or acidic salts, baking soda, starch, like corn starch, and tartaric acid (cream of tartar), which is a dry acid. Carbon dioxide bubbles rise together when baking powder is used as the tartaric acid acts as the acidic component in the recipe. Baking powder is most often used in recipes that don't include any other sour ingredients like buttermilk.

Hopefully now we can better answer the question "Why didn't it rise?" should it arise again.



Home Remedies That Work

It's hard to discern which home remedies to try when facing a health issue. Mixed messages about what works and what doesn't are always floating around, not to mention the fact that scientific research doesn't support the use of a variety of home remedies when treating specific conditions. Scientists conducted a study to help clarify which treatments are beneficial. Listed below are a few of those remedies that have support from the medical community.



1. **Ginger:** A soother of tummy tumult, it not only helps with nausea, chemotherapy effects and morning sickness but also inflammation. Its unique makeup brings relief to those suffering from migraines, among others.
2. **Lavender:** A powerful plant often used in aromatherapy, its presence is calming, regardless of whether it comes in a sachet, tea or oil. It helps reduce stress and anxiety, improve sleep patterns and memory problems, as well as provide migraine relief and an overall sense of peace.
3. **Shiitake mushrooms:** This fungus is filled with Lentinan, or AHCC, which targets the most fundamental part of life, cells. As an anti-inflammatory and antioxidant, long-term use strengthens the immune system.
4. **Magnesium:** This vitamin that plays a vital role in many aspects of one's health. Not getting enough magnesium, at a minimum, can cause headaches, mood swings, low energy, irritability, aches and pains. Adding more magnesium to daily diets can help improve all those issues, as well as lower stress levels.
5. **Eucalyptus oil:** A potent pain reliever, it's quite useful when treating coughs and chest colds. It helps fight infections as it can also be used to treat surface wounds and burns. Plus, it helps stabilize blood sugar.

Happy Birthday!
MAKE A WISH

Jack K.....4/1
Helen V.....4/7
Ann W.....4/7
Marie L.....4/9



From the Desk of Court Dickson

Dear Residents, Families and Friends, April is officially here and with it, spring is in the air. Spring is a time for change, for some, this can be in the form of spring cleaning and for others, a sense of joy that comes with the arrival of extended daylight and the revival of the natural world. Dormant plants spread their tired leaves to bloom and birds return from their winter vacations. There is no lack of change in our goals to embody the spirit of spring to boost the moods, well-being, and energy of our residents. An example of this can be seen in our increase in physical movement with our exercise programs featured throughout the week. But our goals do not end there. In the coming activities for this month, with the absence of well-known holidays for April, we will be celebrating, none the less, with the more unofficial National Holidays to change things up. And there are plenty! Please look forward to fun and exciting National Holidays like, World Party Day where we will be combining both World Party Day and National Burrito Day for a Burrito-Amigo style fiesta, a special grilled cheese theme lunch for National Grilled Cheese Sandwich Day, and even a poker themed Happy Hour for National Poker Day. There is a lot in store for the month of April, so I invite you all to join us! And remember, when you are here, just like our Residents, you are family.

"Coffee in spring is like a warm hug that says, 'You survived winter, now let's tackle allergy season together.'"



April 2024

Team Members

Court Dickson
Executive Director

Ramona Maes
Resident Services Director

Kellie Ruiz
Business Director

Mark Aldrich
Sales and Marketing Director

Anthony Smith
Maintenance Director

Delia Rogers
Culinary Director

Sabrina Adams
Lifestyle Director



1610 Research Street
Amarillo, TX 79124
(806) 353-1900



APRIL 2024 • WEEK ONE



<p>MON, APR 01</p> 	<p>9:00 Moment of Meditation 10:00 Better Balance (DR) 11:00 Garden Club 1:00 Main Street Workshop 2:00 Cherished Memory Monday 5:30 Aromatherapy</p>
<p>TUE, APR 02</p>	<p>9:00 Moment of Meditation 10:00 Noodle Ball (DR) 1:00 Main Street Workshop 2:15 Chapel with Pastor Tom 5:30 Poems and Encouragement</p>
<p>WED, APR 03</p>	<p>World Party Day 9:00 Moment of Meditation 10:00 Movement Exercise (DR) 1:00 Burrito-Amigo Party! 2:00 BINGO 5:30 Aromatherapy</p>
<p>THU, APR 04</p>	<p>9:00 Moment of Meditation 10:00 Chair Yoga 1:00 Main Street Workshop 2:00 Movie and Popcorn 5:30 Poems and Encouragement</p>
<p>FRI, APR 05</p>	<p>9:00 Moment of Meditation 10:00 Better Balance (DR) 11:00 New Resident Welcome 1:00 Main Street Workshop 2:00 Vitamin D and Tea 5:30 Aromatherapy</p>
<p>SAT, APR 06</p>	<p>9:00 Moment of Meditation 10:00 Movement with Music 1:00 Main Street Workshop 2:00 Hallway Stroll 5:30 Book Club: The Secret Garden</p>

APRIL 2024 • WEEK TWO

<p>SUN, APR 07</p>	<p>9:00 Moment of Meditation 10:00 Movement with Music 11:00 Prayer Group 1:00 Main Street Workshop 2:00 Hallway Stroll 5:30 Daily Devotionals</p>
<p>MON, APR 08</p>	<p>9:00 Moment of Meditation 10:00 Better Balance (DR) 11:00 Garden Club 1:00 Main Street Workshop 2:00 Cherished Memory Monday 5:30 Aromatherapy</p>
<p>TUE, APR 09</p>	<p>9:00 Moment of Meditation 10:00 Noodle Ball (DR) 1:00 Main Street Workshop 2:15 Chapel with Pastor Tom 5:30 Poems and Encouragement</p>
<p>WED, APR 10</p>	<p>9:00 Moment of Meditation 10:00 Movement Exercise (DR) 1:00 Main Street Workshop 2:00 BINGO 5:30 Aromatherapy</p>
<p>THU, APR 11</p> 	<p>9:00 Moment of Meditation 10:00 Chair Yoga 1:00 Main Street Workshop 2:00 Movie and Popcorn 5:30 Poems and Encouragement</p>
<p>FRI, APR 12</p>	<p>National Grilled Cheese Day 9:00 Moment of Meditation 10:00 Better Balance (DR) 12:00 Ultimate Grilled Cheese Fest! 1:00 Main Street Workshop</p> <p>2:00 Vitamin D and Tea 5:30 Aromatherapy</p>
<p>SAT, APR 13</p>	<p>National Scrabble Day 9:00 Moment of Meditation 10:00 Movement with Music 11:00 Group Scrabble w/ MOD 1:00 Main Street Workshop 2:00 Hallway Stroll</p> <p>5:30 Book Club: The Secret Garden</p>

APRIL 2024 • WEEK THREE

<p>SUN, APR 14</p>	<p>9:00 Moment of Meditation 10:00 Movement with Music 11:00 Prayer Group 1:00 Main Street Workshop 2:00 Hallway Stroll 5:30 Daily Devotionals</p>
<p>MON, APR 15 <i>Income Tax Day</i></p> 	<p>9:00 Moment of Meditation 10:00 Better Balance (DR) 11:00 Garden Club 1:00 Main Street Workshop 2:00 Cherished Memory Monday 5:30 Aromatherapy</p>
<p>TUE, APR 16</p>	<p>9:00 Moment of Meditation 10:00 Noodle Ball (DR) 1:00 Main Street Workshop 2:15 Chapel with Pastor Tom 5:30 Poems and Encouragement</p>
<p>WED, APR 17</p>	<p>9:00 Moment of Meditation 10:00 Movement Exercise (DR) 1:00 Main Street Workshop 2:00 BINGO 5:30 Aromatherapy</p>
<p>THU, APR 18</p>	<p>9:00 Moment of Meditation 10:00 Chair Yoga 1:00 Main Street Workshop 2:00 Movie and Popcorn 5:30 Poems and Encouragement</p>
<p>FRI, APR 19</p>	<p>National Poker Day 9:00 Moment of Meditation 10:00 Better Balance (DR) 1:00 Main Street Workshop 2:00 Vitamin D and Tea 5:30 Aromatherapy</p>
<p>SAT, APR 20</p>	<p>9:00 Moment of Meditation 10:00 Movement with Music 1:00 Main Street Workshop 2:00 Hallway Stroll 5:30 Book Club: The Secret Garden</p>

APRIL 2024 • WEEK FOUR

<p>SUN, APR 21</p> 	<p>9:00 Moment of Meditation 10:00 Movement with Music 11:00 Prayer Group 1:00 Main Street Workshop 2:00 Hallway Stroll 5:30 Daily Devotionals</p>
<p>MON, APR 22</p> 	<p>9:00 Moment of Meditation 10:00 Better Balance (DR) 11:00 Garden Club 1:00 Main Street Workshop 2:00 Cherished Memory Monday 5:30 Aromatherapy</p>
<p>TUE, APR 23</p> 	<p>National Picnic Day 9:00 Moment of Meditation 10:00 Noodle Ball (DR) 1:00 Picnic on the Patio! 2:15 Chapel with Pastor Tom 5:30 Poems and Encouragement</p>
<p>WED, APR 24</p>	<p>9:00 Moment of Meditation 10:00 Movement Exercise (DR) 1:00 Main Street Workshop 2:00 BINGO 5:30 Aromatherapy</p>
<p>THU, APR 25</p>	<p>9:00 Moment of Meditation 10:00 Chair Yoga 1:00 Main Street Workshop 2:00 Movie and Popcorn 5:30 Poems and Encouragement</p>
<p>FRI, APR 26</p> 	<p>9:00 Moment of Meditation 10:00 Better Balance (DR) 1:00 Main Street Workshop 2:00 Vitamin D and Tea 5:30 Aromatherapy</p>
<p>SAT, APR 27</p>	<p>9:00 Moment of Meditation 10:00 Movement with Music 1:00 Main Street Workshop 2:00 Hallway Stroll 5:30 Book Club: The Secret Garden</p>

APRIL 2024 • WEEK FIVE

**SUN,
APR 28**

9:00 Moment of Meditation
10:00 Movement with Music
11:00 Prayer Group
1:00 Main Street Workshop
2:00 Hallway Stroll
5:30 Daily Devotionals

**MON,
APR 29**

9:00 Moment of Meditation
10:00 Better Balance (DR)
11:00 Garden Club
1:00 Main Street Workshop
2:00 Cherished Memory Monday
5:30 Aromatherapy

**TUE,
APR 30**

9:00 Moment of Meditation
10:00 Noodle Ball (DR)
1:00 Main Street Workshop
2:15 Chapel with Pastor Tom
5:30 **Poems and
Encouragement**



Happiness is a
Freshly
Cleaned
House.



Spring Cleaning
Is Not Just About Cleaning The
House, It's About Refreshing The Soul.

Spring Clean *green*

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.

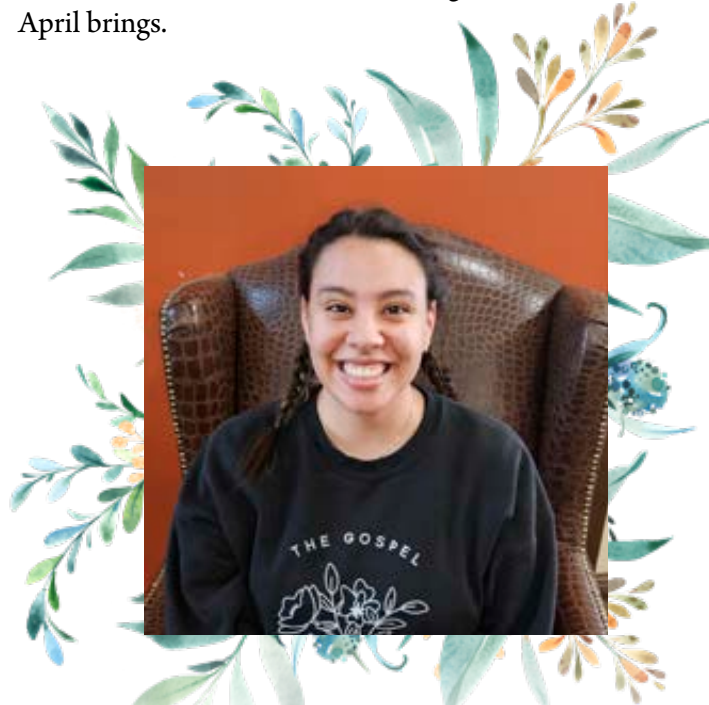
It's no wonder that April is overflowing with holiday observances that support these notions. A fresh start includes taking care of the environment and finding ways to better care for oneself. Celebrating National Inspiring Joy Day on April 3 is a great way to honor one's self. On the flip side, green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



Who's Who in the Community

Here at Bristol Park, we are thrilled to officially announce the newest member of our team, Sabrina Adams, as the new Lifestyle Director! We are excited and honored to have her onboard to help shape our growing community with fun activities and fresh ideas. Please join us in welcoming Sabrina into the community with open arms, and we look forward to seeing what the month of April brings.



Team Member Spotlight

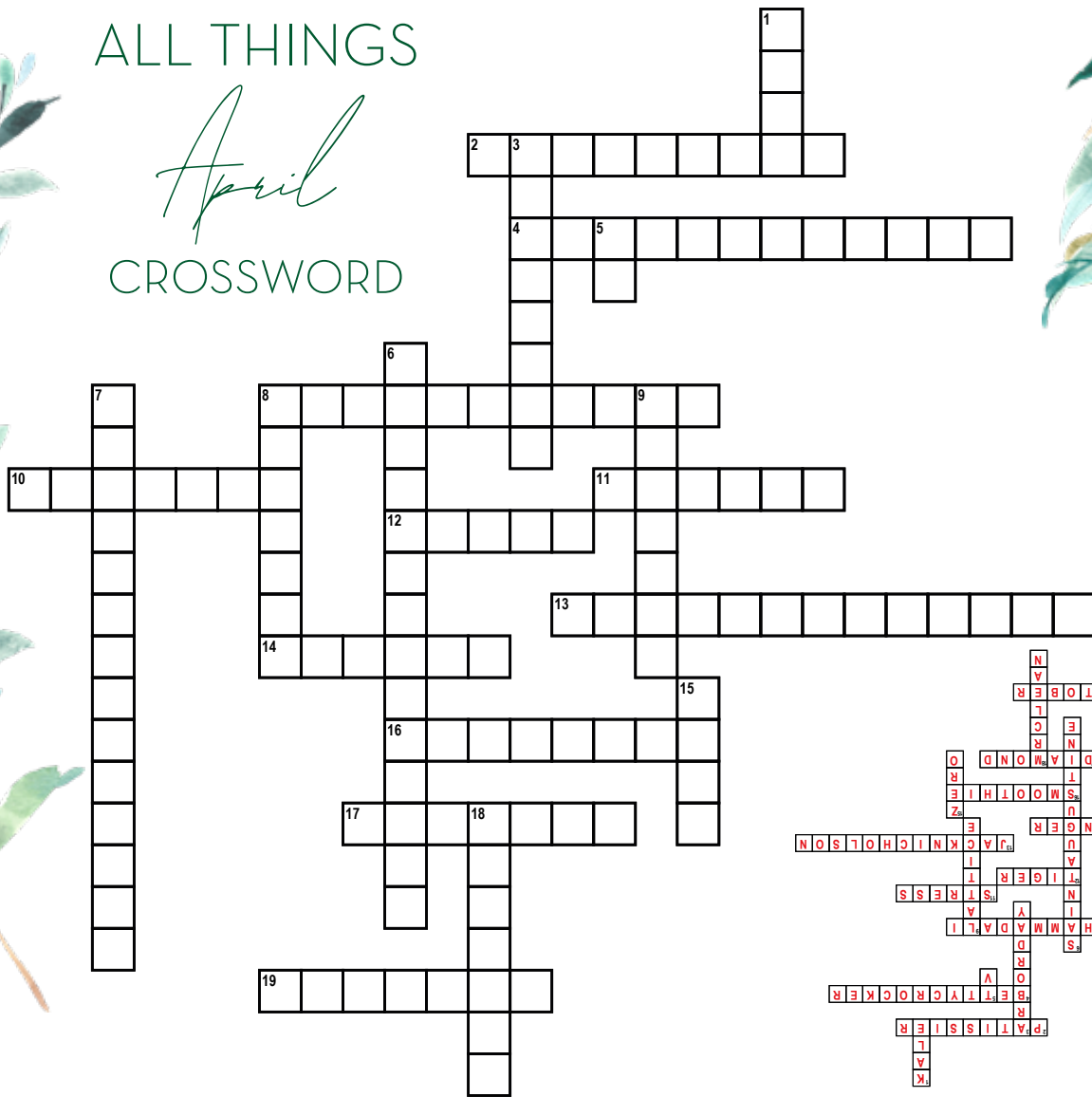
Though she hasn't been here long, this month we are spotlighting one of our much-appreciated Resident Assistants, Lindsey Pineda! With a glowing smile and a disposition so sweet she could make sugar jealous; Lindsey has gone above and beyond in her duties as an RA and her dedication has been noticed around the community. Residents have nothing but praises for her care and feel she treats them with a gentleness that makes them feel safe and loved. Her co-workers appreciate her work ethic and know that when she is working the floor, things will get done! Here at Bristol Park, we would like to thank you, Lindsey, for all that you do!



ALL THINGS

April

CROSSWORD



ACROSS

- 2 What is the French name for a pastry chef?
- 4 In 1921, Marjori Husted births iconic culinary figure, unrivaled in homemaking expertise. (2 words)
- 8 Famous boxer stripped of world heavyweight champion title in April 1967 for refusing military induction. (2 words)
- 10 April _____ brings may flowers.
- 11 Decluttering your surroundings will improve your metal well-being by lowering _____ & cortisol hormone levels.
- 12 Cats share 95.6% of their DNA with what animal?
- 13 Born a Taurus in Neptune, NJ, won 3 Oscars, his first for One Flew Over the Cuckoo's Nest. (2 words)
- 14 Often confused for a root, this rhizome is often used to remedy upset stomachs or used as a seasoning.
- 16 Invented in 1970 by a lactose intolerant teen, this icy drink was named after a term used by health conscious hippies.
- 17 The atmosphere of Venus was first analyzed through the _____ window of a U.S. spacecraft, as only this element had the strength and transparency to endure the pressure in the atmosphere.
- 19 In the Southern Hemisphere, April is the seasonal equivalent of what month?

DOWN

- 1 Stamppot is a Danish dish consisting of sausage with mashed potatoes and this leafy super vegetable.
- 3 In 1872, America first celebrated this day to raise awareness about the importance of trees in our environment and to encourage people to plant and nurture trees. (2 words)
- 5 On April 9, 1953, the first issue of this program guide was published.
- 6 On April 2, 1513, Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at this site that is now the oldest city in the continental U.S. (2 words)
- 7 What spaceship was launched on April 11, 1970? (2 words)
- 8 On April 17, 1964, this Ford automobile was first unveiled.
- 9 The pattern of criss-crossing strips of pastry on top of food.
- 15 The _____-waste lifestyle approach aims to minimize waste by reusing, recycling and composting, ultimately striving to send nothing to the landfill.
- 18 In 1957, Procter & Gamble created this mascot for their new all-purpose cleaning product that was modeled after a United States Navy sailor from Pensacola, FL. (2 words)