

TIMELESS

AN EDITORIAL BY BRISTOL PARK CLEBURNE

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 CLEBURNE | ASSISTED LIVING



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.

Clean & Green Smoothies

When someone says the word “smoothie,” what immediately pops into your head? For many, their instinct leads to a visual. They see frothy drinks in tall glasses, some of which have an orange, lime or other fruit slice attached to the rim. What isn't so often pictured: green smoothies. The color is unexpected and green vegetables are among the main ingredients. Subsequently, green smoothies aren't the natural go-to visual when someone says, “smoothie.” Green smoothies are attractive in other ways, though, and what they lack in visual appeal they make up for in health benefits.

For children and adults who aren't big into life-giving vegetables, green smoothies are the perfect source of nutrition. They couple fruits with leafy green veggies like Swiss chard, spinach and kale to make a tasty and healthy drink full of vitamins and minerals. What other health advantages do green smoothies have?

- They're rich in antioxidants that help decrease the possibility of chronic illness like cancer.
- They're high in fiber. This can help regulate digestive health and weight, as well as lower cholesterol.
- They're filled with detoxifying dark green vegetables. Once toxins are expelled, skin, hair and nails become shinier and stronger. Dark green veggies also help combat declining cognitive health.
- They're packed with minerals and vitamins that are vital to strengthening the immune system.
- They're good for an energy boost, which also helps improve overall physical health.
- They contain minerals that make the body's bones stronger and help lower the risk of bone disease and osteoporosis.
- Their nutrients improve hormonal imbalances, as well as vision and overall eye health.



A Letter from Robin

I hope everyone had a great Easter weekend and enjoyed the Community Easter Egg Hunt. We did! I am excited to welcome Laura Gilley, our new Sales and Marketing Director, to Bristol Park. Laura has been in senior living for 7 years and has two beautiful daughters. When you see her out, please say hello.

Now that April is here and spring has arrived, our residents are getting ready to start gardening; April is National Gardening Month. Be sure to see the daily activity calendar to see what days and times gardening is scheduled so you can come out to the courtyards, enjoy the sunshine, and join in on the fun. Merry spring!



April 2024

Team Members

Robin Payne
Executive Director

Rebecca Meredith
Business Director

Michelle Cortez
Resident Service Director

Laura Gilley
Sales & Marketing Director

Kamron Meier
Culinary Director

Juan Rea
Maintenance Director

Linda Munoz
Pathways Coordinator

Vanessa DeLeon
Lifestyles Director





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April 2024

Bristol Park Cleburne - Assisted Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	<p>April Fool's Day </p> <p>8:30 Daily Chronicles Resident Lead, CR</p> <p>9:30 Walmart Trip, FL</p> <p>9:30 Puzzle Booklet Fun, Self-Led CR</p> <p>10:00 Morning Fitness, WR</p> <p>11:00 Bingo Blitz, CR</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Porch Visits/Chats, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 2</p> <p>9:00 BEAUTY SHOP, PP</p> <p>10:00 Morning Fitness, WR</p> <p>10:30 Fancy Nails, PP</p> <p>2:30 Fine Arts Class, CR</p> <p>3:00 Visit to the Farm, FL</p> <p>6:00 Movie Matinee, TR</p>	<p>National Walking Day 3</p> <p>8:30 Daily Chronicles Resident Lead, CR</p> <p>10:00 Morning fitness, WR</p> <p>10:30 Church Service with Jeri Williamson, CR</p> <p>2:00 Skip- Bo, CR</p> <p>2:30 Root Beer Float, CY</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Read & Relax, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 4</p> <p>9:30 Walking Club, CR</p> <p>10:00 Morning Fitness, WR</p> <p>11:00 Bingo Blitz, CR</p> <p>1:30 Crafty Corner, CR</p> <p>2:30 Ice Cream Social & Trivia, CY</p> <p>6:00 Movie Matinee, CR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 5</p> <p>9:30 Walking Club, FL</p> <p>10:00 Morning Fitness, WR</p> <p>10:30 Story Telling, SR</p> <p>2:00 Gardening Day, CY</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Evening Book Reads, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 6</p> <p>10:00 Morning Fitness self-led, WR</p> <p>11:00 BINGO, CR</p> <p>2:30 Tabletop Games, CR</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Sunset Watching, SR</p>	
<p>9:30 Daily Chronicles, CR 7</p> <p>10:00 Morning Fitness self- led, WR</p> <p>1:30 Maverick Ministries Church Service,CR</p> <p>2:30 Table Games, EC</p> <p>3:30 Family and Friend Visits, SR</p> <p>6:00 Relax & Read, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 8</p> <p>9:30 Puzzle Booklet Fun, Self-Led CR</p> <p>10:00 Morning Fitness, WR</p> <p>11:00 Bingo Blitz, CR</p> <p>2:00 Bus Ride for Sweet Treats, FL</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Porch Visits/Chats, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 9</p> <p>9:00 BEAUTY SHOP, PP</p> <p>10:00 Morning Fitness, WR</p> <p>10:30 Fancy Nails, PP</p> <p>1:30 Library Week, SR</p> <p>2:30 Fine Arts Class, CR</p> <p>6:00 Movie Matinee, TR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 10</p> <p>10:00 Morning fitness, WR</p> <p>10:30 Church Service with Jeri Williamson, CR</p> <p>11:00 Town Hall, CR</p> <p>2:00 Visit to the Farm, FL</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Read & Relax, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 11</p> <p>9:30 Walking Club, CR</p> <p>10:00 Morning Fitness, WR</p> <p>10:30 Devotion With Mary, SR</p> <p>11:00 Bingo Blitz, CR</p> <p>1:30 Finish the Phrase, CR</p> <p>2:00 Men's Club, CY</p> <p>6:00 Movie Matinee, CR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 12</p> <p>9:30 Walking Club, FL</p> <p>10:00 Morning Fitness, WR</p> <p>10:30 Gentle Hand Massage, PP</p> <p>11:00 R & K's Restuarant, FL</p> <p>2:30 Happy Hour, CR</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Evening Book Reads, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 13</p> <p>10:00 Morning Fitness self-led, WR</p> <p>11:00 BINGO, CR</p> <p>2:30 Tabletop Games, CR</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Sunset Watching, SR</p>	
<p>9:30 Daily Chronicles, CR 14</p> <p>10:00 Morning Fitness self- led, WR</p> <p>1:30 Maverick Ministries Church Service,CR</p> <p>2:30 Table Games, EC</p> <p>3:30 Family and Friend Visits, SR</p> <p>6:00 Relax & Read, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 15</p> <p>9:30 Puzzle Booklet Fun, Self-Led CR</p> <p>10:00 Morning Fitness, WR</p> <p>11:00 Bingo Blitz, CR</p> <p>11:00 National Picnic Day Outing Trip, FL</p> <p>2:00 Journaling And Life Stories, CR</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Porch Visits/Chats, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 16</p> <p>9:00 BEAUTY SHOP, PP</p> <p>10:00 Morning Fitness, WR</p> <p>10:30 Fancy Nails, PP</p> <p>10:30 Pottery, CR</p> <p>2:30 Fine Arts Class, CR</p> <p>6:00 Movie Matinee, TR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 17</p> <p>10:00 Morning fitness, WR</p> <p>10:30 Church Service with Jeri Williamson, CR</p> <p>2:00 Ice Cream Social, CY</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Read & Relax, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 18</p> <p>9:30 Walking Club, CR</p> <p>10:00 Morning Fitness, WR</p> <p>11:00 Bingo Blitz, CR</p> <p>1:30 Activity Committee, CR</p> <p>2:30 Chef Demo, EC</p> <p>6:00 Movie Matinee, CR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 19</p> <p>9:30 Walking Club, FL</p> <p>10:00 Morning Fitness, WR</p> <p>10:30 Cooking Class, EC</p> <p>2:00 Country Back Road Trip, CR</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Evening Book Reads, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 20</p> <p>10:00 Morning Fitness self-led, WR</p> <p>11:00 BINGO, CR</p> <p>2:30 Tabletop Games, CR</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Sunset Watching, SR</p>	
<p>9:30 Daily Chronicles, CR 21</p> <p>10:00 Morning Fitness self- led, WR</p> <p>1:30 Maverick Ministries Church Service,CR</p> <p>2:30 Table Games, EC</p> <p>3:30 Family and Friend Visits, SR</p> <p>6:00 Relax & Read, SR</p>	<p>National Jellybean Day </p> <p>8:30 Daily Chronicles Resident Lead, CR 22</p> <p>9:30 Puzzle Booklet Fun, Self-Led CR</p> <p>10:00 Morning Fitness, WR</p> <p>11:00 Bingo Blitz, CR</p> <p>11:00 West End Grill, FL</p> <p>2:30 Name that Tune / Sound CR</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Porch Visits/Chats, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 23</p> <p>9:00 BEAUTY SHOP, PP</p> <p>10:00 Morning Fitness, WR</p> <p>10:30 Fancy Nails, PP</p> <p>1:30 Library Week, SR</p> <p>2:30 Fine Arts Class, CR</p> <p>6:00 Movie Matinee, TR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 24</p> <p>9:30 Pig in a Blanket Day, EC</p> <p>10:00 Morning fitness, WR</p> <p>10:30 Church Service with Jeri Williamson, CR</p> <p>2:00 Ice Cream Social, CY</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Read & Relax, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 25</p> <p>9:30 Walking Club, CR</p> <p>10:00 Morning Fitness, WR</p> <p>10:30 Devotional With Mary, SR</p> <p>11:00 Bingo Blitz, CR</p> <p>2:30 Birthday Social, CR</p> <p>4:00 Resident Council, Wellness Room</p> <p>6:00 Movie Matinee, CR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 26</p> <p>9:30 Walking Club, FL</p> <p>10:00 Morning Fitness, WR</p> <p>11:00 Roll the Dice, CR</p> <p>2:30 National Pretzel Day, CR</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Evening Book Reads, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 27</p> <p>10:00 Morning Fitness self-led, WR</p> <p>11:00 BINGO, CR</p> <p>2:30 Tabletop Games, CR</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Sunset Watching, SR</p>	
<p>9:30 Daily Chronicles, CR 28</p> <p>10:00 Morning Fitness self- led, WR</p> <p>1:30 Maverick Ministries Church Service,CR</p> <p>2:30 Table Games, EC</p> <p>3:30 Family and Friend Visits, SR</p> <p>6:00 Relax & Read, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 29</p> <p>9:30 Puzzle Booklet Fun, Self-Led CR</p> <p>10:00 Morning Fitness, WR</p> <p>10:00 Dollar Tree, FL</p> <p>11:00 Bingo Blitz, CR</p> <p>3:30 Movie Matinee, TR</p> <p>6:00 Porch Visits/Chats, SR</p>	<p>8:30 Daily Chronicles Resident Lead, CR 30</p> <p>9:00 BEAUTY SHOP, PP</p> <p>10:00 Morning Fitness, WR</p> <p>10:30 Fancy Nails, PP</p> <p>2:30 Fine Arts Class, CR</p> <p>3:00 Chef Talk, CR</p> <p>6:00 Movie Matinee, TR</p>				<p>KEY</p> <p>Card Room.....CR</p> <p>Wellness Center.....WR</p> <p>Engagement Corner.....EC</p> <p>Around the Building.....AB</p> <p>Pretty Parlor.....PP</p> <p>Courtyard.....CY</p> <p>Front Lobby.....FL</p> <p>Sun Room.....SR</p> <p>AL Dining.....AD</p>	

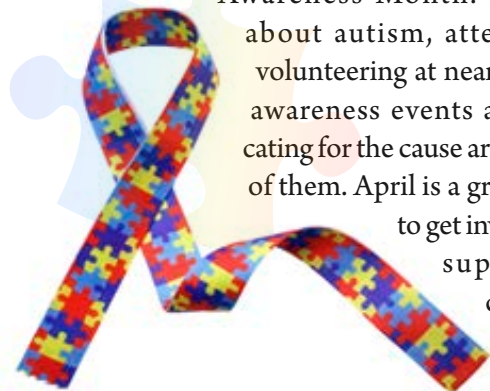
Supporting Autism Awareness Month

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!



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 satchel, 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.

April 2024 Dates to Celebrate

April Fool's Day	4/1
National Pet Day	4/11
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

Find Your Peaceful Place and Cast out the Clutter



The power of decluttering is underestimated. Studies show that cleaning directly affects one's mental health. The same goes for the opposite. Clutter is a distraction and negatively impacts a person's capacity to concentrate. Stress, anxiety and depression are byproducts of chaotic clutter and messy surroundings.

For those who already suffer from depression, a cluttered home can be debilitating. Feelings of shame, guilt and hopelessness are already prevalent, and it doesn't take much to lose the little motivation one might have, leading to a mental health spiral or crisis. Feeling overwhelmed, it seems impossible to finish any project in a timely fashion.

It doesn't have to be that way, though. Organizing, cleaning and decluttering make a difference. These acts are empowering and help people regain their sense of control. A new restorative space void of visual distractions enables people to focus more fully on the task at hand. They're more relaxed and can get more accomplished.

Studies show that people who have a simple, clean home are apt to be healthier than those who live or work in a space of chaos. They experience improved mood and sleep patterns, irritability dissipates and productivity hits a high note. Distractions drop, making it much easier to focus on the present and tackle today's problems.

It's time to ditch the complexities of clutter and work on creating your peaceful place!

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.

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Difficult

Spring Clean

green

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

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