



TIMELESS

AN EDITORIAL BY BRISTOL PARK CYPRESS

MAY 2025

Expressions
OF JOY

BRISTOL PARK CYPRESS | ASSISTED LIVING

Expressions of Joy

Living a joy-filled life means living every day with an open heart. It means giving oneself the opportunity to experience new things, to share in love, to feel more fully, and to be truly authentic. When joy abounds, so does one's livelihood. Joy can take over one's mental, physical and emotional health. That's a very good thing indeed. Remember, joy is not to be confused with happiness, which is, simply put, a response to external circumstances. There's a reason why phrases like "Happy Thanksgiving" and "Happy Birthday" exist.

How does joy fit into your life? Does it hold a lot of space or just a little bit? Do you wake up each morning with a sense of gratitude, looking forward to embracing the beauty of the day? Let's take a look at some joy-filled experiences and ways to share that joy with others.

- **Cultivate a spiritual connection** – Finding deeper meaning in a religion is historically known as experiencing joy. Such joy can easily be shared in a worshiping community and with family and friends.
- **Be one with nature** – All the goodness of the earth can breed positivity. Exploring the threads that tie humanity to all that Mother Nature has provided can be exceptionally humbling and a means of inspiring life. That joy can easily be spread on nature walks and hikes, gardening and other outdoor activities.
- **Be fully present** – A sense of full presence means seeing and experiencing things as they are, without judgment. Waking up each day with a sense of curiosity, purpose, and gratitude and closing out the day ruminating on such things can lead to a real sense of presence.
- **See the good in the world** – This means seeing the positive in people and thinking about their intentions. Some folks believe humans are inherently evil, while others believe in their inherent goodness. Seek the latter in all situations and joyful relationships will come more easily.

Those are just a few examples, but, if you haven't already, let joy overtake you. Your cup will be overflowing with goodness, mercy, compassion and love.

Steal My Sunshine

The health benefits the body receives from a nice dose of Vitamin D are aplenty, with sunshine being its main life-giving source. It's a naturally occurring vitamin that thrives in the body with regular sun exposure. It can be difficult to obtain a full dose from the sun, given the barriers provided by sunscreen, clothing and minimal access to the outdoors.

Smog and pollution also affect access, as well as one's complexion. Darker skin tones have excess melanin, which makes it harder to absorb Vitamin D. Despite all the impediments, luckily, it's found in other places, too, like cod liver oil and egg yolk. But a great way to up your intake is by eating fatty fish like herring, canned tuna, salmon, and sardines. Of course, supplements are always readily available through your pharmacy or local health store.

What are the chief benefits of Vitamin D, and how much does a person need to thrive? Recommended doses vary, but generally 600 to 800 internal units is the common suggestion of Vitamin D intake for adults. For children and teens, that number is closer to 600. For infants, the recommended dose drops to 400 internal units.

Vitamin D regulates calcium, as well as phosphorus, absorption. Calcium is crucial to bone health. Without it, osteoporosis becomes a real possibility. And let's not forget Vitamin D is also known to help fight disease and support the immune system. Some studies suggest it helps defend against certain flu strains and COVID-19, as well as lower the risk of heart disease. Be sure to talk to your doctor about what a healthy dose of Vitamin D looks like when it comes to your own personal health.

Happy Birthday

Anne W.....		5/15
Jacqueline B.....		5/24
Daniel S.....		5/25
Joan McP.....		5/31

Welcome to Our Community

Phyllis G.	Mike N.	Peggy S.
Loan McP.	Winona R.	Keith S.
Judy M.	Mark R.	



A Letter from the Executive Director, Kim

Did you know that there is a national foundation called RandomActsOfKindness.org, that will certify businesses as a "Certified Kindness Workplace"? It has long been this team's mindset that if we can be anything, we can and will be kind. However, the certification is an acknowledgement of our good habits and a reminder to continue being our best through kindness.

Sagora and Bristol Park at Cypress have chosen to be part of this movement by following the guidelines and applying for certification. The overall message is to "make kindness the norm." To achieve the accreditation, we have completed the initial expectations and suggestions, and have designated every Monday as our random act of kindness day. So far, our team has shown their kindness through leaving notes of encouragement throughout the community, using chalk to write positive messages in our courtyards, and making a point to verbalize appreciation to one another.

We have 53 team member signatures on our "Kindness is not optional – it's a priority" pledge. Together, we are committed to a culture of kindness.

- Kim



May 2025

Leadership Team

Kimberly Pera
Executive Director

Lashae Townsend
Business Director

Hilda Baldwin
Resident Care Director

Destiny Thomas
Sales & Marketing Director

Morena Blanco
Lifestyle Director

Jaime Welsh
Pathway Director

Lawunder Perkins
Culinary Director

John Costello
Maintenance Director



17935 Longenbaugh Road
Cypress, TX 77433
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Bristol Park Cypress - Assisted Living

May 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="border: 1px solid black; padding: 5px; width: 15%;"> <p>KEY</p> <p>Living Room L.R</p> <p>Activities Room A.R</p> <p>Media Room M.R</p> <p>Recreation Room Rec.R</p> <p>Dining Room D.R</p> <p>Memory Care M.C</p> <p>Patio Pat.</p> </div> <div style="text-align: center;"> <p><i>Expressions</i> OF JOY</p> </div> </div>						
<p>10:00 Morning Stroll ⁴</p> <p>10:30 Fun Bingo w/ YMSL</p> <p>1:00 Sunday Worship</p> <p>1:15 Exercise with Linda</p> <p>2:00 Ice Cream Social</p> <p>2:30 Res. Led Table Games</p> <p>3:00 Local History</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie Mania or Sudoku</p>	<p>Cinco de Mayo ⁵</p> <p>9:00 Morning Walking Club</p> <p>10:00 Faithful Paw Pet Therapy</p> <p>10:30 Bingo Clash</p> <p>1:30 Chronicles- Story Telling</p> <p>2:00 Cinco de Mayo Cel.</p> <p>2:30 Men's Social Club</p> <p>5:00 Patio Time Meditation</p> <p>6:00 News or Checkers</p>	<p>9:00 Morning Walking Club ⁶</p> <p>10:00 Tuesday Zumba</p> <p>10:30 Resident Council Meeting</p> <p>11:00 Town Hall Meeting</p> <p>1:30 Spill The Tea Tuesday</p> <p>2:00 Craft w/MCR The Musical</p> <p>3:00 Bingo Clash</p> <p>5:00 Evening Meditation</p> <p>6:00 Bonanza or Table Games</p>	<p>9:00 Morning Walking Club ⁷</p> <p>10:00 Fit For You</p> <p>10:30 Bingo Clash</p> <p>1:30 Chronicles-Story Telling</p> <p>2:00 Step it Up</p> <p>3:00 Science for Seniors</p> <p>4:00 Bible Study</p> <p>5:00 Patio Time Meditation</p> <p>6:00 News or Tabe Games</p>	<p>Global Love Day ¹</p> <p>9:00 Morning Walking Club</p> <p>10:00 Noodle Exercises</p> <p>10:30 Bingo Clash</p> <p>10:45 Tour of the Town</p> <p>1:30 Music Therapy with Greg</p> <p>2:30 Praise&Worship w/Angela</p> <p>5:00 Evening Meditation</p> <p>6:00 High Chaparral or Sudoku</p>	<p>9:00 Morning Walking Club ²</p> <p>10:00 Sweating To the Oldies</p> <p>10:30 Bingo Clash</p> <p>1:00 Step It Up</p> <p>1:30 Chronicles- Story Telling</p> <p>2:30 Social Gathering</p> <p>3:00 Entertainment with Brenda</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Morning Coffee Chat ³</p> <p>10:00 Wonderful Walkers</p> <p>10:30 Fun Bingo</p> <p>1:00 Exercises with Linda</p> <p>1:30 Chronicles-Story Telling</p> <p>2:30 Church Services w/Bob</p> <p>3:00 Coloring for Fun</p> <p>5:00 Evening Meditation</p> <p>6:00 Sat. Movie & Popcorn</p>
<p>10:00 Morning Stroll ⁴</p> <p>10:30 Fun Bingo w/ YMSL</p> <p>1:00 Sunday Worship</p> <p>1:15 Exercise with Linda</p> <p>2:00 Ice Cream Social</p> <p>2:30 Res. Led Table Games</p> <p>3:00 Local History</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie Mania or Sudoku</p>	<p>Happy Mother's Day ¹¹</p> <p>10:00 Morning Stroll</p> <p>10:30 Fun Bingo w/ YMSL</p> <p>1:00 Sunday Worship</p> <p>1:15 Exercise with Linda</p> <p>2:30 Res. Led Table Games</p> <p>3:00 Local History</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie Mania or Sudoku</p>	<p>Inter. Nurse Day ¹²</p> <p>9:00 Morning Walking Club</p> <p>10:00 Flex and Stretch</p> <p>10:30 Bingo Clash</p> <p>1:30 Chronicle-Story Telling</p> <p>2:00 Parachute Ball Toss</p> <p>3:00 Craft-Card Making</p> <p>5:00 Patio Time Meditation</p> <p>6:00 News or Checkers</p>	<p>9:00 Morning Walking Club ¹³</p> <p>10:00 Tuesday Zumba</p> <p>10:30 Bingo Clash</p> <p>1:00 Chef Talk w/ Lawunder</p> <p>1:30 Chronicles-Story Telling</p> <p>2:00 Parachute Ball Toss</p> <p>3:00 Rosary w/Denis</p> <p>5:00 Evening Meditation</p> <p>6:00 Bonanza or Table Games</p>	<p>Nat. Have a Coke Day ⁸</p> <p>9:00 Morning Walking Club</p> <p>10:30 Bingo Clash</p> <p>10:45 Shopping Excursion</p> <p>1:30 Chronicles-Story Telling</p> <p>2:00 Coke Day Cel. w/Crystal</p> <p>2:30 Praise&Worship w/Angela</p> <p>5:00 Evening Meditation</p> <p>6:00 High Chaparral or Sudoku</p>	<p>9:00 Morning Walking Club ⁹</p> <p>10:00 Sweating To the Oldies</p> <p>10:30 Bingo Clash</p> <p>1:00 Step It Up</p> <p>1:30 Chronicles- Story Telling</p> <p>2:30 Mother's Day Cel.</p> <p>3:00 Entertainment with Jesus</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Morning Coffee Chat ¹⁰</p> <p>10:00 Wonderful Walkers</p> <p>10:30 Fun Bingo</p> <p>1:00 Exercises with Linda</p> <p>1:30 Chronicles-Story Telling</p> <p>2:00 Res. Led Table Games</p> <p>3:00 Coloring for Fun</p> <p>5:00 Evening Meditation</p> <p>6:00 Sat. Movie & Popcorn</p>
<p>10:00 Morning Stroll ¹⁸</p> <p>10:30 Fun Bingo w/ YMSL</p> <p>1:00 Sunday Worship</p> <p>1:15 Exercise with Linda</p> <p>2:00 Ice Cream Social</p> <p>2:30 Res. Led Table Games</p> <p>3:00 Local History</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie Mania or Sudoku</p>	<p>Happy Mother's Day ¹¹</p> <p>10:00 Morning Stroll</p> <p>10:30 Fun Bingo w/ YMSL</p> <p>1:00 Sunday Worship</p> <p>1:15 Exercise with Linda</p> <p>2:30 Res. Led Table Games</p> <p>3:00 Local History</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie Mania or Sudoku</p>	<p>Inter. Nurse Day ¹²</p> <p>9:00 Morning Walking Club</p> <p>10:00 Flex and Stretch</p> <p>10:30 Bingo Clash</p> <p>1:30 Chronicle-Story Telling</p> <p>2:00 Parachute Ball Toss</p> <p>3:00 Craft-Card Making</p> <p>5:00 Patio Time Meditation</p> <p>6:00 News or Checkers</p>	<p>9:00 Morning Walking Club ¹⁴</p> <p>10:30 Bingo Clash</p> <p>10:45 Storytime w/Kiddle Acad.</p> <p>1:30 New Resident Orientation</p> <p>2:00 Spring Medi. w/Denise</p> <p>3:00 Science for Seniors</p> <p>4:00 Bible Study</p> <p>5:00 Meet & Greet Family Night</p> <p>6:00 News or Tabe Games</p>	<p>Nat. Choco. Chip Day ¹⁵</p> <p>9:00 Morning Walking Club</p> <p>10:15 Mass w/Father Innocent</p> <p>10:30 Bingo Clash</p> <p>1:30 Music Therapy with Greg</p> <p>2:00 Baking w/Twist</p> <p>3:00 May Craft w/Liz</p> <p>5:00 Evening Meditation</p> <p>6:00 Dementia Support Group</p>	<p>9:00 Morning Walking Club ¹⁶</p> <p>10:00 Sweating To the Oldies</p> <p>10:30 Bingo Clash</p> <p>1:00 Step It Up</p> <p>1:30 Chronicles- Story Telling</p> <p>2:30 Social Gathering</p> <p>3:00 Karaoke Sing Along</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Morning Coffee Chat ¹⁷</p> <p>10:00 Wonderful Walkers</p> <p>10:30 Fun Bingo</p> <p>1:00 Exercises with Linda</p> <p>1:30 Chronicles-Story Telling</p> <p>2:30 Church Services w/Bob</p> <p>3:00 Coloring for Fun</p> <p>5:00 Evening Meditation</p> <p>6:00 Sat. Movie & Popcorn</p>
<p>10:00 Morning Stroll ¹⁸</p> <p>10:30 Fun Bingo w/ YMSL</p> <p>1:00 Sunday Worship</p> <p>1:15 Exercise with Linda</p> <p>2:00 Ice Cream Social</p> <p>2:30 Res. Led Table Games</p> <p>3:00 Local History</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie Mania or Sudoku</p>	<p>9:00 Morning Walking Club ¹⁹</p> <p>10:00 Flex and Stretch</p> <p>10:00 Faithful Paw Pet Therapy</p> <p>10:30 Bingo Clash</p> <p>1:30 Chronicles- Story Telling</p> <p>2:30 Men's Social Club</p> <p>3:00 Book Review w/ Carol</p> <p>5:00 Patio Time Meditation</p> <p>6:00 News or Checkers</p>	<p>Nat.Be a Millionaire's Day ²⁰</p> <p>9:00 Morning Walking Club</p> <p>10:30 Bingo Clash</p> <p>10:45 Lunch Excursion</p> <p>1:30 Let's Go Treasure Hunt</p> <p>2:00 Trivia w/MCR The Musical</p> <p>3:00 Art Painting Class</p> <p>5:00 Evening Meditation</p> <p>6:00 Bonanza or Table Games</p>	<p>Inter. Tea Day ²¹</p> <p>9:00 Morning Walking Club</p> <p>10:00 Fit For You</p> <p>10:30 Bingo Clash</p> <p>2:00 May Craft with Angela</p> <p>3:00 Science for Seniors</p> <p>4:00 Bible Study</p> <p>5:00 Patio Time Meditation</p> <p>6:00 News or Tabe Games</p>	<p>9:00 Morning Walking Club ²²</p> <p>10:00 Noodle Exercise</p> <p>10:30 Bingo Clash</p> <p>1:30 Chronicles-Story Telling</p> <p>2:00 Health Talk w/Salve</p> <p>2:30 Praise&Worship w/Angela</p> <p>3:15 Pictionary</p> <p>5:00 Evening Meditation</p> <p>6:00 High Chaparral or Sudoku</p>	<p>9:00 Morning Walking Club ²³</p> <p>10:00 Sweating To the Oldies</p> <p>10:30 Bingo Clash</p> <p>1:00 Step It Up</p> <p>1:30 Chronicles- Story Telling</p> <p>2:30 Social Gathering</p> <p>3:00 Entertainment with Nathan</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Morning Coffee Chat ²⁴</p> <p>10:00 Wonderful Walkers</p> <p>10:30 Fun Bingo</p> <p>1:00 Exercises with Linda</p> <p>1:30 Chronicles-Story Telling</p> <p>2:00 Res. Led Table Games</p> <p>3:00 Coloring for Fun</p> <p>5:00 Evening Meditation</p> <p>6:00 Sat. Movie & Popcorn</p>
<p>10:00 Morning Stroll ²⁵</p> <p>10:30 Fun Bingo w/ YMSL</p> <p>1:00 Sunday Worship</p> <p>1:15 Exercise with Linda</p> <p>2:00 Ice Cream Social</p> <p>2:30 Res. Led Table Games</p> <p>3:00 Local History</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie Mania or Sudoku</p>	<p>Memorial Day ²⁶</p> <p>9:00 Morning Walking Club</p> <p>10:00 Flex and Stretch</p> <p>10:30 Bingo Clash</p> <p>1:30 Chronicle-Story Telling</p> <p>2:00 Patriotic Craft</p> <p>3:00 Memorial Day Parade</p> <p>5:00 Patio Time Meditation</p> <p>6:00 News or Checkers</p>	<p>Nat. Grape Day ²⁷</p> <p>9:00 Morning Walking Club</p> <p>10:00 Tuesday Zumba</p> <p>10:30 Bingo Clash</p> <p>1:30 Chronicles-Story Telling</p> <p>2:00 Parachute Ball Toss</p> <p>3:00 Grape Trivia</p> <p>5:00 Evening Meditation</p> <p>6:00 Bonanza or Table Games</p>	<p>Nat.Health & Fitness Day ²⁸</p> <p>10:00 Chair Yoga w/Salve</p> <p>10:30 Bingo Clash</p> <p>1:30 Lifestyle Meeting</p> <p>2:00 Volleyball Tournament</p> <p>3:00 Science for Seniors</p> <p>4:00 Bible Study</p> <p>5:00 Patio Time Meditation</p> <p>6:00 News or Tabe Games</p>	<p>9:00 Morning Walking Club ²⁹</p> <p>10:00 Noodle Exercises</p> <p>10:30 Bingo Clash</p> <p>1:00 Ice Cream Tour</p> <p>1:30 Rainbow Reading to MC</p> <p>2:30 Praise&Worship w/Angela</p> <p>3:00 Brain Teasers</p> <p>5:00 Evening Meditation</p> <p>6:00 High Chaparral or Sudoku</p>	<p>9:00 Morning Walking Club ³⁰</p> <p>10:00 Sweating To the Oldies</p> <p>10:30 Bingo Clash</p> <p>1:00 Step It Up</p> <p>1:30 Chronicles- Story Telling</p> <p>2:30 May Birthday Bash Cele.</p> <p>3:00 Entertainment with Jimi</p> <p>5:00 Patio Time Meditation</p> <p>6:00 Movie & Popcorn</p>	<p>9:00 Morning Coffee Chat ³¹</p> <p>10:00 Wonderful Walkers</p> <p>10:30 Fun Bingo</p> <p>1:00 Exercises with Linda</p> <p>1:30 Chronicles-Story Telling</p> <p>2:00 Piano Per.w/Amanda</p> <p>3:00 Coloring for Fun</p> <p>5:00 Evening Meditation</p> <p>6:00 Sat. Movie & Popcorn</p>



Observing Memorial Day

On Memorial Day, which falls on May 26 this year, we mourn our nation's fallen soldiers and military personnel, those who lost their lives in service to their country. One of the largest annual Memorial Day observances occurs near our nation's capital at Arlington National Cemetery (ANC) in Arlington, VA. This remembrance event has occurred since 1868, when Memorial Day was otherwise known as Decorations Day.

There are several traditions that are held sacred in observance of Memorial Day at ANC. One of the most significant is the visit of the American president or one of his designated representatives to the Tomb of the Unknown Soldier, which was created in 1921. The president or representative participates in a wreath-laying ceremony. Beautifully adorned wreaths are commonly seen at ANC, as wreath-laying events aren't atypical. However, the Memorial Day tradition is considered to be more formal.

In the days leading up to Memorial Day Weekend, a meticulous tradition known as "Flags In" takes place. The Old Guard, ANC's ceremonial unit established in 1948, along with members of other units, place small American flags beside the graves of fallen Armed Services members. This tradition is nothing if not precise. One boot-length is all the space you'll find between each flag's plant in the ground and the base of its corresponding headstone. Flags are also placed with great care beneath the columbarium niche rows, ensuring the same level of precision and respect for the fallen.

While solemn, these observances hold great significance in our country. What observances occur in your community or city?

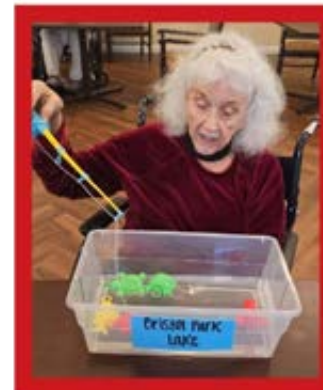
Meet Carol W.

Originally from Tulsa, Oklahoma, Carol has spent most of her life in Houston, where she's built a vibrant and fulfilling life. For the past three and a half years, she's been a beloved resident of Bristol Park and currently serves as one of our cherished community ambassadors.

Carol has a heart for people and is always ready to lend a hand wherever she's needed. She leads our monthly book review club, which is a favorite among residents and always sparks lively discussions. A lifelong animal lover, Carol previously volunteered in wildlife rehabilitation—an experience that reflects her deep compassion and adventurous spirit.

Family means the world to Carol. She has two daughters and four grandchildren, whom she absolutely loves. Two of her grandkids are interested in architecture and civil engineering, while the other two are actively involved in sports.

We're lucky to have Carol as such a warm, inspiring presence in our community!



"Let all thy joys be as the month of May!"

Everything is possible when we are together!



May 2025

Dates to Celebrate

- May Day 5/1
- Kentucky Derby 5/3
- Cinco de Mayo 5/5
- National Nurses' Week..... 5/6-12
- Mother's Day..... 5/11
- Skilled Nursing Care Week 5/11-17
- Full Moon 5/12
- Armed Forces Day 5/17
- Brother's Day..... 5/24
- Memorial Day 5/26
- Senior Health & Fitness Day 5/28

Birthstone: Emerald

Flower: Lily of the Valley

Zodiac Signs: Taurus/Gemini



**Tasty Corner by Our
Chef Lawunder**

Happiness Hunt

- BLISS
- CELEBRATE
- CHEER
- DELIGHT
- EUPHORIA
- EXCITEMENT
- EXUBERANCE
- FESTIVE
- GLEE
- HAPPINESS
- JOYFUL
- LAUGHTER
- MERRIMENT
- RADIANCE
- SMILES

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