

# TIMELESS

AN EDITORIAL BY BRISTOL PARK AMARILLO

MAY 2024

Don't  
**bark**  
about it!

Let's embrace the  
**Dog Days**  
**of May**  
with a puppy party!





**Bri Adams**  
**Springing into Action!**

Hello, Bristol Park family! My name is Sabrina, Bri for short, and I am your new Lifestyle Director.

I am so excited to have the opportunity to get to know you all and wanted to give you a chance to get to know a little about me.

My husband and I moved from our home town of Chicago to Amarillo about 3 years ago, and we are blessed with two children: Eliana (2.5 years old) and Jacob (10 months).

I love furry friends and I am a fur mama of dogs, cats and a bird!

A perfect day for me includes sitting outside in the sun's rays listening to country music, watching my children play, with a shake or a smoothie in my hand!

What does your perfect day look like? I challenge you to stop me the next time you see me and let me know what your perfect day includes!

**Happy Birthday!**

Randall R. ....	05/02
Dean H. ....	05/05
Karen R. ....	05/06
Doc K. ....	05/15
Patty W. ....	05/23
Marvin M. ....	05/25
Carri W. ....	05/30



**Team Member  
Spotlight**

Has anyone else noticed how much better our community has been feeling lately? Not only does Candy's great smile brighten up the halls daily, but her dedication to ensuring our community is nice and spiffy has NOT gone unnoticed! Candy joined our Bristol Park family at the end of March, but if you haven't had the opportunity to get to know her, here's your chance!

Candy is a mom of 6, her three oldest being boys, and her three youngest being girls. She is also a bonus mom to her fiancée's 3 boys. She is a grandma of two, but her family is adding two little feet. In a few short months, she'll be a grandma of three!

Candy loves Chinese food, the colors black, purple and blue, and she enjoys a good horror movie or a romance book when able. When Candy was asked what she enjoys doing in her free time, you'll never guess what she said.... cleaning!

Thank you, Candy Burns, for all you do! We appreciate you!



**From the Desk of  
Court Dickson**

Spring is here! We have so much to look forward to this month and invite you to join us as we venture into The Dog Days of May. Will you join us on the ride as we take on happy hour the Cinco de Mayo way? You surely cannot miss the fun and love we will share at our Mother's Day celebration.

Speaking about love, who loves a furry friend or two? We will have a dog show on the 15th, just for you! They say April showers bring May flowers, and that can't be truer. Please join us as our gardening club starts back up this month, as we can't wait to see how the flowers, and friendships, will bloom. So Bristol Park family, sit back and enjoy the ride as we take in The Dogs Days of May with family, friends and furry friends, too.

*"May, more than any other month of the year, wants us to feel most alive."*

— Fennel Hudson



May 2024

**Team Members**

**Court Dickson**  
Executive Director

**Ramona Maes**  
Resident Services Director

**Kellie Ruiz**  
Business Director

**Mark Aldrich**  
Sales and Marketing Director

**Sabrina Adams**  
Lifestyle Director

**Anthony Smith**  
Maintenance Director

**Delia Rogers**  
Culinary Director



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





MAY 2024 • WEEK ONE



Dog Days  
of May

<b>WED, MAY 01</b>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement Exercise (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 <b>UNO</b>	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
<b>THU, MAY 02</b>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Sit & Stretch 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Movie and Popcorn	4:15 Dining with Grace 5:30 <b>Brain Teasers</b> 6:00 Garden Club 7:00 Mindful Moments
<b>FRI, MAY 03</b>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Dance Party (DR) 11:00 Great Sensations 11:00 <b>New Resident Welcome</b> 11:15 Dining with Grace 1:00 Main Street Workshop	2:30 <b>Happy Hour - Cinco de Mayo Style!</b> 4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
<b>SAT, MAY 04</b>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement with Music 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Walk & Roll	4:15 Dining with Grace 5:30 <b>Book Club: The Secret Garden</b> 6:00 Garden Club 7:00 Mindful Moments


All programs are subject to change due to circumstances beyond our control. Thank you for your understanding. Bristol Park Amarillo MC

MAY 2024 • WEEK TWO

<b>SUN, MAY 05</b> 	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement with Music 11:00 Then Sings My Soul 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop	2:00 Walk & Roll 4:15 Dining with Grace 5:30 Sunday Funnies 6:00 Garden Club 7:00 Mindful Moments
<b>MON, MAY 06</b> 	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Dance Party (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Cherished Memory Monday	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
<b>TUE, MAY 07</b>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Noodle Ball (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:15 Chapel with Pastor Tom	4:15 Dining with Grace 5:30 <b>Brain Teasers</b> 6:00 Garden Club 7:00 Mindful Moments
<b>WED, MAY 08</b>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement Exercise (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 <b>UNO</b>	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
<b>THU, MAY 09</b>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Sit & Stretch 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Movie and Popcorn	4:15 Dining with Grace 5:30 <b>Brain Teasers</b> 6:00 Garden Club 7:00 Mindful Moments
<b>FRI, MAY 10</b>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Dance Party (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 3:00 <b>Mother's Day Celebration</b>	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
<b>SAT, MAY 11</b>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement with Music 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Walk & Roll	4:15 Dining with Grace 5:30 <b>Book Club: The Secret Garden</b> 6:00 Garden Club 7:00 Mindful Moments

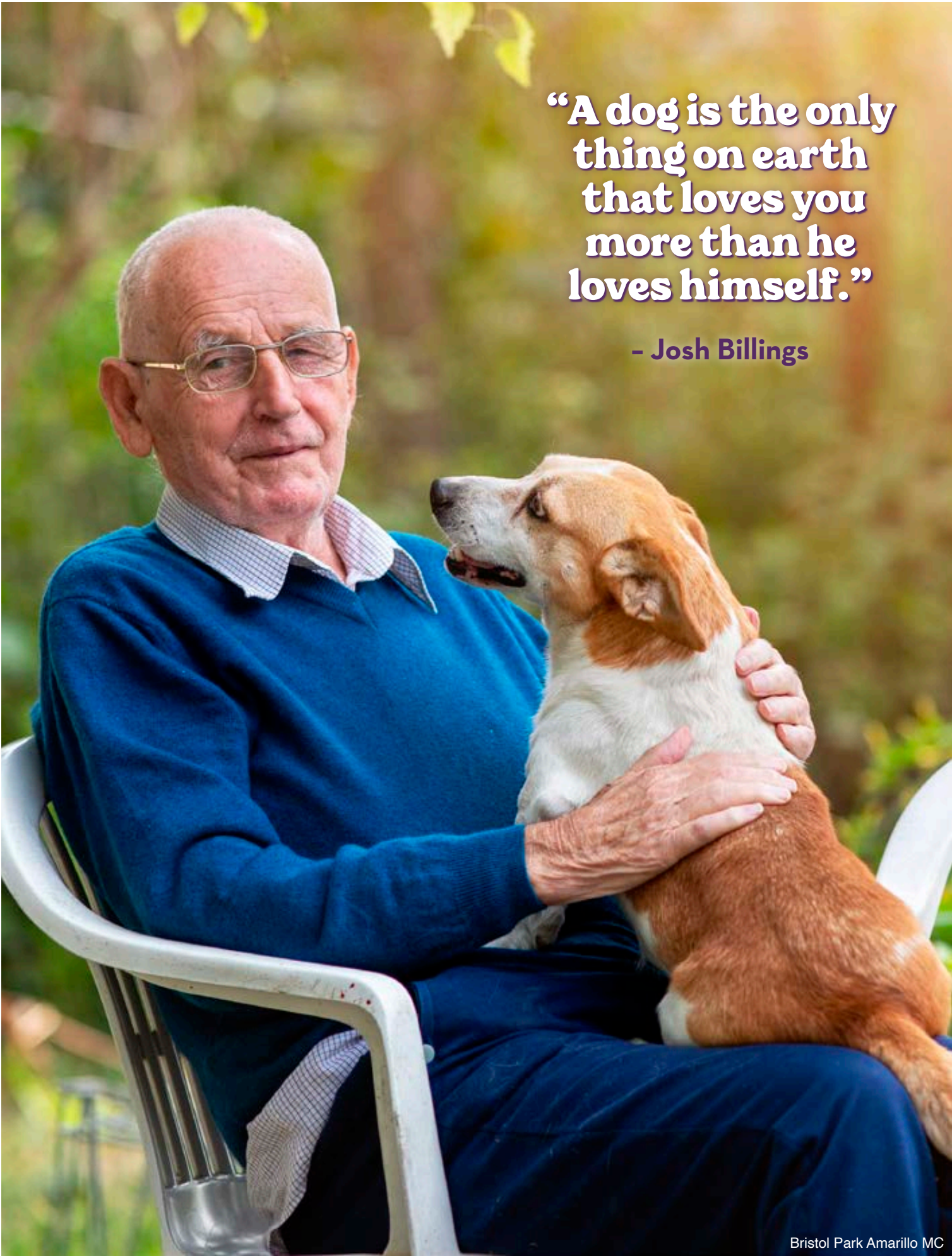
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MAY 2024 • WEEK THREE		
<div>SUN, MAY 12</div> 	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement with Music 11:00 Then Sings My Soul 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Walk & Roll	4:15 Dining with Grace 5:30 Sunday Funnies 6:00 Garden Club 7:00 Mindful Moments
<div>MON, MAY 13</div>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Dance Party (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Cherished Memory Monday	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
<div>TUE, MAY 14</div>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Noodle Ball (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:15 Chapel with Pastor Tom	4:15 Dining with Grace <b>5:30 Brain Teasers</b> 6:00 Garden Club 7:00 Mindful Moments
<div>WED, MAY 15</div>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement Exercise (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop <b>2:00 UNO</b>	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
<div>THU, MAY 16</div>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Sit & Stretch 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Movie and Popcorn	4:15 Dining with Grace <b>5:30 Brain Teasers</b> 6:00 Garden Club 7:00 Mindful Moments
<div>FRI, MAY 17</div>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Dance Party (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop <b>2:30 Happy Hour</b>	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
<div>SAT, MAY 18</div> 	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement with Music 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Walk & Roll	4:15 Dining with Grace <b>5:30 Book Club: The Secret Garden</b> 6:00 Garden Club 7:00 Mindful Moments
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MAY 2024 • WEEK FOUR		
<div>SUN, MAY 19</div>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement with Music 11:00 Then Sings My Soul 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Walk & Roll	4:15 Dining with Grace 5:30 Sunday Funnies 6:00 Garden Club 7:00 Mindful Moments
<div>MON, MAY 20</div>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Dance Party (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Cherished Memory Monday	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
<div>TUE, MAY 21</div>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Noodle Ball (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:15 Chapel with Pastor Tom	4:15 Dining with Grace <b>5:30 Brain Teasers</b> 6:00 Garden Club 7:00 Mindful Moments
<div>WED, MAY 22</div>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement Exercise (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop <b>2:00 UNO</b>	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
<div>THU, MAY 23</div> 	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Sit & Stretch 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Movie and Popcorn	4:15 Dining with Grace <b>5:30 Brain Teasers</b> 6:00 Garden Club 7:00 Mindful Moments
<div>FRI, MAY 24</div>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Dance Party (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop <b>2:30 Happy Hour</b>	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
<div>SAT, MAY 25</div>	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement with Music 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Walk & Roll	4:15 Dining with Grace <b>5:30 Book Club: The Secret Garden</b> 6:00 Garden Club 7:00 Mindful Moments
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MAY 2024 • WEEK FIVE		
SUN, MAY 26	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement with Music 11:00 Then Sings My Soul 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Walk & Roll	4:15 Dining with Grace 5:30 Sunday Funnies 6:00 Garden Club 7:00 Mindful Moments
MON, MAY 27 	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Dance Party (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Cherished Memory Monday	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
TUE, MAY 28	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Noodle Ball (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:15 Chapel with Pastor Tom	4:15 Dining with Grace 5:30 <b>Brain Teasers</b> 6:00 Garden Club 7:00 Mindful Moments
WED, MAY 29 	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Movement Exercise (DR) 11:00 Great Sensations 11:15 Dining with Grace 12:30 <b>May Birthday Celebration</b> 1:00 Main Street Workshop	2:00 <b>UNO</b> 4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
THU, MAY 30	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Sit & Stretch 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:00 Movie and Popcorn	4:15 Dining with Grace 5:30 <b>Brain Teasers</b> 6:00 Garden Club 7:00 Mindful Moments
FRI, MAY 31	7:15 Dining with Grace 9:00 Music & Greetings 10:00 Dance Party (DR) 11:00 Great Sensations 11:15 Dining with Grace 1:00 Main Street Workshop 2:30 <b>Happy Hour</b>	4:15 Dining with Grace 5:30 Cranium Crunches 6:00 Garden Club 7:00 Mindful Moments
		
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### The Power of Pet Therapy

There is nothing like the unconditional love provided by a pet. It's simple and magical. That love can be life-changing, both physically and emotionally. Studies have shown that pets are a source of comfort and can help elevate mood, lower stress and anxiety levels and promote an active lifestyle, which ultimately helps lower the risk of cardiovascular disease. Those are just a few of the health benefits. It's no wonder that pet therapy is so effective.

Pets play a major role in the success of many therapy programs, especially those designed for seniors. Animal-assisted therapy and animal-assisted activities can significantly affect one's recovery from a variety of health issues and play an integral role in the treatment of countless other medical conditions, including depression, epilepsy, autism, dementia and post-traumatic stress disorder, to name a few. In addition, it can be used as a tool to help improve speech, social skills and body movement. Pet therapy is also extremely helpful when coping with major transitions and difficult circumstances, such as moving away from family and friends or experiencing the loss of a loved one.

These days, it is common for long-term therapy facilities to offer animal visitation programs. The benefits are undeniable, and the power of pet therapy is palpable. The bonds created between humans and animals have far-reaching, positive effects we can never fully grasp.

### Another Perspective on Mother's Day

There's never a dull moment in the animal birthing world. Some creatures are born underwater. Some incubate and hatch from eggs. Some are born from males instead of females. Some give birth upside-down. The list goes on and on. And, some parents leave their babies when they're very young while others seek closeness for life and would do anything to ensure their children survive. As we celebrate Mother's Day, let's take a look at a few interesting mother-child relationships in the animal kingdom.

- Mother giraffes are nothing if not overprotective. They hover over their offspring with such a watchful eye that they only allow themselves 30 minutes of sleep daily.
- Baby koalas can't process the eucalyptus leaves vital to their diets. Their parents can, so the mama koalas share their own feces with their babies, chewing it before feeding them the nourishment they need.
- Elephant herds are led by ladies. Their matriarchy provides lots of extra mothering as different females act as caregiver, provide the babies with lots of love and help them learn how to nurse.
- Mother gorillas give their newborn babies absurd amounts of kisses and are known to share their nest for approximately 4 to 6 years!
- After 18 months, pandas are free to leave their mothers, having learned enough to take care of themselves in the wild.



### Thank you, April, for the Wonderful Memories



Easter family photo!



Easter egg hunting fun!



Ready, set, cheese!



Eclipse watching!



April 2024 Eclipse



Where's the sun?!



Learning never ends!



Have to catch them all!



Live music & happy hour!



## Making New Memories on MEMORIAL DAY

Among the myriad of May commemorations is Memorial Day, a federal holiday honoring the fallen members of the U.S. military who made their greatest and final sacrifice in service to our country. Since the 1860s, the graves of these courageous male and female soldiers have been decorated with flowers and flags as an act of remembrance.

While visiting and sprucing up soldiers' graves is the most common practice associated with the holiday, it doesn't have to be the only one. There are plenty of other ways to pay tribute that invoke feelings of love and gratitude and trigger some fond memories in the process.

1. Sign up for a Memorial Day race, fun run or walk that honors fallen U.S. soldiers. These events are common nationwide.
2. Do a deep dive on your family and its history far and wide. Learn as much as you can about its ties to the military. You'll be surprised at some of the connections you find.
3. Check out a classic military movie for the first time and invite your neighbors, friends or family to join you. Some options might include "A Few Good Men," "Platoon," "Saving Private Ryan" and "We Were Soldiers."
4. Attend or watch a Memorial Day concert or parade. PBS broadcasts the Memorial Day concert annually, but there are also local music concerts as well. You're less likely to find a parade on TV, so attending in person might be your best bet. Check your newspaper or hop online to see what parades are nearby.

Now, go make some new Memorial Day memories!



### it's a Puppy Paw-ty!

BEAGLE  
BORDER COLLIE  
BULLDOG  
CHIHUAHUA  
CORGI  
DACHSHUND  
GOLDEN  
RETRIEVER  
HUSKY  
LABRADOR  
POODLE  
PUG  
SHEPHERD  
SHIH TZU  
SPANIEL  
TERRIER

L	E	A	A	L	G	A	A	U	G	L	U	G	O	D	L	L	U	B	I	I	N
Y	L	E	D	B	U	L	L	D	O	E	K	D	O	E	S	H	E	P	H	L	E
R	R	E	E	D	C	B	E	D	U	O	B	A	A	U	H	A	U	H	I	H	C
G	E	C	O	D	A	R	B	A	L	G	R	C	B	D	L	U	L	R	R	T	E
R	I	S	H	I	H	T	Z	U	E	Z	E	H	R	E	E	B	E	A	G	L	E
C	D	H	E	H	S	I	R	R	B	P	V	S	S	U	I	G	R	E	A	E	O
H	O	D	C	L	L	H	L	O	U	U	E	H	R	R	Z	R	B	P	E	L	C
E	K	R	H	O	T	U	E	G	E	G	I	U	R	R	E	I	R	S	B	D	L
H	U	S	K	Y	N	R	I	P	K	U	R	N	I	D	A	I	I	E	H	O	R
R	U	G	E	R	G	U	N	A	H	U	T	D	D	P	A	G	R	O	T	O	U
U	L	H	E	R	N	H	A	R	U	E	E	A	R	L	R	C	O	R	R	P	P
H	D	A	A	S	S	I	P	O	E	R	R	A	U	O	A	C	H	N	E	N	D
S	O	P	B	U	E	H	S	B	H	I	N	D	C	D	A	U	R	S	L	T	L
H	E	R	U	R	H	S	B	O	R	D	E	R	C	O	L	L	I	E	H	N	T
C	L	R	E	E	A	I	E	I	V	E	D	S	E	N	P	O	O	O	E	H	E
A	G	I	O	E	D	D	H	L	I	L	L	O	C	R	E	D	R	O	B	R	B
D	H	U	G	E	D	A	O	C	R	B	O	R	P	G	U	A	D	E	H	L	U
B	E	D	G	U	O	L	A	R	S	I	G	N	E	E	Z	U	S	E	D	E	H