

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 | MEMORY CARE

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 · WEEK ONE




<p>MON, APR 01</p> 	<p>Happy Birthday Brendon Arbuckle!</p> <p>11:30 Dining with Grace 1:00 Walk in the courtyard 5:00 Large puzzle group</p> <p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Let's talk composting for beginners 10:30 Morning exercise</p> <p>1:00 Gardening club / storyteller walk. 2:00 Creative Group "DIY All-purpose cleaner to sell." 4:30 Dining with Grace</p>
<p>TUE, APR 02</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 What should you plant this time of year? 10:30 Morning exercise 11:00 Craft Club 11:00 Making milk jug birdfeeders.</p> <p>11:30 Dining with Grace 1:00 Ball toss 2:00 How many words? 2:30 Men's group 2:30 Men start making our compost box 4:30 Dining with Grace</p> <p>5:30 Domino Match 6:00 Movie night and pop corn 6:00 Movie "Plastic Ocean"</p>
<p>WED, APR 03</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Garden talk 10:30 Morning exercise 11:15 Lunch outing with friends 11:30 Dining with Grace 1:00 Cardio drumming</p> <p>2:00 7's 3:00 Collect unwanted goods to donate 4:30 Dining with Grace 5:30 Fit minds</p>
<p>THU, APR 04</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Sing along with Murphy Church 10:30 Morning exercise 10:30 Picnic at Bob Woodruff Park</p> <p>11:30 Dining with Grace 1:00 Bean bag twister 2:00 Hang man 2:00 Creative group. "DIY all-purpose cleaner" 4:30 Dining with Grace 5:30 Bunco</p>
<p>FRI, APR 05</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Poems to share. 10:30 Morning exercise 11:30 Dining with Grace 1:00 Nail spa</p> <p>1:00 Gardening club / growing seedlings 2:00 Bunco 3:00 Mocktail hour and fun with friends 4:30 Dining with Grace 6:00 Puzzle Group</p>
<p>SAT, APR 06</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 365 days of Psalms 10:30 Morning exercise 11:30 Dining with Grace 1:00 Letter to a friend 1:00 Ladder ball</p> <p>2:00 Pling pong 4:30 Dining with Grace 5:30 Let's golf.</p>

APRIL 2024 · WEEK TWO

<p>SUN, APR 07</p>	<p>Happy Birthday Beverly Mason!</p> <p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Spiritual Journey 10:30 Morning exercise 11:00 Sunday Church service</p> <p>11:30 Dining with Grace 1:30 Word Puzzle 2:00 Mandalas 3:00 Sunday Hymns/ Amazing Grace 4:30 Dining with Grace 6:00 Horseshoes</p>
<p>MON, APR 08</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Let's talk composting for beginners 10:30 Morning exercise 11:00 How many words can you make?</p> <p>11:30 Dining with Grace 1:00 Walk in the courtyard 2:00 Creative group "DIY Shower scrub to sell" 3:00 Conversation cards 4:30 Dining with Grace 5:00 Farkle match</p>
<p>TUE, APR 09</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 What should you plant this time of year? 10:30 Morning exercise 11:00 Craft Club</p> <p>11:00 Making plastic bag placemats. 11:30 Dining with Grace 1:00 Ball toss 2:00 How many words? 2:00 Laundry basketball 3:00 Tung twister fun!</p> <p>4:30 Dining with Grace 5:30 Domino Match 6:00 Movie night and pop corn 6:00 Movie "Fern Gully: The last rainforest" 6:00 Family support group with Megan Rader</p>
<p>WED, APR 10</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Garden talk 10:30 Morning exercise 11:00 Querkle 11:15 Lunch outing with friends 11:30 Dining with Grace</p> <p>1:00 Cardio drumming 2:00 7's 3:00 Collect unwanted goods to donate 4:30 Dining with Grace 5:30 Dominoes</p>
<p>THU, APR 11</p> 	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Sing along with Murphy Church 10:30 Morning exercise 11:30 Dining with Grace 1:00 Bean bag twister</p> <p>1:00 Birthday Fun with Norris Perry 2:00 Hang man 3:00 Bowling 4:30 Dining with Grace 5:30 Bunco</p>
<p>FRI, APR 12</p>	<p>Happy Birthday Alicia Bravo Ramirez!</p> <p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Poems to share. 10:30 Morning exercise 11:30 Dining with Grace</p> <p>1:00 Gardening club / Starting our compost garden 2:00 Bunco 3:00 Mocktail hour and fun with friends 3:00 Family feud 4:30 Dining with Grace</p>
<p>SAT, APR 13</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 365 days of Psalms 10:30 Morning exercise 11:30 Dining with Grace 1:00 Letter to a friend 1:00 Ladder ball</p> <p>2:00 Pling pong 4:30 Dining with Grace 5:30 Corn hole</p>





APRIL 2024 • WEEK THREE

<p>SUN, APR 14</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Spiritual Journey 10:30 Morning exercise 11:00 Sunday Church service 11:30 Dining with Grace 1:30 Word Puzzle</p>	<p>2:00 Mandalas 3:00 Sunday Hymns/ Amazing Grace 4:30 Dining with Grace</p>
<p>MON, APR 15 <i>Income Tax Day</i></p> 	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Let's talk composting for beginners 10:30 Morning exercise 11:30 Dining with Grace 1:00 Walk in the courtyard</p>	<p>2:00 Creative Group "DIY citrus vinegar cleaner to sell." 4:30 Dining with Grace 5:00 Large puzzle group</p>
<p>TUE, APR 16</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 What should you plant this time of year? 10:30 Morning exercise 11:00 Craft Club 11:00 Recycle t-shirt coasters</p>	<p>11:30 Dining with Grace 1:00 Ball toss 2:00 How many words? 2:30 Men's group 2:30 Men complete compost box. 4:30 Dining with Grace 5:30 Domino Match</p>
<p>WED, APR 17</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Garden talk 10:30 Morning exercise 11:15 Lunch outing with friends 11:30 Dining with Grace 1:00 Cardio drumming</p>	<p>2:00 7's 3:00 Collect unwanted goods to donate 4:30 Dining with Grace 5:30 Fit minds</p>
<p>THU, APR 18</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Sing along with Murphy Church 10:30 Morning exercise 10:30 Oak Point Nature walk.</p>	<p>10:30 Sensory outdoor scavenger hunt 11:30 Dining with Grace 1:00 Bean bag twister 2:00 Hang man 4:30 Dining with Grace 5:30 Bunco</p>
<p>FRI, APR 19</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Poems to share. 10:30 Morning exercise 11:30 Dining with Grace 1:00 Nail spa</p>	<p>1:00 Gardening club / sensory outdoor scavenger hunt. 2:00 Bunco 3:00 Mocktail hour and fun with friends 4:30 Dining with Grace 6:00 Puzzle Group</p>
<p>SAT, APR 20</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 365 days of Psalms 10:30 Morning exercise 11:30 Dining with Grace 1:00 Letter to a friend 1:00 Ladder ball</p>	<p>2:00 Pling pong 4:30 Dining with Grace 5:30 Let's golf.</p>

All programs are subject to change due to circumstances beyond our control. Thank you for your understanding.

Lynridge of Murphy MC

APRIL 2024 • WEEK FOUR

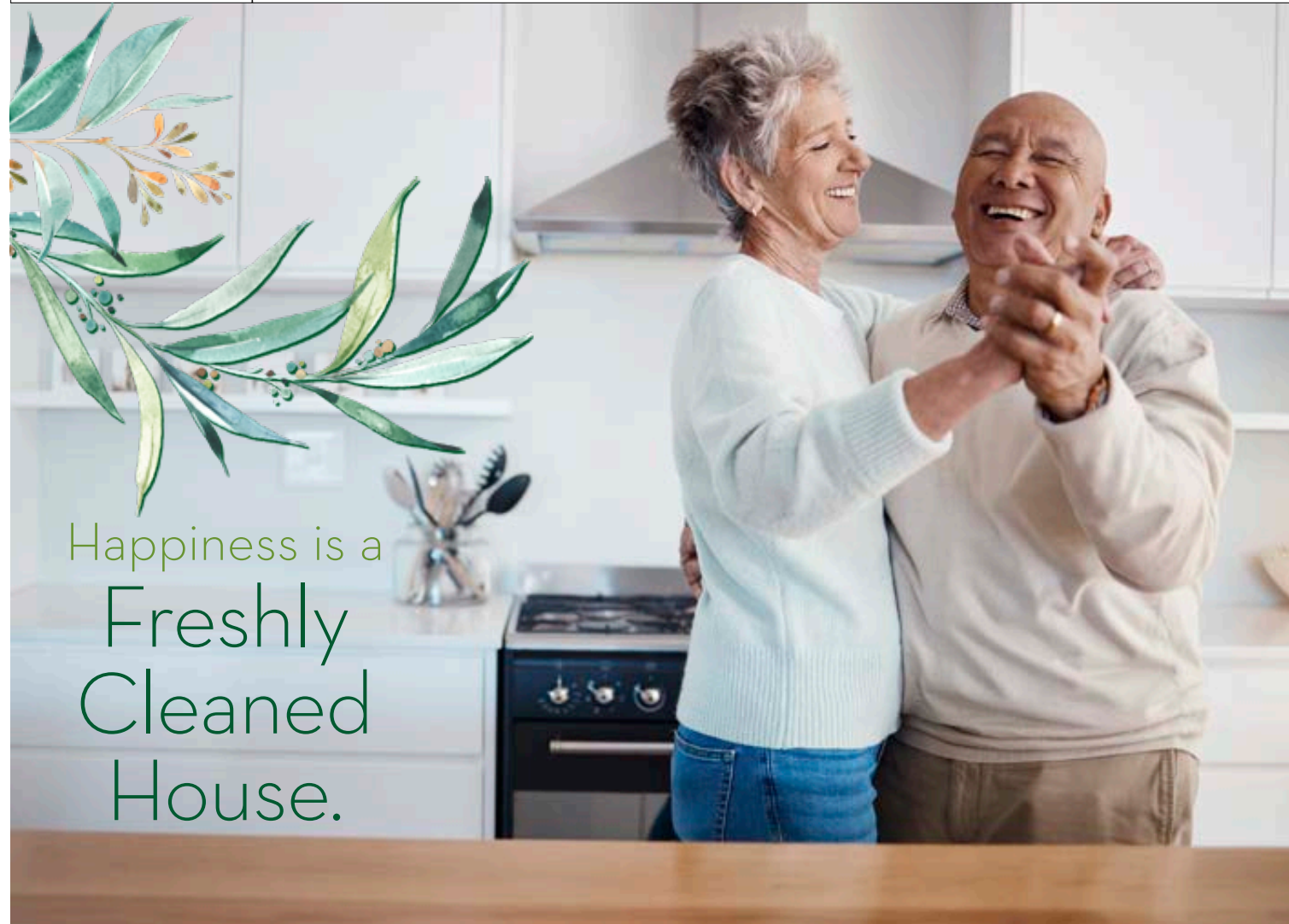
<p>SUN, APR 21</p> 	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Spiritual Journey 10:30 Morning exercise 11:00 Sunday Church service 11:30 Dining with Grace 1:30 Word Puzzle</p>	<p>2:00 Mandalas 3:00 Sunday Hymns/ Amazing Grace 4:30 Dining with Grace</p>
<p>MON, APR 22</p> 	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Let's talk composting for beginners 10:30 Morning exercise 11:00 How many words can you make?</p>	<p>11:30 Dining with Grace 1:00 Walk in the courtyard 2:00 Creative Group "DIY laundry detergent to sell." 3:00 Conversation cards 4:30 Dining with Grace 5:00 Farkle match</p>
<p>TUE, APR 23</p> 	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 What should you plant this time of year? 10:30 Morning exercise 11:00 Craft Club</p>	<p>11:00 Making water bottle wind spirals 11:30 Dining with Grace 1:00 Ball toss 2:00 How many words? 2:00 Laundry basketball 3:00 Tung twister fun!</p>
<p>WED, APR 24</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Garden talk 10:30 Morning exercise 11:00 Querkle 11:15 Lunch outing with friends 11:30 Dining with Grace</p>	<p>1:00 Cardio drumming 2:00 7's 3:00 Collect unwanted goods to donate</p> <p>3:30 Drop off our donations collected for the people displaced from the Texas wildfires. 4:30 Dining with Grace 5:30 Dominoes</p>
<p>THU, APR 25</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Sing along with Murphy Church 10:30 Morning exercise 11:30 Dining with Grace 1:00 Bean bag twister</p>	<p>2:00 Hang man 3:00 Bowling 4:30 Dining with Grace 5:30 Bunco</p>
<p>FRI, APR 26</p> 	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Poems to share. 10:30 Morning exercise 11:30 Dining with Grace 1:00 Gardening club / tree and leaf rubbing.</p>	<p>2:00 Bunco 3:00 Family feud 3:00 Garden Party mocktail hour and fun with friends. 4:30 Dining with Grace</p>
<p>SAT, APR 27</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 365 days of Psalms 10:30 Morning exercise 11:30 Dining with Grace 1:00 Letter to a friend 1:00 Ladder ball</p>	<p>2:00 Pling pong 4:30 Dining with Grace 5:30 Corn hole</p>

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APRIL 2024 • WEEK FIVE

<p>SUN, APR 28</p>	<p>6:30 Rise and shine 8:00 Dining with Grace 9:30 Spiritual Journey 10:30 Morning exercise 11:00 Sunday Church service 11:30 Dining with Grace 1:30 Word Puzzle</p>	<p>2:00 Mandalas 3:00 Sunday Hymns/ Amazing Grace 4:30 Dining with Grace</p>
<p>MON, APR 29</p>	<p>Happy Birthday Polly Cordier! 6:30 Rise and shine 8:00 Dining with Grace 9:30 Let's talk composting for beginners 10:30 Morning exercise</p>	<p>11:30 Dining with Grace 1:00 Walk in the courtyard 2:00 Creative group "DIY window cleaner to sell." 4:30 Dining with Grace 5:00 Large puzzle group</p>
<p>TUE, APR 30</p>	<p>Happy Birthday Jarvis Hayes! 6:30 Rise and shine 8:00 Dining with Grace 9:30 What should you plant this time of year? 10:30 Morning exercise</p>	<p>11:00 Craft Club 11:00 Making CD mosaics 11:30 Dining with Grace 1:00 Ball toss 2:00 How many words? 2:30 Men's group 2:30 Men paint the compost box.</p>



Happiness is a
Freshly
Cleaned
House.



Spring Cleaning
Is Not Just About Cleaning The
House, It's About Refreshing The Soul.



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

