

TIMELESS

AN EDITORIAL BY ELISON PARK

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!

ELISON PARK INDEPENDENT LIVING

Meet Elison Park's Chef Lee:

Chef Lee White is Executive Chef and Owner of D-Leecious Bites!

Since 2012, Chef Lee has been able to establish himself with top echelon of chefs in the Houston and surrounding communities by letting his talent bring his vision of fine dining into the homes of thousands over the years. What sets Chef Lee apart from the competition is his ability to be extremely diverse in producing menus, unique to that of the client and one of a kind. Utilizing locally sourced ingredients, Chef Lee will attend local farmers markets, produce farms, butchers and will travel to different counties to ensure execution for his business.

He was brought up at a young age in his family restaurant where he was taught and brought into true Tex-Mex cuisine, which lit his passion for the culinary arts. For almost 15 years now he has had the opportunity and experience with numerous top chefs, where he was able to venture into the "Farm to Table" movement that his business was initially driven and has since developed into an array of all cultures. Chef Lee has since catered to NFL athletes on their offseason in custom dietary needs, which in turn has been a success over into the CrossFit world in the surrounding communities. This dedication and his sincere abilities have led him onto the path of focusing on large events as well. Craft BBQ, fine dining, culture specific, or just elevated southern comfort food are just a touch of the surface of what Chef Lee and his D-Leecious Bites Team are capable of. Chef Lee is profound and experience savvy in wild game, beer and wine dinners.

Elevated cooking classes over Zoom, or in house options are also what his business can offer. If you are looking for a personal fine dining restaurant experience in your home for your next event, or looking for a special celebration, birthday, anniversary, and especially the holiday season, this self-taught

chef will deliver an experience that will be talked about for years to come.

The charity community has been a part of Lee's life in giving back. With open arms, Chef accepted a phone call in 2014 from the founder of the Sky High for Kids Foundation, with an offer he could not refuse. Lee donates his time and services for auction dinners of which 100% of goes towards Sky High, one of the largest pediatric cancer funds in the country. This beautiful organization is not just the only charity Chef is affiliated with. With the rodeo being a tradition here in Houston, D-Leecious Bites are a proud donating sponsor to the Llama & Alpaca Rodeo Committee which gives scholarships to graduating seniors in their career path in agriculture.



Happy Birthday!

- | | |
|-------------------------|--------------------------|
| Don B.....April 2nd | Karlene A.....April 8th |
| Janet K.....April 3rd | Diane M.....April 15th |
| Mary B.....April 4th | Kenneth D.....April 19th |
| Shirley M.....April 5th | Sally B.....April 23rd |
| Gene H.....April 7th | Sandra K.....April 28th |



Letter from the Executive Director

Howdy everyone, from the front office. Hard to believe that spring has sprung, and we are well into a great new year here at Elison Park. Spring clean and green is now underway, and we are pruning trees and sprucing up this wonderful place known as your home. We lost some foliage from the deep freeze and the record heat from last year. Samuel and his team of assistants are well underway identifying areas that we will be pressure washing. Now don't fret one bit, as they will not pressure wash too early in your morning!

We are starting to receive the specialized bulbs for the catwalk lighting as they have been on back-order for quite some time. We have lofty goals this year and we hope to make your home shine like a new penny. I had our landscapers inspect our irrigation systems and make any repairs and adjustments.

If you notice any sprinklers not performing, let us know and we will address them.

I have celebrated one full year back here with y'all and my heart is full. I just love it here! Hope to see you out and about on my rounds. I prefer to see residents out having a great time socializing, rather than in my office.

Happy spring to all!

Zade West



April 2024

Leadership Team

Samantha Ortiz
Business Director

Dee Thomas
Lifestyles Director

Martha Flores
Housekeeping Supervisor

Zade Watts
Executive Director

Kimberly England
Sales Director

Ashley Bowers
Sales Counselor



Samuel Wean
Maintenance Director

Lee White
Culinary Director



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	April Fools - The Jokes On You Day! 9:30 Tinkers Exercise-CR 10:30 Veteran's Social-TCH 1:30 Chefs Demo-TCH 2:00 Nickels Game-GR 2:30 Karaoke Hour-TCH 3:30 The Wise Guys Club-TCH 6:30 Open Players Poker-GR	Plants 4 All Season Bus-1pm 9:15 Chair Volleyball - CR 9:30 Tinkers Exercise-CR 10:30 Unlock The Past Trivia-PL 11:30 Movie:Agents of S.H.I.E.L.D 1:00 Red Hat Meet - TCH 3:15 Bingo \$1/card - CR 6:00 Mens Poker Night - GR	9:00 Morning Walk-CR 9:30 Tinker's Exercise - CR 10:30 Word In A Word -CR 12:00 Nickles Game -GR 12:00 Music Aromatherapy-CR 1:00 Hand & Foot - GR 3:30 Wine Down Wednesday Blain Faul -CR 6:30 Movie:The 4 Seasons-CR	9:30 Chair Tai Chi - CR 10:00 Communion Service -FL 10:30 Joggn Your Noggn -TCH 11:30 Movie: Agents Of S.H.I.E.L.D 3&4-CR 1:00 Wii Bowling - CR 1:30 Maintenance Chat - TCH 3:15 Bingo \$1/Card-CR 6:00 Mens Poker Night - GR	9:00 Morning Walk-CR 9:30 Tinker Exercise -CR 10:30 Hymn Sing w/Felix -CR 10:30 Fun Facts Fridays!- PL 1:00 Table Tennis-CR 2:00 Karaoke Hour-CR 3:00 Corn Hole & Happy Hour 4:00 \$5 Papparazzi Jewelry - DR 6:30 Movie: Iron Man -CR	9:00 Chair Volleyball -CR 9:00 Morning Walk -CR 9:30 Tinker's Exercise - CR 10:30 Mind Aerobics Class - PL 12:30 Dip In The Pool 1:00 Puzzlers Meditation - PL 2:00 Nickels Game - GR 6:30 Res. Cocktail Hour -TCH
9:00 Morning Walk-CR 10:30 Chapel of Willowbrook-CR 12:30 Dip In The Pool 1:00 Nickles -GR 3:00 Pictionary - PL 4:00 Dominoes - GR 6:30 Movie: The Zookeepers Wife - CR	Solar Eclipse Viewing Outing Today 11am 9:30 Tinkers Exercise-CR 10:30 Veteran's Social-TCH 11:00 Chapel Brd Meeting-PDR 11:30 Wound Care & Lunch-CR 1:30 Painting w/Connie-CR 2:00 Nickels Game-GR 3:00 Karaoke Hour	9:15 Chair Volleyball - CR 9:30 Tinkers Exercise-CR 10:30 Unlock The Past Trivia-PL 11:30 Movie:Agents of S.H.I.E.L.D. 5&6-CR 1:00 Ambassador Meet - TCH 3:15 Bingo \$1/card - CR 6:00 Mens Poker Night - GR 6:30 Movie: Glory -CR	9:00 Morning Walk-CR 9:30 Tinker's Exercise - CR 10:30 Wheel of Fortune -CR 12:00 Nickles Game -GR 12:00 Music Aromatherapy-CR 1:00 Hand & Foot - GR 3:30 Wine Down Wednesday Tom Hutcheson-CR 6:30 Movie:Lincoln -CR	9:30 Chair Tai Chi - CR 10:00 Communion Service -FL 10:30 Joggn Your Noggn -TCH 10:30 Seniors Serving Seniors - Cleanout Library 1:00 Wii Bowling - CR 2:00 Chef's Chat - TCR 3:15 Bingo \$1/Card-CR 6:00 Mens Poker Night - GR	9:30 Tinker Exercise -CR 10:30 Fun Facts Fridays!- PL 1:00 Table Tennis-CR 1:30 Wish of a LifeTime! Oak Street Health-TCH 2:30 Karaoke Hour - CR 3:30 Corn Hole & Happy Hour 5:30 Movie:Gone With the Wind w/Baked Potato Bar	Spring Clean Out Day! (Books & Puzzles) 9:30 Tinker's Exercise - CR 10:30 Mind Aerobics Class - PL 12:30 Dip In The Pool 1:00 Puzzlers Meditation - PL 2:00 Nickels Game - GR 2:00 Arts & Crafts Class -PL 6:30 Res. Cocktail Hour -TCH
Remembering The Titanic Day! 9:00 Morning Walk-CR 10:30 Chapel of Willowbrook-CR 12:30 Dip In The Pool 1:00 Nickles -GR 2:00 Card Making Class 3:00 Pictionary - PL 6:30 Movie: The Titanic-CR	Spring Cleaning Donations Drop Off! 1pm 9:30 Tinkers Exercise-CR 10:30 Veteran's Social-TCH 2:00 Nickels Game-GR 2:00 Memory Matters Talk-CR 3:30 Karaoke Hour -TCH 6:30 Open Players Poker-GR	9:15 Chair Volleyball - CR 9:30 Tinkers Exercise-CR 10:30 Unlock The Past Trivia-PL 11:30 Movie:Agents of S.H.I.E.L.D. 9&10-CR 12:30 Dip In The Pool 1:30 Hymn Sing w/Felix 3:15 Bingo \$1/card - CR 6:00 Mens Poker Night - GR	9:00 Morning Walk-CR 9:30 Tinker's Exercise - CR 10:30 Word In A Word - CR 12:00 Nickles Game -GR 12:00 Music Aromatherapy-CR 1:45 Res. Association Mtg - CR 3:00 Fun Wednesday Party - CR 6:30 Movie: The Circle-CR	NAM Spring Clean Don. Drop Off 1pm 9:30 Chair Tai Chi - CR 10:00 Communion Service -FL 10:30 Lifestyles Chat -TCH 11:30 Movie: Agents of S.H.I.E.L.D. 11&12-CR 3:15 Bingo \$1/Card-CR 6:00 Mens Poker Night - GR	9:00 Morning Walk-CR 9:30 Tinker Exercise -CR 10:00 Kathy's Clothing - DR 10:30 Music by Jumo Sings-CR 1:00 Table Tennis-CR 2:00 Karaoke Hour-CR 3:00 Corn Hole & Happy Hour 6:30 Movie:The Incredible Hulk-CR	9:00 Chair Volleyball -CR 9:30 Tinker's Exercise - CR 10:30 Mind Aerobics Class - PL 12:30 Dip In The Pool 1:00 Puzzlers Meditation - PL 2:00 Nickels Game - GR 3:00 Rodney Rasberry Performs - CR 6:30 Res. Cocktail Hour -TCH
9:00 Morning Walk-CR 10:30 Chapel of Willowbrook-CR 12:30 Dip In The Pool 1:00 Nickles -GR 3:00 Pictionary - PL 4:00 Dominoes - GR 6:30 Movie: The 10 Commandments-CR	Earth Day! 9:30 Tinkers Exercise-CR 10:30 Veteran's Social-TCH 10:30 Men's Health Talk-Health Pro-CR 1:00 Plant A Flower Event-TC 2:00 Nickels Game-GR 2:00 Karaoke Hour- TCH 6:30 Open Players Poker-GR	9:15 Chair Volleyball - CR 9:30 Tinkers Exercise-CR 10:30 Unlock The Past Trivia-PL 11:30 Movie:Agents of S.H.I.E.I.D. 13&14 1:00 Picnic Social (Resident Potluck) -RG 3:15 Bingo \$1/card - CR 6:00 Mens Poker Night - GR	Cocktails in the Courtyard 5pm-6:30pm-FC 9:30 Tinker's Exercise - CR 11:00 Wheel of Fortune-CR 12:00 Nickles Game -GR 1:00 Hand & Foot - GR 3:30 Birthday Celebrations Jon Ingram-CR 6:30 Movie: Downton Abbey	Family Bingo Night 5:30pm 9:30 Chair Tai Chi - CR 10:00 Communion Service -FL 10:30 Resident Book Club -CR 11:30 Movie:Agents of S.H.I.E.L.D. 15&16-CR 3:15 Bingo \$1/Card-CR 6:00 Mens Poker Night - GR	Grab & Go -Tour of Village Medical Trip-11am 9:30 Tinker Exercise -CR 10:30 Fun Facts Fridays!- PL 1:00 Table Tennis-CR 1:30 New Res.Orientation -TCH 3:00 Corn Hole & Happy Hour 6:30 Movie: Iron Man 2-CR	Animal Bath House Visits! 12pm -GA 9:00 Chair Volleyball -CR 9:30 Tinker's Exercise - CR 10:30 Mind Aerobics Class - PL 12:30 Dip In The Pool 1:00 Puzzlers Meditation - PL 2:00 Nickels Game - GR 6:30 Res. Cocktail Hour -TCH
9:00 Morning Walk-CR 10:30 Chapel of Willowbrook-CR 12:30 Dip In The Pool 1:00 Nickles -GR 2:00 Card Making Classes PL 3:00 Pictionary - PL 4:00 Dominoes - GR 6:30 Movie:A League of Their Own-CR	Gardening Day! 9:30 Tinkers Exercise-CR 10:30 Veteran's Social-TCH 1:00 Garden Box Planting-GA 1:30 Medicare Education Oak Street -CR 2:00 Nickels Game-GR 6:30 Open Players Poker-GR	9:15 Chair Volleyball - CR 9:30 Tinkers Exercise-CR 10:30 Unlock The Past Trivia-PL 11:30 Movie Agents of S.H.I.E.L.D.17&18-CR 1:30 Townhall Meeting -CR 3:15 Bingo \$1/card - CR 6:00 Mens Poker Night - GR				KEY Community Room.....CR Program Lounge.....PL Game Room.....GR Putting Green.....PG The Chat House.....TCH Swimming Pool.....SP Tree Courtyard.....TC Outings.....O Garden Box Area.....GA



Elison Park and Reliant At Home Presents “Cocktails in the Courtyard!”

Woo Hoo, It’s Hump Day!

Date: Wednesday, April 24th

Time: 5:00 p.m. - 6:30 p.m.

Join us for a special evening of meet and greet, music and fun!

Residents and family members are invited to this event!

Delight your tastebuds with an array of delectable hors d’oeuvres, chef prepared artistic appetizers and your favorite cocktails!

Tickets to the event are \$20 (includes food and two drinks)

The location of this event is the Rose Garden



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!



Lifestyles In Action!

Thank you to Carolin Mateo of Village Medical and Rochelle Peters for an outstanding job informing the Elison Park residents about their primary care services and how residents health care insurance works hand in hand.

The Elison Park residents also enjoyed a healthy parfait with their choice of vanilla or strawberry yogurt topped with granola, fresh fruit, and chocolate chips.

The Elison Park residents would like to thank you for taking the time to visit and share how your services can assist them in maintaining a healthy and active lifestyle.



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.



April is Physical Wellness Month!

Join us for an informative presentation on the services Allheal Home Health has to offer. Mark your calendars.... don't miss out!



OUR SERVICES :

- Skilled Nursings
- Physical Therapy
- Speech Therapy
- Occupational Therapy
- Medical Social Services
- Home Health Aides

Home health care is a wide range of health care services that can be given in your home for an illness or injury. Home health care is usually less expensive, more convenient, and just as effective as care you get in a hospital or skilled nursing facility (SNF).



Allheal Home Health

My name is Larry Gonzalez, and I'm your community liaison.

We are awarded 4/5 stars by CMS and 5/5 stars in patient satisfaction. When exceptional care counts, count on Allheal Home Health.

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Let's Take A Ride!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Medical Transportation	2 10:00am Walmart 1:00pm Plants For All Seasons <i>Afternoon Errands & Appointments</i>	3 Medical Transportation	4 10:00am Grocery Shuttle: HEB or Kroger 1:00pm Burlington <i>Afternoon Errands & Appts.</i>	5 11:30am Lunch at Perry's 1:30pm Thrift Seekers: The Commons - DSW, Marshalls & five BELOW	6
7 1:00pm Houston Repertoire Ballet's Celebration of Dance - \$18.00 at the Door	8 Medical Transportation <small>All Four Day</small>	9 10:00am Walmart 1:00pm Centrum: Tenor, J. Chamberlain - \$12.00 at the Door <i>Errands & Appts.</i>	10 Medical Transportation	11 10:00am Grocery Shuttle: HEB or Kroger 1:00pm Family Dollar & Fiesta <i>Afternoon Errands & Appts.</i>	12 10:30am Lunch at Landry's & The Woodlands Waterway Arts Festival - \$15.00 at the Gate	13
14	15 Medical Transportation	16 10:00am Walmart 11:30am Lunch at Cabo Bob's <i>Afternoon Errands & Appointments</i>	17 Medical Transportation	18 10:00am HEB or Kroger 1:00pm NAM - Dropoff Cleaning Donations & Shop at the Resale Shop	19 11:00am Lighthouse of Houston Resource Info. Session - Free Light Refresh. Or BYO Lunch	20 9:00am San Jacinto Battlefield - SJ Day Celebration - Living History, Activities, Food Vendors - Free
21 3:00pm Symphony North Houston - Early Spring Concert Admission by Donation	22 Medical Transportation <small>Passport Begins Earth Day</small>	23 10:00am Walmart <i>Errands & Appointments</i> 3:30pm Dinner at Tejas Choc. & BBQ	24 Medical Transportation <small>Administrative Professionals Day</small>	25 10:00am HEB or Kroger 1:00pm Style Nails & Spa for Women & Men <i>Afternoon Errands & Appts.</i>	26 10:30am Grab & Go Tour Village Medical 1:00pm Willowbrook Mall Walking & Shopping <small>After Day</small>	27 9:30am Houston Arboretum Earth Day Celebration - Free
28	29 Medical Transportation	30 10:00am Walmart <i>Afternoon Errands & Appointments</i>	<h1>April 2024 Transportation Calendar</h1>			