

TIMELESS

AN EDITORIAL BY LYNRIDGE OF MURPHY

APRIL 2024

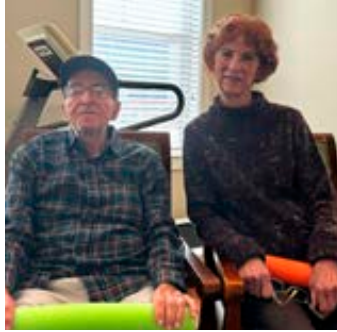


Spring Clean & green

Be fresh as flowers and green as grass as you dust off the winter drab and go for green with a good spring clean!

LYNRIDGE OF MURPHY | ASSISTED LIVING

Welcome Home, New Residents



John & Susan DuBose



Beverly Mason

Welcome home... we're so glad you are here! We are delighted to welcome Mr. & Mrs. DuBose and Ms. Mason. The Lynridge Community would like to thank you for choosing to call us your new home. We can't wait for what kind of adventures or memories you will make here. Once again, welcome to Lynridge and we are truly pleased to have you. We are one big family here. Please do not hesitate if you need any help.

"May your new home be blessed with warmth, love and happiness."

Happy Birthday!

Brendan A.....	April 1st
Beverly M.....	April 7th
Polly C.....	April 29th
Jarvis H.....	April 30th

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



Let's Welcome Our New Lifestyle Director

Hi everyone! My name is Nathanael Renteria, and I am thrilled to be your new Lifestyle Director. I have been working in the senior living industry for about 8 years now. I have so much passion for seniors, and I love to do what I do! In 2016, I started off in the kitchen as a dishwasher and quickly went up to becoming a lead waiter. In 2020, I became an activity assistant, but within less than a year I became a certified Activity Director.

I love to try new things and make sure whatever I do is 100 percent. Originally, I am from Tucson, Arizona but moved in the summer of 2015 to Dallas, Texas. I have 3 siblings which all live in Texas. I am the oldest of all my siblings with me at 23, my brother, 21, little sister, 20, and my baby sister at 14. I graduated from Brookhaven College in 2023 with my associates of science. Hopefully, in the near future I can go back to school to get my RN.

In my spare time I like to be with family, watching movies, being with my dogs, going to the gym, or just being at home relaxing. I wanted to thank everyone for being so friendly and making feel part of the community and team. Cheers to good times and making beautiful memories!

"You can choose who you want to be"
- Nathanael Renteria



From the Executive Director

April Showers Bring May Flowers

Hello family and friends,

Wow, I have been here 8 months already!! How the time flies.

I hope you like the changes we have been able to implement. Lifestyles are going great. Nathanael has started the gardening club, and we are excited to be growing our own tomatoes, squash, cantaloupe and cucumbers. We are looking forward to a bountiful garden.

Thank you to Megan Rader with Kindal Health; she was able to change our support group to the 2nd Tuesday of each month, so April's will be on the 9th. The support group is a great way to learn more about the Alzheimer's process, meet other families who may be going through the same situation as you or to collaborate on how to handle the everyday changes. We hope the change in days helps more families to be able to attend.

I have been emailing out an update every month to all the families that we have email addresses for; if you are not receiving the emails please reach out to Dee and give her an updated email address.

We want to thank the families for coming to our Family Easter Brunch, what a great time we had, with all the grandkids easter egg hunting and such a fine brunch the culinary department dished out.

Even with the small outbreak of COVID we had in March, we were able to minimize the spread. The main symptoms with this strain have been headache and tiredness the first 2 days, runny nose and cough and maybe a little body ache but no fever. If you have these symptoms, please test yourself before coming to visit. Especially in Pathways, due to not being able to adequately quarantine highly mobile residents.

Remember we are here for you if you have concerns or questions.

May God bless you and your family.
Jeanie Rawlinson

April 2024

Team Members

Jeanie Rawlinson
Executive Director

Lisa Richards
Sales and Marketing Director

Ruby Garcia
Resident Service Director

Yaw Dwomoh
Resident Care Coordinator

Nathanael Renteria
Lifestyle Director

Dena Dodge
Pathways Director

Terrance Smart
Culinary Director

Yvonne Caulker
Business Director

Dale Rose
Maintenance Director





304 West FM 544
Murphy, TX 75094



April 2024

Lynridge of Murphy - Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Happy Birthday Brendan A. 9:30 Daily Chronicle 10:00 Catholic Communion (MR) 10:30 Morning Chair Fitness with Rick (FC) 1:00 Bingo! (AR) 2:00 Lynridge Cooking Club (AR) 4:00 Walking Club (B)	 9:30 Daily Chronicle 10:30 Stay Fit with Nathanael (FC) 1:00 Movie Matinee and Popcorn (MR) 3:30 Resident Council Meeting (AR) 6:15 Kings in the Corner (LR)	9:30 Daily Chronicle 10:30 Morning Chair Fitness with Rick (FC) 11:15 Lunch Outing (L) 2:00 Pretty Nail Parlor (AR) 4:00 Walking Club (B)	9:30 Daily Chronicle 10:00 Prayer and Praise with Murphy Church (MR) 1:00 Bingo! (AR) 2:00 Mental Fun (AR) 2:45 Gardening Club (P) 3:30 Balloon Tennis (B)	9:30 Daily Chronicle 10:30 Walmart Outing (L) 10:30 Morning Strength Training (FC) 1:00 True or False Game (AR) 3:00 Happy Hour with Tony Mac (B) 6:15 Kings in the Corner (LR)	10:00 Coffee and Current Events! (L) 11:00 Yahtzee! (AR) 2:00 Girl Scouts will Host "Senior Prom" 6:00 Kings in the Corner (LR)
Happy Birthday Beverly M. 10:00 Hymn Sing-A-Long (DR) Resident Piano Players 11:00 Murphy Baptist Church Live Stream 1:30 Mexican Train (AR) 3:00 Crossword & Word Find (AR)	9:30 Daily Chronicle 10:00 Catholic Communion (MR) 10:30 Morning Chair Fitness with Rick (FC) 1:00 Bingo! (AR) 2:00 Creative Crafting Corner 4:00 Walking Club (B)	9:30 Daily Chronicle 10:30 Stay Fit with Nathanael (FC) 1:00 Movie Matinee and Popcorn (MR) 6:00 Family Support Group with Megan Rader 6:15 Kings in the Corner (LR)	9:30 Daily Chronicle 10:30 Morning Chair Fitness with Rick (FC) 11:15 Lunch Outing (L) 2:00 Pretty Nail Parlor (AR) 4:00 Walking Club (B)	9:30 Daily Chronicle 10:00 Prayer and Praise with Murphy Church (MR) 1:00 Bingo! (AR) 2:00 Mexican Train (AR) 2:45 Gardening Club (P) 3:30 Balloon Tennis (B)	9:30 Daily Chronicle 10:30 Walmart Outing (L) 10:30 Morning Strength Training (FC) 1:00 Monopoly Game (AR) 3:00 Happy Hour (B) 6:15 Kings in the Corner (LR)	10:00 Coffee and Current Events! (L) 11:00 Yahtzee! (AR) 3:00 Let's Go UNO(AR) 6:00 Kings in the Corner (LR)
10:00 Hymn Sing-A-Long (DR) Resident Piano Players 11:00 Murphy Baptist Church Live Stream 1:30 Mexican Train (AR) 3:00 Crossword & Word Find (AR)	9:30 Daily Chronicle 10:00 Catholic Communion (MR) 10:30 Morning Chair Fitness with Rick (FC) 1:00 Bingo! (AR) 2:00 Lynridge Cooking Club (AR) 4:00 Walking Club (B)	9:30 Daily Chronicle 10:30 Stay Fit with Nathanael (FC) 1:00 Movie Matinee and Popcorn (MR) 2:00 Do You Know Your Poop? With Kelly/Reliant at Home (AR) 6:15 Kings in the Corner (LR)	Breakfast with Murphy First Responders 9:30 Daily Chronicle 10:30 Morning Chair Fitness with Rick (FC) 11:15 Lunch Outing (L) 2:00 Pretty Nail Parlor (AR) 4:00 Walking Club (B)	9:30 Daily Chronicle 10:00 Prayer and Praise with Murphy Church (MR) 1:00 Bingo! (AR) 2:00 Cooking Demo with Chef T. 2:45 Gardening Club (P) 3:30 Balloon Tennis (B)	9:30 Daily Chronicle 10:30 Walmart Outing (L) 10:30 Morning Strength Training (FC) 1:00 Resident Ambassadors meeting (LR) 3:00 Happy Hour (B) 6:15 Kings in the Corner (LR)	10:00 Coffee and Current Events! (L) 11:00 Yahtzee! (AR) 3:00 Lets Go UNO (AR) 6:00 Kings in the Corner (LR)
10:00 Hymn Sing-A-Long (DR) Resident Piano Players 11:00 Murphy Baptist Church Live Stream 1:30 Mexican Train (AR) 3:00 Crossword & Word Find (AR)	9:30 Daily Chronicle 10:00 Catholic Communion (MR) 10:30 Morning Chair Fitness with Rick (FC) 1:00 Bingo! (AR) 2:00 Creative Crafting Corner 3:00 Town Hall (MR) 4:00 Walking Club (B)	9:30 Daily Chronicle 10:30 Stay Fit with Nathanael (FC) 1:00 Movie Matinee and Popcorn (MR) 2:30 Mobile Mini Mall 6:15 Kings in the Corner (LR)	9:30 Daily Chronicle 10:30 Morning Chair Fitness with Rick (FC) 11:15 Lunch Outing (L) 2:00 Pretty Nail Parlor (AR) 4:00 Walking Club (B)	9:30 Daily Chronicle 10:00 Prayer and Praise with Murphy Church (MR) 1:00 Bingo! (AR) 2:00 Mexican Train (AR) 2:45 Gardening Club (P) 3:30 Balloon Tennis (B)	9:30 Daily Chronicle 10:30 Walmart Outing (L) 10:30 Morning Strength Training (FC) 1:00 Giant Jenga Game (AR) 3:00 Happy Hour & Birthday Bash (B) 6:15 Kings in the Corner (LR)	10:00 Coffee and Current Events! (L) 11:00 Yahtzee! (AR) 3:00 Let's Go UNO(AR) 6:00 Kings in the Corner (LR)
10:00 Hymn Sing-A-Long (DR) Resident Piano Players 11:00 Murphy Baptist Church Live Stream 1:30 Mexican Train (AR) 3:00 Crossword & Word Find (AR)	Happy Birthday Polly C. 9:30 Daily Chronicle 10:00 Catholic Communion (MR) 10:30 Morning Chair Fitness with Rick (FC) 1:00 Bingo! (AR) 2:00 Lynridge Cooking Club (AR) 3:15 New Resident Orientation 4:00 Walking Club (B)	Happy Birthday Jarvis H. 9:30 Daily Chronicle 10:30 Stay Fit with Nathanael (FC) 1:00 Movie Matinee and Popcorn (MR) 3:00 Lynridge Shop (AR) 6:15 Kings in the Corner (LR)				KEY Activities Room.....AR Bistro.....B Fitness Center.....FC Living Room.....LR Media Room.....MR Private Dining Room.....PD Patio Off Dining Room.....P Front Living Room.....FLR



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

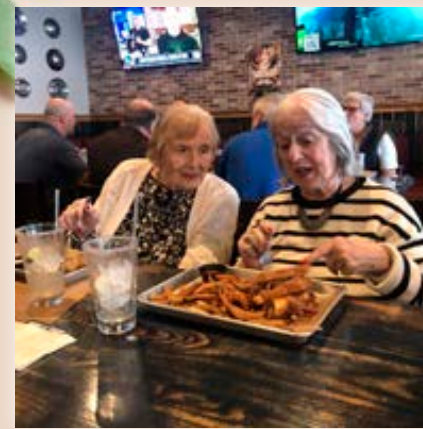
When someone says the word “smoothie,” what immediately pops into your head? For many, their instinct leads to a visual. They see frothy drinks in tall glasses, some of which have an orange, lime or other fruit slice attached to the rim. What isn't so often pictured: green smoothies. The color is unexpected 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.



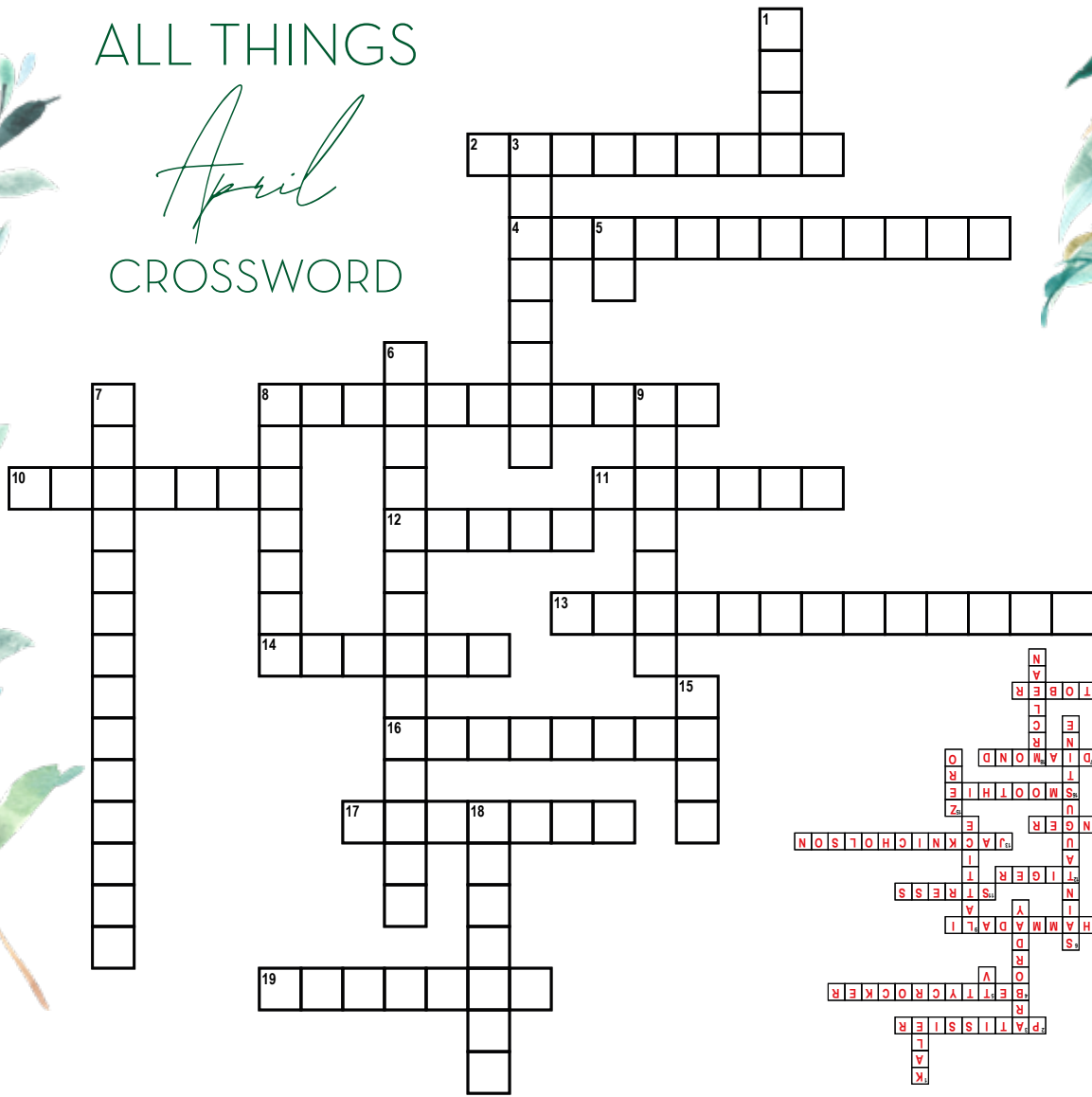
Capturing Wonderful Memories



ALL THINGS

April

CROSSWORD



ACROSS

- 2 What is the French name for a pastry chef?
- 4 In 1921, Marjori Husted births iconic culinary figure, unrivaled in homemaking expertise. (2 words)
- 8 Famous boxer stripped of world heavyweight champion title in April 1967 for refusing military induction. (2 words)
- 10 April _____ brings may flowers.
- 11 Decluttering your surroundings will improve your metal well-being by lowering _____ & cortisol hormone levels.
- 12 Cats share 95.6% of their DNA with what animal?
- 13 Born a Taurus in Neptune, NJ, won 3 Oscars, his first for One Flew Over the Cuckoo's Nest. (2 words)
- 14 Often confused for a root, this rhizome is often used to remedy upset stomachs or used as a seasoning.
- 16 Invented in 1970 by a lactose intolerant teen, this icy drink was named after a term used by health conscious hippies.
- 17 The atmosphere of Venus was first analyzed through the _____ window of a U.S. spacecraft, as only this element had the strength and transparency to endure the pressure in the atmosphere.
- 19 In the Southern Hemisphere, April is the seasonal equivalent of what month?

DOWN

- 1 Stampot is a Danish dish consisting of sausage with mashed potatoes and this leafy super vegetable.
- 3 In 1872, America first celebrated this day to raise awareness about the importance of trees in our environment and to encourage people to plant and nurture trees. (2 words)
- 5 On April 9, 1953, the first issue of this program guide was published.
- 6 On April 2, 1513, Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish Crown after landing at this site that is now the oldest city in the continental U.S. (2 words)
- 7 What spaceship was launched on April 11, 1970? (2 words)
- 8 On April 17, 1964, this Ford automobile was first unveiled.
- 9 The pattern of criss-crossing strips of pastry on top of food.
- 15 The _____-waste lifestyle approach aims to minimize waste by reusing, recycling and composting, ultimately striving to send nothing to the landfill.
- 18 In 1957, Procter & Gamble created this mascot for their new all-purpose cleaning product that was modeled after a United States Navy sailor from Pensacola, FL. (2 words)