

# TIMELESS

AN EDITORIAL BY BRIARVIEW

JANUARY 2025

Masterpieces

of  
the  
*Mind*

This month isn't just about relaxing, it's about finding a sense of fulfillment and serenity that carries through the year.



BRIARVIEW | ASSISTED LIVING



### Associate Spotlight

My name is Ivane; I am originally from Durango, Mexico, but have lived in Texas in the Carrollton area for most of my life. I attended the University of Texas at Arlington and received a Bachelor's degree in International Business. (Go, Mavericks!)

My husband was in the Navy but is now back in Dallas full-time. We have two kitties named Bella and Maya, who we absolutely love to pieces. My professional background is mainly in remote mortgage and banking roles, but I was looking for something that would allow me to interact with people on the daily. Luckily for me, I was able to find an opportunity here at Briarview that would allow me to do just that. In my time here so far, I have really enjoyed getting to know all of the residents and their families. I also feel extremely grateful to be part of a team with such wonderful people!

### Masterpiece of the Mind

In today's fast-paced world, where distractions are endless and true relaxation feels increasingly rare, people across the globe are turning to ancient cultural practices to find balance and peace. Two of the most cherished and widely embraced philosophies are Japan's Zen and Scandinavia's Hygge. Though they originate from vastly different regions, both Zen and Hygge offer profound insights into the art of mindful living. By understanding Zen's focus on inner clarity and Hygge's embrace of cozy simplicity, we can uncover ways to bring a sense of calm and fulfillment to our own lives.

Zen is philosophy and spiritual practice that finds its roots in Buddhism. Zen emphasizes direct experience and mindfulness, encouraging practitioners to move beyond conscious thought to attain a sense of inner illumination and deeper intuition. Unlike many philosophical practices that prioritize intellectual understanding, Zen focuses on breaking through mental barriers and achieving enlightenment through everyday actions and awareness.

Similarly, the Scandinavian concept of Hygge (pronounced hue-guh) offers its own pathway to a fulfilling and mindful life. Hygge, deeply rooted in Danish and Norwegian cultures, encompasses the ideas of contentment, warmth, and coziness. It's about embracing simplicity, slowing down, and finding pleasure in small, comforting experiences. Like Zen, Hygge encourages presence and awareness, but its focus lies in creating a comforting environment that promotes peace and relaxation.

While Zen and Hygge originate from distinct cultures and traditions, both share a focus on being fully present and grounded. Zen cultivates this through introspection and discipline, aiming for inner clarity and insight, whereas Hygge finds joy and comfort in one's surroundings, enhancing emotional well-being through connection and a restful atmosphere. Together, they offer timeless lessons for modern life, reminding us that simplicity, mindfulness, and warmth are universal keys to a balanced and peaceful existence.



Happy Holiday Season

Hello, I am Chase Lindberger, the new Executive Director here at Briarview.

I grew up in Sun Prairie, WI and went to college at The School of the Art Institute of Chicago where I graduated with a degree in Photographic Arts and Art History. I then moved to Minneapolis, MN where I was married and created a family. I have two children: Xavier, age 13, and Omevelyn, age 12. We moved to Dallas in 2021, and then to Carrollton in 2022. Texas was a big change, and it has been wonderful throughout my life.

I have worked in many creative roles including Visual Merchandising and window displays for Bloomingdale, Barney's, Lord and Taylor, Marshal Fields, and Neiman Marcus in Chicago. I have also been a featured artist in multiple top 25 Art Fairs in the US and have had my photography featured in London and Paris. My passions are my family, baking, travel and helping others.

I have been in senior living for over 22 years and have loved coming to work every day during this time. It brings me joy to learn from our residents and make changes to enhance the experience of living in our community. My door is always open so stop in and let me know what we are doing well and how we can improve.

Cheers to the future of Briarview. I am honored to be here with you!

January 2025

### Key Team Members

Chase Lindberger  
Executive Director

Ariel Williams  
Business Director

Michael Perez  
Maintenance Director

Winfridah Ogeto  
Pathways Director

Haley Kurecka  
Sales and Marketing Director

Latisha Johnson  
Resident Services Coordinator

Bryan Jones  
Culinary Director



2645 E. Trinity Mills Rd.  
Carrollton, TX 75006  
972-418-1400



DATES TO CELEBRATE

January 2025

New Year's Day ..... 1/1  
 Elvis Presley's Birthday ..... 1/8  
 Full Moon ..... 1/13  
 Activity Professionals' Week..... 1/19-25  
 Inauguration Day ..... 1/20  
 Martin Luther King, Jr., Day ..... 1/20  
 Chinese New Year.....1/29  
 National Puzzle Day.....1/29

Birthstone - Garnet  
 Flower - Carnation  
 Zodiac - Capricorn & Aquarius  
 Year of the Snake

# Briarview - Assisted Living

January 2025

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday   |
|--|--|--|---|---|--|--|
| <p>Masterpieces of the Mind</p>  |  |  | 9:30 Workout With Weights (FR) <span style="color:red">★</span><br>10:00 Cards Of Gratitude (AR)<br>10:30 Catholic Holy Communion (PDR)<br>11:00 Table Games (AR)<br>2:00 People Bingo (AR)<br>3:30 Afternoon Workout (FR)<br>6:30 Movie Matinee (Residents Choice) (DR)                                    | 9:30 Stretch and Flex (FR) <span style="color:blue">2</span><br>10:00 Catholic Holy Communion<br>2:00 Brain Teasers & Mind Puzzles (LR)<br>3:00 Cornhole (LR)<br>6:30 Friday Night Movie (DR)   | 9:30 Morning Workout (FR) <span style="color:blue">3</span><br>10:30 Mena's Restaurant<br>2:00 Bingo (AR)<br>3:00 Men's Club - let's Talk (DR)<br>3:30 Pool Noodle Hockey Exercise (AR)<br>6:30 Friday Night Movie (DR)                                | 9:30 Step to Fitness (FR) <span style="color:blue">4</span><br>10:00 Saturday Daily Chronicles (LR)<br>11:00 Table Games (AR)<br>2:00 Bingo (AR)<br>3:00 Games with Friends (AR)<br>6:30 Saturday Popcorn & a Movie (DR)   |
| 9:30 Daily Chronicle (LR) <span style="color:blue">5</span><br>10:00 Relax and Reading (L)<br>11:00 Table Games<br><b>2:00 Worship Service By/ Prestonwood Church (LR)</b><br>3:00 Walking Club<br>6:30 Sunday Night Movie (DR)  | <b>10:30 Bible Study with John (AR)</b> <span style="color:blue">6</span><br>11:00 Table Games (AR)<br><b>1:15 AL Resident Council Meeting (DR)</b><br><b>2:00 Bingo (AR)</b><br>3:30 Shake, Raffle and Stroll - Walking Club (AR)<br>6:30 Friday Night Movie (DR) | 9:30 Two Leg Tuesday Workout (FR) <span style="color:blue">7</span><br>10:00 Walmart Shopping Outing<br>10:00 Poetry Puzzle<br>11:00 Table Games (AR)<br>2:00 Brain Teaser (Word Games) (LR)<br>4:00 Happy Hour<br>6:30 Friday Night Movie (DR)  | 9:30 Workout With Weights (FR) <span style="color:blue">8</span><br>10:00 Cards Of Gratitude (AR)<br>10:30 Catholic Holy Communion (PDR)<br>11:00 Table Games (AR)<br>2:00 People Bingo (AR)<br>3:30 Afternoon Workout (FR)<br>6:30 Movie Matinee (Residents Choice) (DR)                                   | 9:30 Stretch and Flex (FR) <span style="color:blue">9</span><br>10:00 Catholic Holy Communion<br><b>11:30 Catholic Communion (PDR)</b><br>2:00 Brain Teasers & Mind Puzzles (LR)<br>3:00 Cornhole (LR)<br><b>5:00 Dementia Workshop</b><br>6:30 Friday Night Movie (DR) | 9:30 Morning Workout (FR) <span style="color:blue">10</span><br>10:30 Mena's Restaurant<br>1:30 Activity Meeting (AR)<br>2:00 Bingo (AR)<br>3:00 Men's Club - let's Talk (DR)<br>3:30 Pool Noodle Hockey Exercise (AR)<br>6:30 Friday Night Movie (DR) | 9:30 Step to Fitness (FR) <span style="color:blue">11</span><br>10:00 Saturday Daily Chronicles (LR)<br>11:00 Table Games (AR)<br>2:00 Bingo (AR)<br>3:00 Games with Friends (AR)<br>6:30 Saturday Popcorn & a Movie (DR)  |
| 9:30 Daily Chronicle (LR) <span style="color:blue">12</span><br>10:00 Relax and Reading (L)<br>11:00 Table Games<br><b>2:00 Worship Service By/ Prestonwood Church (LR)</b><br>3:00 Walking Club<br>6:30 Sunday Night Movie (DR) | <b>10:30 Bible Study with John (AR)</b> <span style="color:blue">13</span><br>11:00 Table Games (AR)<br><b>2:00 Bingo (AR)</b><br>3:30 Shake, Raffle and Stroll - Walking Club (AR)<br>6:30 Friday Night Movie (DR)  | 9:30 Two Leg Tuesday Workout (FR) <span style="color:blue">14</span><br>10:00 Walmart Shopping Outing<br>10:00 Poetry Puzzle<br>11:00 Table Games (AR)<br>1:00 Culinary Meeting (DR)<br>2:00 Brain Teaser (Word Games) (LR)<br>4:00 Happy Hour<br>6:30 Friday Night Movie (DR)   | 9:30 Workout With Weights (FR) <span style="color:blue">15</span><br>10:00 Cards Of Gratitude (AR)<br>10:30 Catholic Holy Communion (PDR)<br>11:00 Table Games (AR)<br>2:00 People Bingo (AR)<br>3:30 Afternoon Workout (FR)<br>6:30 Movie Matinee (Residents Choice) (DR)                                  | 9:30 Stretch and Flex (FR) <span style="color:blue">16</span><br>10:00 Catholic Holy Communion<br>2:00 Brain Teasers & Mind Puzzles (LR)<br>3:00 Cornhole (LR)<br>6:30 Friday Night Movie (DR)  | 9:30 Morning Workout (FR) <span style="color:blue">17</span><br>10:30 Mena's Restaurant<br>2:00 Bingo (AR)<br>3:00 Men's Club - let's Talk (DR)<br>3:30 Pool Noodle Hockey Exercise (AR)<br>6:30 Friday Night Movie (DR)                               | 9:30 Step to Fitness (FR) <span style="color:blue">18</span><br>10:00 Saturday Daily Chronicles (LR)<br>11:00 Table Games (AR)<br>2:00 Bingo (AR)<br>3:00 Games with Friends (AR)<br>6:30 Saturday Popcorn & a Movie (DR)  |
| 9:30 Daily Chronicle (LR) <span style="color:blue">19</span><br>10:00 Relax and Reading (L)<br>11:00 Table Games<br><b>2:00 Worship Service By/ Prestonwood Church (LR)</b><br>3:00 Walking Club<br>6:30 Sunday Night Movie (DR) | <b>10:30 Bible Study with John (AR)</b> <span style="color:blue">20</span><br>11:00 Table Games (AR)<br><b>2:00 Bingo (AR)</b><br>3:30 Shake, Raffle and Stroll - Walking Club (AR)<br>6:30 Friday Night Movie (DR)  | 9:30 Two Leg Tuesday Workout (FR) <span style="color:blue">21</span><br>10:00 Walmart Shopping Outing<br>10:00 Poetry Puzzle<br>11:00 Table Games (AR)<br>2:00 Brain Teaser (Word Games) (LR)<br>4:00 Happy Hour<br>6:30 Friday Night Movie (DR)   | 9:30 Workout With Weights (FR) <span style="color:blue">22</span><br>10:00 Cards Of Gratitude (AR)<br>10:30 Catholic Holy Communion (PDR)<br>11:00 Table Games (AR)<br>2:00 People Bingo (AR)<br>3:30 Afternoon Workout (FR)<br>6:30 Movie Matinee (Residents Choice) (DR)                                  | 9:30 Stretch and Flex (FR) <span style="color:blue">23</span><br>10:00 Catholic Holy Communion<br><b>11:30 Catholic Communion (PDR)</b><br>2:00 Brain Teasers & Mind Puzzles (LR)<br>3:00 Cornhole (LR)<br>6:30 Friday Night Movie (DR)                                 | 9:30 Morning Workout (FR) <span style="color:blue">24</span><br>10:30 Mena's Restaurant<br>2:00 Bingo (AR)<br>3:00 Men's Club - let's Talk (DR)<br>3:30 Pool Noodle Hockey Exercise (AR)<br>6:30 Friday Night Movie (DR)                               | 9:30 Step to Fitness (FR) <span style="color:blue">25</span><br>10:00 Saturday Daily Chronicles (LR)<br>11:00 Table Games (AR)<br>2:00 Bingo (AR)<br>3:00 Games with Friends (AR)<br>6:30 Saturday Popcorn & a Movie (DR)  |
| 9:30 Daily Chronicle (LR) <span style="color:blue">26</span><br>10:00 Relax and Reading (L)<br>11:00 Table Games<br><b>2:00 Worship Service By/ Prestonwood Church (LR)</b><br>3:00 Walking Club<br>6:30 Sunday Night Movie (DR) | <b>10:30 Bible Study with John (AR)</b> <span style="color:blue">27</span><br>11:00 Table Games (AR)<br><b>1:15 BINGO Store (AR)</b><br><b>2:00 Bingo (AR)</b><br>3:30 Shake, Raffle and Stroll - Walking Club (AR)<br>6:30 Friday Night Movie (DR)                | 9:30 Two Leg Tuesday Workout (FR) <span style="color:blue">28</span><br>10:00 Walmart Shopping Outing<br>10:00 Poetry Puzzle<br>11:00 Table Games (AR)<br><b>2:00 HealthPro Wellness: " FESTIVE REFLECTIONS: NURTURING JOY" (AR)</b><br>2:00 Brain Teaser (Word Games) (LR)<br>4:00 Happy Hour<br>6:30 Friday Night Movie (DR) | 9:30 Workout With Weights (FR) <span style="color:red">★</span> <span style="color:blue">29</span><br>10:00 Cards Of Gratitude (AR)<br>10:30 Catholic Holy Communion (PDR)<br>11:00 Table Games (AR)<br>2:00 People Bingo (AR)<br>3:30 Afternoon Workout (FR)<br>6:30 Movie Matinee (Residents Choice) (DR) | 9:30 Stretch and Flex (FR) <span style="color:blue">30</span><br>10:00 Catholic Holy Communion<br>2:00 Brain Teasers & Mind Puzzles (LR)<br>3:00 Cornhole (LR)<br>6:30 Friday Night Movie (DR)  | 9:30 Morning Workout (FR) <span style="color:blue">31</span><br>10:30 Mena's Restaurant<br>2:00 Bingo (AR)<br>3:00 Men's Club - let's Talk (DR)<br>3:30 Pool Noodle Hockey Exercise (AR)<br>6:30 Friday Night Movie (DR)                               | <div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>KEY</b></p> <p>Living Room.....LR</p> <p>Activity Room.....AR</p> <p>Court Yard.....CY</p> <p>Dining Room.....DR</p> <p>Day Room.....DR</p> <p>Fitness Room.....FR</p> <p>Self Lead.....SL</p> </div> |



**Pathways Corner**

Our Pathways residents got busy spreading holiday cheer by putting together their beautiful Christmas wreaths and decorating the Christmas tree! Our Assisted Living residents and family members enjoyed their time together, sharing laughter and stories during our Christmas family dinner.



## Just Say Yes

Actors and improv comedians often practice their craft with a warm-up routine called “Yes, and...”. The exercise is usually done with two participants. Each time one of the participants says something, the other participant replies and builds on their partner’s statement or question, starting with the words “Yes, and...” before continuing the narrative. This approach encourages collaboration and creativity. It also eliminates corrections and debate. Regardless of what each participant says, they always embrace their partner’s words. This leads to trust and teamwork.

This technique is also a valuable tool for interacting with loved ones who have Alzheimer’s disease, according to Dr. Carolyn Fredericks, a neurologist at Yale School of Medicine specializing in cognitive and behavioral conditions. Most people habitually correct others if they say something erroneous. It can be hard to break this habit when you’re talking to someone with Alzheimer’s disease. Saying “Yes, and...” is a great habit that helps family members and caregivers remember the best way to interact with their loved ones. People with Alzheimer’s disease are more likely to feel stressed and anxious when they are being corrected and not receiving any positive reinforcement.

Here are some other basic things to remember when interacting with a person with Alzheimer’s disease. The beginning of the new year is a great opportunity to review these principles. Instead of correcting someone, offer them a snack or drink. Engaging a person in conversations about their childhood or other past experiences can be enjoyable and provide a comforting focus. Creativity and artistic abilities persist even as Alzheimer’s progresses. Activities like painting, listening to music, and reading aloud can be soothing and enjoyable. Exercise can boost mood, improve sleep, and support overall health. Casual activities like dancing, walking, and gardening, especially when combined with social interaction, are all good choices.

## Upcoming Events

### Do you have any questions about Dementia or Alzheimer's Disease?

Do you feel you need more clarification as to what your loved one is experiencing? Please join us in our Assisted Living Day Room on January 9th starting at 5:00 p.m. for more educative information.

### Spinach Soup Class

Join us on 1/9/2025 as we prepare a delicious, creamy spinach soup, all courtesy of Kinddful Heath.

## Who Am I?

### Do you know who I am?

#### Here are some clues:

1. I was born on January 27, 1832.
2. I grew up in an English village called Daresbury.
3. My father, Charles, was an English minister.
4. I was the third of 11 children.
5. I was the eldest boy in my family.
6. I entertained my younger siblings by making up fantasy stories.
7. As a child, a fever left me deaf in one ear.
8. I was a very gifted student in school.
9. I had a bad case of whooping cough as a teenager.
10. I lost my mother two days after leaving for Oxford.
11. I was a math lecturer at Oxford for 26 years.
12. I wrote several academic papers on mathematics.
13. I famously had a stammer, especially when conversing with adults.
14. I wrote poems and essays that are called “*literary nonsense*.”
15. I created several word games and puzzles.
16. My birth name was Charles Lutwidge Dodgson.
17. I was a notable photographer.
18. I became a deacon of the Church of England.
19. I never got married.
20. My most famous work was a gift for a young child.
21. I wrote one of the most popular children’s books of all time.
22. Family friend Alice Liddell inspired my most popular work.
23. I died of pneumonia on January 14, 1898.
24. My pen name is based on Latin versions of my first and middle names.
25. I wrote *Alice’s Adventures in Wonderland*, *Through the Looking-Glass* and *What Alice Found There*.

### Can you guess who I am?

*That’s right, I am author and poet Lewis Carroll.*