

# TIMELESS

AN EDITORIAL BY BRISTOL PARK CLEBURNE

APRIL 2025



Crafting a  
Sustainable  
Future

BRISTOL PARK CLEBURNE | ASSISTED LIVING



## Crafting a Sustainable Future

The generations that follow ours will have new victories and new challenges in a new life we can never understand. That's the way the world works. If history has taught us anything, we have learned our lives are intertwined and affect one another, regardless of how we feel about it. Our work in the world of today plays a role in shaping the opportunities available in the future for the planet and its inhabitants. Sustainable living is a key player in the game of life in the years ahead.

Many countries like Germany and Costa Rica have already taken significant steps to ensure there's a possibility for a better life. Germany has a National Sustainable Development Strategy that is implemented across the board in areas like agriculture, technology and natural resource conservation. They work diligently toward reducing greenhouse gas emissions and do so with high levels of accountability. Costa Rica works toward protecting biodiversity and makes it a priority to protect the land and natural resources, again something with a high level of accountability.

This may seem to prompt the thought: "I can't help in those areas, so what can I do?" Well, there's a lot we can do to help the movement toward more sustainable living. Little things that are part of life in the everyday can easily be changed. Use less plastic. Make less trash. Compost instead of tossing food waste in the garbage. Reuse and recycle what you can. Grow things like vegetables and herbs at home for consumption. Buy less meat. Beautiful parts of the earth are bought up specifically for homing animals raised to be killed and subsequently eaten. We're destroying forests and killing creatures, both of which don't need to happen.

We can have an impact, whether it's good or bad. And, we can inspire others along the way ... even down the road ... if we put just a little bit of effort into it. So why not work toward the greater good and move toward sustainability

## Pagans, Pastels and Prophecies

On April 20, you'll find Christians near and far setting their differences aside in observance of Easter, also known as Resurrection Day. People in more than 95 countries worldwide squeeze into the tightest of sacred spaces joyfully and sit side-by-side on solid oak pews in celebration of the resurrection of Lord and Savior Jesus Christ. Easter Sunday holds great significance in Christianity. It symbolizes the sacrifice made for humankind as prophesied in the Old Testament of the Bible, among others, as well as the new life that emerges during the spring season.

The Easter-Spring connection manifests itself in a variety of ways. Images of Easter bunnies and eggs are often portrayed as a palette of pastels, which are colors associated with hope and joy. Such positive feelings foster a sense of renewal and rebirth. It's not surprising to encounter a sea of people in pastels on Easter or Easter eggs dyed in lavender and light pink.

But wait ... what's the story with Easter eggs and bunnies? This dates back hundreds of years to Pagan times when there was a spring celebration focused on rebirth: spring awakenings, the fertility of the land, and baby animals filled with new life. It is nature renewed and in full bloom. One of the pieces that make new life possible is the egg, which represents rebirth, animal life, and fertility. This eventually led to the birth of the Easter egg. The Easter bunny is also a product of Paganism and the goddess of spring and fertility,

Eostre, as symbolized by the rabbit. Rabbits have an extremely high reproduction rate, making them an optimal symbol for fertility and rebirth. Subsequently, the Easter Bunny was born.



## Letter from the Executive Director

Dear Bristol Park Family,

As we eagerly welcome the arrival of spring, I want to take a moment to reflect on the joy and renewal this season brings. With warmer days ahead, we can look forward to more outdoor activities, blooming flowers, and vibrant community gatherings.

This month, we celebrate several national days that remind us of the joy of togetherness and appreciation. Let's embrace National Nutrition Month, where we can focus on healthy eating and wellness. We will also celebrate National Volunteer Week, a time to recognize the incredible contributions of our volunteers and the positive impact they have on our community. I want to extend my heartfelt gratitude to our amazing staff and residents. Your dedication and warmth make Bristol Park a cherished home for so many. It's your kindness and commitment that creates a nurturing environment where friendships flourish, and memories are made. Thank you for all that you do.

Let's make this spring a season filled with laughter, connection, and joy!

Warm Regards,  
Jessica Crawford  
Executive Director  
Bristol Park Assisted Living

April 2025

### Bristol Park Directors

**Jessica Crawford**  
Executive Director

**Michelle Cortez**  
Resident Service Director

**Timothy Byrd**  
Culinary Director

**Vanessa DeLeon**  
Lifestyles Director

**Becky Whitford**  
Pathways Coordinator

**Rebecca Meredith**  
Business Director

**Sadie Cassel**  
Sale & Marketing Director



**Delaurette Williams**  
Resident Service Coordinator

**Martin Cardona**  
Maintenance Director



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>April Fool's Day!!</b> 9:00 Daily Chronicles & Coffee (Bistro), EC 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Polish Me Pretty, PP 11:00 Bingo Blitz w/ Courtney, CR 2:00 Bristol Bowling, CR 4:00 Movie Matinee/ Popcorn, TR 6:00 Evening Book Reads, SR	<b>Autism Awareness Day!!</b> 9:00 Daily Chronicles & Coffee (Bistro), EC 10:00 Sit N Fit -Noodle Exercise, WR 10:30 Church with Jeri Williamson, CR 11:00 Bingo Blitz, CR 1:30 Aromatherapy Massages, PP 3:30 Unwind & Stretch, WR 4:00 Community Puzzle Time, EC 6:00 Read & Relax, SR	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Prayer and Devotion Circle, LR 10:00 Sit N Fit -Noodle Exercise, WR 11:00 M & M icebreaker, CR 1:30 Creative Nook, CR 3:00 Dart Board Game, CR 4:00 Movie Matinee, TR 6:00 Crossword Challenge, CR	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Walking Club, FL 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Bingo w/ Courtney, CR 2:00 <b>Chef Demo with Tim, CR</b> 3:00 Happy Hour, CR 4:00 Movie Matinee, TR 6:00 Family and Friend Visits	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Morning Fitness self-led, WR 10:00 Living Room Visits, FL 11:00 Bingo, CR 2:30 Tabletop Games, CR 3:30 Puzzle with Friends, EC 6:00 Sunset Watching, SR
8:30 Daily Chronicles, CR 9:30 Morning Fitness self- led, WR 10:30 Coloring Social, CR 1:30 Dr. Dave Cooper Joshua Baptist Church, CR 2:30 Table Games, CR 3:30 Family and Friend Visits, SR 6:00 Relax & Read, SR	<b>World Health Day!!</b> 9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Trivia & Donuts w / Joanie, CR 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Bingo Blitz, CR 2:30 Artistic Adventures, CR 3:00 Hand Massages, PP 3:30 Ice Cream Social, CY 6:00 Crossword Challenge, CR	9:00 Daily Chronicles & Coffee (Bistro), EC 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Polish Me Pretty, PP 1:30 Bean Bag Toss, WR 2:30 Dice Race, CR 3:00 Men's Group, FL 4:00 Movie Matinee/ Popcorn, TR 6:00 Evening Book Reads, SR	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Trivia and Facts w /Joanie, CR 10:00 Sit N Fit -Noodle Exercise, WR 10:30 Church with Jeri Williamson, CR 11:00 Bingo Blitz, CR 1:30 Crossword Puzzle Challenge, CR 3:30 Unwind & Stretch, WR 4:00 Community Puzzle Time, EC 6:00 Read & Relax, SR	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Prayer and Devotion Circle, LR 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Volunteers Needed, to fill candy in eggs, CR 1:00 Town Hall Meeting, CR 2:00 Brian Exercises, CR 4:00 Movie Matinee, TR 6:00 Fire Side Chats, CY	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Walking Club, FL 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Bingo Blitz, CR 3:00 Happy Hour, CR 4:00 Movie Matinee, TR 6:00 Community Puzzle Time, EC	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Morning Fitness self-led, WR 10:00 Living Room Visits, FL 11:00 Bingo, CR 2:30 Tabletop Games, CR 3:30 Puzzle with Friends, EC 6:00 Sunset Watching, SR
8:30 Daily Chronicles, CR 9:30 Morning Fitness self- led, WR 10:30 Coloring Social, CR 1:30 Dr. Dave Cooper Joshua Baptist Church, CR 2:30 Table Games, CR 3:30 Family and Friend Visits, SR 6:00 Relax & Read, SR	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Puzzle Booklet Fun, CR 9:30 <b>Dollar Tree Trip, FL</b> 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Bingo Blitz, CR 2:00 Ice Cream Social, CY 3:00 Bean Bag, CR 4:00 Courtyard Chats, CY 6:00 Fire Side Chats, CY	9:00 Daily Chronicles & Coffee (Bistro), EC 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Polish Me Pretty, PP 2:00 Bristol Bowling, CR 3:00 National Pretzel Day!! 4:00 Movie Matinee/ Popcorn, TR 6:00 Evening Book Reads, SR	9:00 Daily Chronicles & Coffee (Bistro), EC 10:00 Sit N Fit -Noodle Exercise, WR 10:30 Church with Jeri Williamson, CR 11:00 Bingo Blitz, CR 1:30 Aromatherapy Massages, PP 3:30 Unwind & Stretch, WR 4:00 Community Puzzle Time, EC 6:00 Read & Relax, SR	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Prayer and Devotion Circle, LR 10:00 Sit N Fit -Noodle Exercise, WR 10:30 Robin & Caprice (Eye glass cleaning),EC 11:00 M & M icebreaker, CR 1:30 Creative Nook, CR 4:00 Movie Matinee, TR 6:00 Crossword Challenge, CR	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Walking Club, FL 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Bingo Blitz, CR 1:00 Easter Event, FL 2:00 <b>Chef Talk with Tim, CR</b> 3:00 Happy Hour, CR 4:00 Movie Matinee, TR 6:00 Family and Friend Visits	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Morning Fitness self-led, WR 10:00 Living Room Visits, FL 11:00 Bingo, CR 2:30 Tabletop Games, CR 3:30 Puzzle with Friends, EC 6:00 Sunset Watching, SR
8:30 Daily Chronicles, CR 9:30 Morning Fitness self- led, WR 10:30 Coloring Social, CR 1:30 Dr. Dave Cooper Joshua Baptist Church, CR 2:30 Table Games, CR 3:30 Family and Friend Visits, SR 6:00 Relax & Read, SR	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Trivia & Treats, CR 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Bingo Blitz, CR 2:30 Artistic Adventures, CR 3:00 Hand Massages, PP 4:00 Courtyard Chats, CY 6:00 Crossword Challenge, CR	9:00 Daily Chronicles & Coffee (Bistro), EC 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Polish Me Pretty, PP 1:30 Bean Bag Toss, WR 2:30 Baking Club, EC 4:00 Movie Matinee/ Popcorn, TR 6:00 Evening Book Reads, SR	<b>National Picnic Day!!</b> 9:00 Daily Chronicles & Coffee (Bistro), EC 10:00 Sit N Fit -Noodle Exercise, WR 10:30 Church with Jeri Williamson, CR 11:00 Bingo Blitz, CR 1:30 Crossword Puzzle Challenge, CR 3:30 Unwind & Stretch, WR 4:00 Community Puzzle Time, EC 6:00 Read & Relax, SR	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Prayer and Devotion Circle, LR 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Brain Exercises, CR 2:00 Fall Prevention, CR 3:00 <b>Residents Birthday Bash, CR</b> 4:00 Movie Matinee, TR 6:00 Relax & Read, SR	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Walking Club, FL 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Bingo Blitz, CR 3:00 Happy Hour, CR 4:00 Movie Matinee, TR 6:00 Community Puzzle Time, EC 11:00 <b>Olive Garden, FL</b>	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Morning Fitness self-led, WR 10:00 Living Room Visits, FL 11:00 Bingo, CR 2:30 Tabletop Games, CR 3:30 Puzzle with Friends, EC 6:00 Sunset Watching, SR
8:30 Daily Chronicles, CR 9:30 Morning Fitness self- led, WR 10:30 Coloring Social, CR 1:30 Dr. Dave Cooper Joshua Baptist Church, CR 2:30 Table Games, CR 3:30 Family and Friend Visits, SR 6:00 Relax & Read, SR	9:00 Daily Chronicles & Coffee (Bistro), EC 9:30 Puzzle Booklet Fun, CR 9:30 <b>Walmart Trip, FL</b> 10:00 Sit N Fit -Noodle Exercise, WR 11:00 Bingo Blitz, CR 2:00 Putt-Putt Golf, CR 3:00 Ice-Cream, CR 6:00 Fire Side Chats, CY	9:00 Daily Chronicles & Coffee (Bistro), EC 10:00 Sit N Fit -Noodle Exercise, WR 10:30 Pen Making, CR 11:00 Polish Me Pretty, PP 2:00 Bristol Bowling, CR 3:00 Resident Club/Committees, CR 4:00 Movie Matinee/ Popcorn, TR 6:00 Evening Book Reads, SR	9:00 Daily Chronicles & Coffee (Bistro), EC 10:00 Sit N Fit -Noodle Exercise, WR 10:30 Church with Jeri Williamson, CR 11:00 Bingo Blitz, CR 1:30 Aromatherapy Massages, PP 3:30 Unwind & Stretch, WR 4:00 Community Puzzle Time, EC 6:00 Read & Relax, SR	 <div style="border: 1px solid black; padding: 5px;"> <p align="center"><b>KEY</b></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> </div>		



## Lend Mother Nature a Hand

One of the most delightful things about spring and April is that there's life. While we soak in the color and liveliness of creation and embrace opportunities for rejuvenation, we can easily overlook how life on the planet is at risk. How do we treat the resources gifted to us through nature? April's Arbor Day and Earth Day can help us learn a little more about that, as they educate, provide awareness and highlight ways to protect and preserve life on this planet.

Arbor Day is observed on the last Friday in April annually. Each state's observance date varies based on the planting cycles of that state. Arbor Day focuses on trees and the preservation of life. Trees are vital to human existence, serving as a source of oxygen, protector from the sun and canopy of coolness in oppressive heat. Earth Day is April 22 and focuses on the overall protection of the planet we call home. It tackles topics related to climate change, renewable energy and the use of natural resources for a better earth, better health, and clean air and clean water.

Supporting Arbor Day and Earth Day is a *tree-mendous* idea. Let's branch out and celebrate these holidays!

- Plant a tree! There are hundreds of species of trees from which to choose.
- Volunteer to join a tree-planting group in your area.
- Start tree seedlings in preparation for future planting endeavors.
- Cut down on waste. Compost. Reduce, reuse and recycle.
- Educate and share! Learn about our natural resources and take your knowledge to the streets. Serve as inspiration to act.
- Set aside intentional time to embrace nature. This could mean taking hikes, visiting parks, painting or drawing nature scenes, engaging in nature photography, journaling about personal inspiration found in nature, or even talking to plants.
- Research and review trees and natural resources. How can you help preserve them?

## Costa Rica and Ecotourism

Costa Rica is one of the smallest countries in the world, sure, but it's also an excellent home for 5 percent of the world's biodiversity. That's roughly half a million different species of living things. There's no doubt that sustainable living is paramount in Costa Rica and a movement that's well supported by its residents. It's an ecofriendly place not just for its residents, but tourists, too.

Ecotourism is growing in popularity as it aims to protect both the environment and its residents. It's a means of having a tourism-based economy but one that actually tries to minimize damage and danger to the people, plants and animals that live there. Ecotourism supports actions that create a safer, healthier home, and Costa Rica is a legitimate hot spot when it comes to such endeavors.

Did you know that the national park system protects more than 13 percent of Costa Rica? Upwards of 15 percent is additionally protected through other means, like being labeled a wildlife refuge or reserve. The country takes great strides to protect the land and its resources. Visitors benefit from the lush growth and thriving animal kingdom as they're able to engage in activities like bird watching, hiking and diving, and exploring national parks, volcanoes, and waterfalls. There's a lot to see and do outdoors in Costa Rica, and there's no shortage of educational opportunities when engaging in these excursions. It's imperative that visitors walk away with not only a wonderful and memorable experience in an ecotourism destination but also the knowledge to sustain such places in the future.

 **April 2025** 

**Dates to Celebrate**

April Fool's Day .....	4/1
National Pet Day .....	4/11
Passover .....	4/12-20
Full Moon .....	4/13
Income Tax Day .....	4/15
Good Friday .....	4/18
Easter .....	4/20
National Volunteer Week .....	4/20-26
Earth Day .....	4/22
Arbor Day .....	4/25

Birthstone: Diamond  
Flower: Sweet Pea | Zodiac: Aries & Taurus



## Slow Dough to Sourdough

While April 1 is commonly known as April Fool's Day, there is another unique observance that also occurs on April 1. It's National Sourdough Bread Day. Ways to observe this holiday are obvious: Eat sourdough at any or all meals and learn how to bake sourdough bread. It's relatively simple to research both of these ways to celebrate. There are plenty of recipes online and in cookbooks for all sorts of bready meals and snacks, even desserts! If you open your oldest cook book, odds are there is more than one recipe in it that uses sourdough bread.

Baking sourdough bread has become somewhat of a craze. Creating this healthy and flavorful delight isn't too terribly complicated, and you might even have all the ingredients at home. The most challenging piece of the process, according to many sources, is the timing of it all, which is lengthy. But it's worth it.

This tasty treat's fermentation process is known to help with breaking down gluten. That can be a huge plus for those with allergies and gluten sensitivities. And its level of "sour" is controlled by you, the baker. Its tanginess comes from acetic acid and lactic acid, and by adjusting the flavor profile in your sourdough starter, you can amplify that tanginess level to mouth-wrenching or take it all the way down to barely taste any tang.

How are you going to celebrate National Sourdough Day this year?



## Fashion Forward

The fashion industry is one of the highest consumers of water. It's a strong source of carbon emissions around the globe. It pollutes our oceans with microplastics. It produces significant amounts of trash, including plastic, that overflow landfills. Worker rights are violated in every component of the industry. Animals suffer. Humans suffer. That's just the tip of the iceberg. Fast fashion is exceptionally detrimental to the planet and people.

Fast fashion is a business model in the clothing industry that focuses on rapidly producing trendy, inexpensive garments to meet consumer demand. Brands using this approach quickly design, manufacture, and distribute new styles inspired by runway shows or celebrity culture, often at the expense of quality, sustainability, and ethical labor practices. While fast fashion allows consumers to access the latest styles at affordable prices, it contributes to environmental

issues, such as textile waste and pollution, and raises concerns about poor working conditions in factories. As awareness of these problems grows, many people are advocating for more sustainable and ethical alternatives.

However, clothing is a necessity to some degree. Not even one percent of material is recycled and made into another garment. Clearly that's an area in need of improvement, and one among many. Sustainable fashion makes sense as it guides people away from the lifestyle

modeled by fast fashion. Sustainable fashion includes creating transparency in the workplace and supply chains; producing clothes, accessories and footwear through methods that have minimal environmental impact; participating in a collaborative economy; implementing ethical standards for laborers; and recycling, recirculating and up-cycling materials. How can you support these efforts?



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DIFFICULT

## A Greener Tomorrow

- BIODIVERSITY
- COMPOST
- CRAFTSMANSHIP
- CREATIVITY
- DIY
- ECOFRIENDLY
- FUTURE
- GENERATIONS
- HANDMADE
- RECYCLE
- REPURPOSE
- RESOURCES
- SUSTAINABLE
- TEXTILES
- UPCYCLE

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