

TIMELESS

AN EDITORIAL BY LYNRRIDGE OF MURPHY

MAY 2024

Don't
bark
about it!

Let's embrace the
Dog Days
of May
with a puppy party!

A Mother's Love

Created to honor the matriarchs among us, motherhood and all things maternal, as well as their impact on society, Mother's Day is an extraordinary holiday. On the second Sunday each May we celebrate the unconditional love and support of great-grandmothers, grandmothers and mothers in a way that's unique to each family. Activities for the day, gifts, group gatherings, meals and more are all designed to offer gratitude and honor the ladies that helped shape us. It's quite remarkable, really.

Not every country, region and culture celebrate the women who birthed them, though. However, there are a number that do believe it's crucial to dedicate a day to mom. While several countries choose to celebrate on the second Sunday in May, others opt for a different time of year. And, it comes as no surprise that customs and traditions vary as well. Here are a few examples:

- Thailand – Mother's Day has a fixed observance date of August 12 annually and it is customary to give jasmine to the matriarchs. In addition to celebrating maternal bonds among families, the residents of Thailand also celebrate Queen Mother Sirikit's birthday.
- Poland – Another country with a fixed observance date, Poland commemorates mothers on May 26 annually. It's traditional for young children to create handmade gifts and precious love notes and greeting cards at school to give to their mothers.
- Norway – This European country observes Mother's Day on the second Sunday in February annually. There isn't any traditional gift or customary act that marks the occasion.



From the Executive Director

Dear Family and Friends,
I hope this email finds you well and enjoying the beautiful weather that marks the arrival of May. As we embrace the changing seasons and the blooming flowers, I am thrilled to provide you with some exciting updates from our garden club.
Our garden club members have been hard at work rejuvenating our patio and flowerbeds. We are proud to showcase our progress in growing a variety of fruits and vegetables in the bistro area for all to enjoy. The dedication and effort put in by our garden club truly reflects the spirit of new beginnings and growth that comes with the arrival of summer.

I am delighted to introduce our new garden club leader, Susan Debose. Susan has shown exceptional commitment in planning and organizing various club activities for the garden. Her enthusiasm and leadership have already made a positive impact on our community and we are grateful to have her on board.

In June we will be launching our Silver Sneakers program, offering residents the opportunity to engage in fitness activities both in-person, at selected gyms and through online classes tailored for seniors. This initiative aims to promote health and wellness among our residents in the community, providing them with diverse options to stay active and socialize.

I am also pleased to share that our recent viewing of the 2024 eclipse was a remarkable experience for all involved. The turnout was fantastic, and witnessing the moment when darkness enveloped us was truly unforgettable. It is moments like these that create lasting memories and strengthen the bond within our community.

Looking ahead to June, we are gearing up for our Father's Day celebration on the 14th. Join us from 11:30 A.M. to 1:30 P.M. for a special grill event prepared by our talented Chef T. We invite you to enjoy a wonderful time with family and a delightful spread as we honor and appreciate all the wonderful fathers in our community.

As we embrace the theme of "Sizzling Summer Staycation" throughout June, we have exciting events and activities planned for our residents. I will keep you informed via email about upcoming events and announcements, so please stay tuned for further details.

Remember that our team is always here to support you and address any questions or concerns you may have. May you and your loved ones continue to be blessed with good health and happiness.

Warm regards,
Jeanie Rawlinson

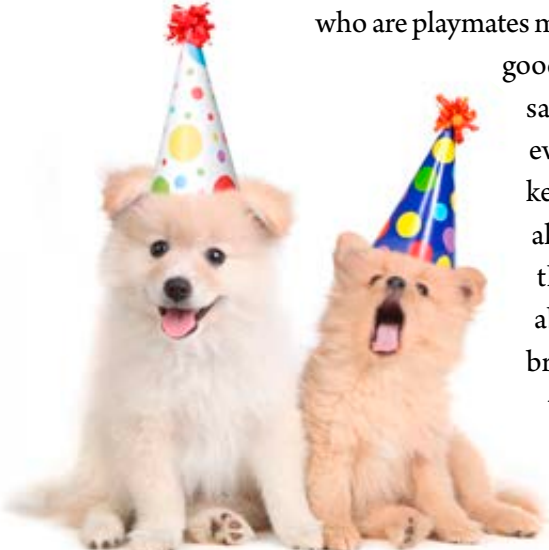


Celebrate the Dog Days of May with a Puppy Party!

Comedian Elayne Boosler once said, "My fashion philosophy is, if you're not covered in dog hair, your life is empty." Dog lovers likely agree that's a pretty solid belief. Furry companions help make us whole. They love us more than we can possibly conceive, more than we love ourselves. They're part of the family, sometimes even the most trusted and reliable relative. No amount of shedding will ever change that.

The month of May is a great time to remind our pets (and ourselves) how much we care about them and how important they are to us. What better way to display unwavering doggy devotion than to throw a puppy party! Get out those lint rollers because it's time to don a little dog hair.

Just like any party, proper planning is essential. Consider what type of paw party might work best in your facility. Is the party indoors or outdoors? When is it? Once you've determined the time, date and place, think about the guest list. Dogs similar in size and pups



who are playmates mingle well at parties. Toys, games, goodie bags and tasty treats are necessary. Everyone likes a party favor, even pooches! Remember, safety is key. Dogs should be supervised at all times. If there's tension, separate the animals. Let your vet know about the party and don't forget to bring a first aid kit. Now it's time to throw your doggy a party they'll never forget!

May 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

LYNRIDGE
— OF MURPHY —
ASSISTED LIVING • MEMORY CARE

304 West FM 544
Murphy, TX 75094



MAY 2024 • WEEK ONE



Dog Days
of May

WED, MAY 01	Happy Birthday Mr. Cooper! 6:30 Rise and shine 8:00 Dining with Grace 9:30 Funny animal stories 10:30 Morning exercise 11:15 Hana Hibachi Grill	11:30 Dining with Grace 2:00 7's 3:00 Bingo 4:30 Dining with Grace 5:30 Dominoes 5:30 Fit minds
THU, MAY 02	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	2:00 Hang man 3:00 Outdoor games 4:30 Dining with Grace 5:30 Bunco
FRI, MAY 03	6:30 Rise and shine 8:00 Dining with Grace 9:30 Talk about pets from our past. 10:30 Morning exercise 11:30 Dining with Grace 1:00 Nail spa	2:00 Yahtzee 3:00 Mocktail hour and fun with friends 4:30 Dining with Grace 6:00 Puzzle Group
SAT, MAY 04	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	2:00 Bingo 4:30 Dining with Grace 5:30 Horseshoes

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

MAY 2024 • WEEK TWO

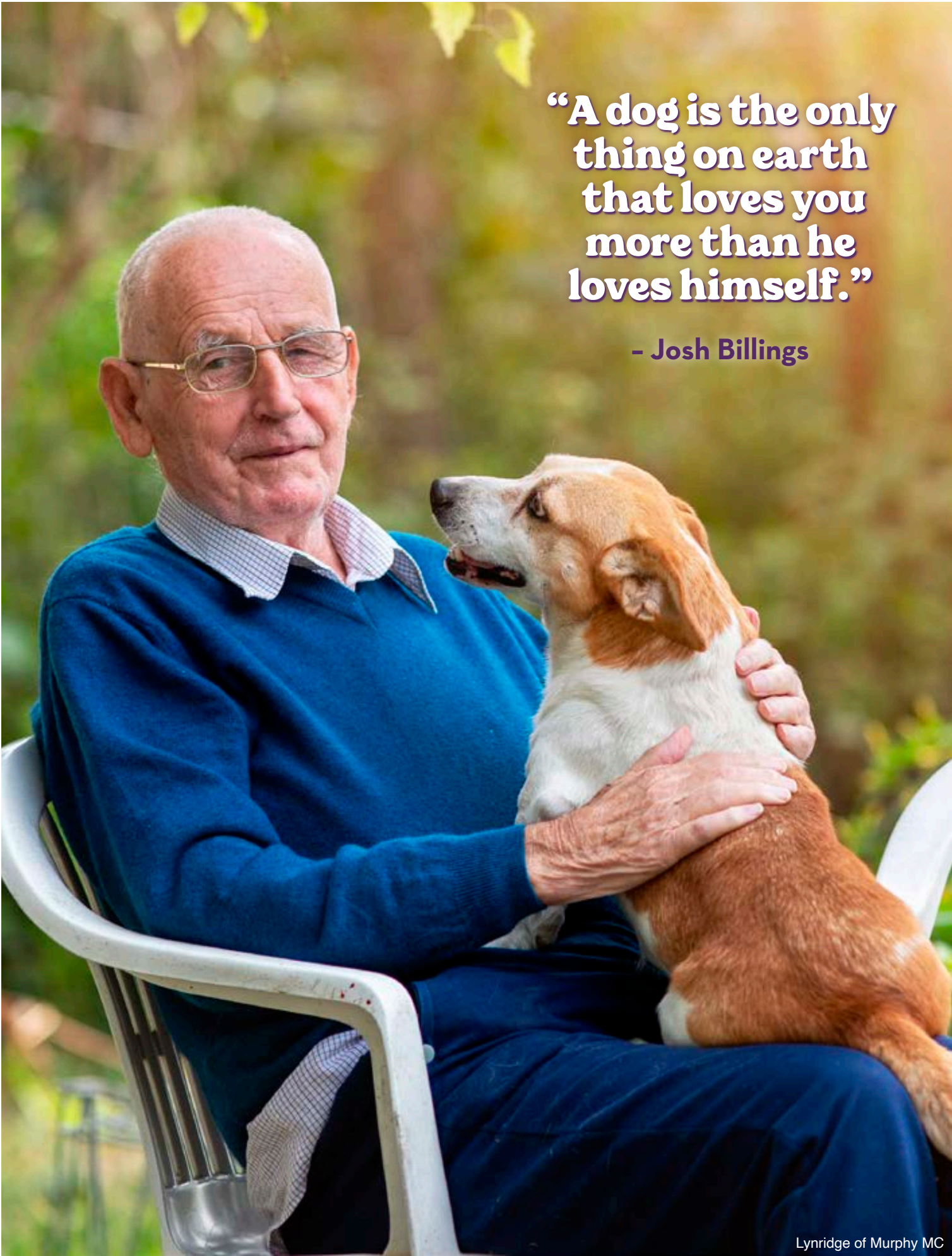
SUN, MAY 05 	6:30 Rise and shine 8:00 Dining with Grace 9:30 Spiritual Journey 9:30 Dog talks: Foods they should not eat. 10:30 Morning exercise 11:00 Sunday Church service	11:30 Dining with Grace 1:30 Can Bowling 2:00 Mandalas 3:00 Sunday Hymns/Tenzi 4:30 Dining with Grace
MON, MAY 06 	6:30 Rise and shine 8:00 Dining with Grace 9:30 Dog talks: Foods dogs shouldn't eat. 10:30 Morning exercise 11:00 How many words can you make?	11:30 Dining with Grace 2:00 Baking club/Peanut butter banana ice cream for dogs. 3:00 Conversation cards 4:30 Dining with Grace 5:00 Bunco
TUE, MAY 07	6:30 Rise and shine 8:00 Dining with Grace 9:30 Animal safety. 10:30 Morning exercise 11:00 Craft club: Dog beds out of shirts. 11:30 Dining with Grace	2:00 How many words? 2:00 Laundry basketball 3:00 Tung twister fun! 4:30 Dining with Grace 5:30 Movie with pop corn 5:30 Movie night and pop corn 5:30 "Where The Red Fern Grows"
WED, MAY 08	Concierge Day 6:30 Rise and shine 8:00 Dining with Grace 9:30 Funny animal stories 10:30 Morning exercise 11:15 Luner Golf outing 11:30 Dining with Grace	1:00 Karaoke 2:00 7's 3:00 Bingo 4:30 Dining with Grace 5:30 Dominoes
THU, MAY 09	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	1:00 Birthday Fun with Norris Perry 2:00 Hang man 3:00 Bowling 4:30 Dining with Grace 5:30 Bunco
FRI, MAY 10	Mother's Day Brunch Celebration 6:30 Rise and shine 8:00 Dining with Grace 9:30 Talk about pets from our past. 10:30 Morning exercise	11:30 Dining with Grace 2:00 Yahtzee 3:00 Mocktail hour and fun with friends 3:00 Family feud 4:30 Dining with Grace
SAT, MAY 11	Opening Day "Westminster Kennel Club Dog Show" 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 2:00 Bingo 4:30 Dining with Grace 5:30 Corn hole

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MAY 2024 • WEEK THREE			
<div>SUN, MAY 12</div> 	<div>Day two "Westminster Kennel Club Dog Show" Mother's Day</div> <div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Spiritual Journey</div> <div>10:30 Morning exercise</div>	<div>11:00 Sunday Church service</div> <div>11:30 Dining with Grace</div> <div>1:30 Can Bowling</div> <div>2:00 Mandalas</div> <div>3:00 Sunday Hymns/Tenzi</div> <div>4:30 Dining with Grace</div>	
<div>MON, MAY 13</div>	<div>Day Three "Westminster Kennel Club Dog Show"</div> <div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Dog talks: how to train a puppy.</div> <div>10:30 Morning exercise</div>	<div>11:30 Dining with Grace</div> <div>2:00 Baking club/ homemade dog food.</div> <div>4:30 Dining with Grace</div> <div>5:00 Large puzzle group</div>	
<div>TUE, MAY 14</div>	<div>Final day "Westminster Kennel Club Dog Show"</div> <div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Animal safety.</div> <div>10:30 Morning exercise</div>	<div>11:00 Craft club: Dog fetch toy out of socks.</div> <div>11:30 Dining with Grace</div> <div>2:00 Fun and games with Renee Bell.</div> <div>2:30 Men's group: Cat scratching post</div>	<div>4:30 Dining with Grace</div> <div>5:30 Movie with pop corn</div> <div>5:30 "Old Yeller"</div> <div>6:00 Family support group with Megan Rader</div>
<div>WED, MAY 15</div>	<div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Funny animal stories</div> <div>10:30 Morning exercise</div> <div>11:15 Zoo outing</div> <div>11:30 Dining with Grace</div> <div>1:00 Karaoke</div>	<div>2:00 7's</div> <div>3:00 Bingo</div> <div>4:30 Dining with Grace</div> <div>5:30 Dominoes</div> <div>5:30 Fit minds</div>	
<div>THU, MAY 16</div>	<div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Sing along with Murphy Church</div> <div>10:30 Morning exercise</div> <div>11:30 Dining with Grace</div> <div>1:00 Bean bag twister</div>	<div>2:00 Hang man</div> <div>4:30 Dining with Grace</div> <div>5:30 Bunco</div>	
<div>FRI, MAY 17</div>	<div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Talk about pets from our past.</div> <div>10:30 Morning exercise</div> <div>11:30 Dining with Grace</div> <div>1:00 Nail spa</div>	<div>2:00 Yahtzee</div> <div>3:00 Mocktail hour and fun with friends</div> <div>4:30 Dining with Grace</div> <div>6:00 Puzzle Group</div>	
<div>SAT, MAY 18</div> 	<div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 365 days of Psalms</div> <div>10:30 Morning exercise</div> <div>11:30 Dining with Grace</div> <div>1:00 Letter to a friend</div> <div>1:00 Ladder ball</div>	<div>2:00 Bingo</div> <div>4:30 Dining with Grace</div> <div>5:30 Horseshoes</div>	
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MAY 2024 • WEEK FOUR			
<div>SUN, MAY 19</div>	<div>Happy Birthday Rose R.</div> <div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Spiritual Journey</div> <div>10:30 Morning exercise</div> <div>11:00 Sunday Church service</div> <div>11:30 Dining with Grace</div>	<div>1:30 Can Bowling</div> <div>2:00 Mandalas</div> <div>3:00 Sunday Hymns/Tenzi</div> <div>4:30 Dining with Grace</div>	
<div>MON, MAY 20</div>	<div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Dog talks: Funny animal stories</div> <div>10:30 Morning exercise</div> <div>11:00 How many words can you make?</div>	<div>11:30 Dining with Grace</div> <div>2:00 Baking club / Carrot apple frozen dog treats.</div> <div>3:00 Conversation cards</div> <div>4:30 Dining with Grace</div> <div>5:00 Bunco</div>	
<div>TUE, MAY 21</div>	<div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Animal safety.</div> <div>10:30 Morning exercise</div> <div>11:00 Craft club: Q-tip painting.</div> <div>11:30 Dining with Grace</div> <div>2:00 How many words?</div>	<div>2:00 Laundry basketball</div> <div>3:00 Tung twister fun!</div> <div>4:30 Dining with Grace</div> <div>5:30 Domino Match</div> <div>5:30 Movie night and pop corn</div> <div>5:30 "The Painted Hills"</div>	
<div>WED, MAY 22</div>	<div>Happy Birthday Mr. Guzzetti!</div> <div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Funny animal stories</div> <div>10:30 Morning exercise</div> <div>11:15 North Dallas Escape room</div>	<div>11:30 Dining with Grace</div> <div>1:00 Karaoke</div> <div>2:00 7's</div> <div>3:00 Bingo</div> <div>4:30 Dining with Grace</div> <div>5:30 Dominoes</div>	
<div>THU, MAY 23</div>	<div>World Turtle Day</div> <div>Happy Birthday Karen B!</div> <div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Sing along with Murphy Church</div> <div>10:30 Morning exercise</div>	<div>11:30 Dining with Grace</div> <div>1:00 Bean bag twister</div> <div>2:00 Hang man</div> <div>3:00 Bowling</div> <div>4:30 Dining with Grace</div> <div>5:30 Bunco</div>	
<div>FRI, MAY 24</div>	<div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 Talk about pets from our past.</div> <div>10:30 Morning exercise</div> <div>11:30 Dining with Grace</div> <div>2:00 Yahtzee</div>	<div>3:00 Mocktail hour and fun with friends</div> <div>3:00 Family feud</div> <div>4:30 Dining with Grace</div>	
<div>SAT, MAY 25</div>	<div>6:30 Rise and shine</div> <div>8:00 Dining with Grace</div> <div>9:30 365 days of Psalms</div> <div>10:30 Morning exercise</div> <div>11:30 Dining with Grace</div> <div>1:00 Letter to a friend</div> <div>1:00 Ladder ball</div>	<div>2:00 Bingo</div> <div>4:30 Dining with Grace</div> <div>5:30 Corn hole</div>	
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MAY 2024 • WEEK FIVE			
SUN, MAY 26	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 Can Bowling	2:00 Mandalas 3:00 Sunday Hymns/Tenzi 4:30 Dining with Grace	
MON, MAY 27 	National sunscreen for dogs day. 6:30 Rise and shine 8:00 Dining with Grace 9:30 Dog talks: Dogs names you used. 10:30 Morning exercise	11:30 Dining with Grace 2:00 Baking club / Homemade sunscreen for dogs. 4:30 Dining with Grace 5:00 Large puzzle group	
TUE, MAY 28	Eat a hamburger day. 6:30 Rise and shine 8:00 Dining with Grace 9:30 Animal safety. 10:30 Morning exercise 11:00 Craft club: Outdoor yarn painting.	11:30 Dining with Grace 1:30 Second Chance dog food and treats donation. 2:00 How many words? 2:30 Men's group: Cat scratching post 4:30 Dining with Grace	5:30 Domino Match 5:30 Movie night and pop corn 5:30 "Shaggy Dog"
WED, MAY 29 	6:30 Rise and shine 8:00 Dining with Grace 9:30 Funny animal stories 10:30 Morning exercise 11:15 The Dinasauro Company 11:30 Dining with Grace 1:00 Karaoke	2:00 7's 3:00 Bingo 4:30 Dining with Grace 5:30 Dominoes 5:30 Fit minds	
THU, MAY 30	National senior health and fitness day. 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 2:00 Hang man 4:30 Dining with Grace 5:30 Bunco	
FRI, MAY 31	6:30 Rise and shine 8:00 Dining with Grace 9:30 Talk about pets from our past. 10:30 Morning exercise 11:30 Dining with Grace 1:00 Nail spa	2:00 Yahtzee 3:00 Mocktail hour and fun with friends 4:30 Dining with Grace 6:00 Puzzle Group	
			
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Resident Spotlight

Dear Residents,

As part of our commitment to showcasing the wonderful individuals who make our community thrive, we are delighted to introduce our resident spotlight for May - the wonderful Dorothy Rollins.

Dorothy truly embodies the spirit of community and kindness. As an ambassador, she goes above and beyond to give assistance to her fellow residents. Known for her compassionate nature and willingness to lend a helping hand, Dorothy has touched the hearts of many in our community. Her selflessness and dedication shine through in all that she does.

Not only is Dorothy a caring soul, but she also exudes warmth and positivity wherever she goes. Her ability to connect with others and create a sense of belonging is truly admirable. Whether she is helping during activities, welcoming new residents or simply sharing a kind word, Dorothy's presence enriches our community in countless ways.

One of Dorothy's many talents includes her skill in solving puzzles, which she enjoys doing in her spare time. Her passion for puzzles not only showcases her sharp mind but also adds a fun and engaging element to our community activities.

We are incredibly grateful to have Dorothy as a part of our community, and we look forward to creating more cherished memories with her in the days to come. Let us continue to celebrate Dorothy's contributions and the positive impact she has on all of us.

Please join us in congratulating Dorothy Rollins on being our resident spotlight for May. If you see her around the community, be sure to extend your warm wishes and appreciation for all that she does. Together, let's make our community even brighter through acts of kindness and connection.

Thank you for your attention, and stay tuned for more updates on our amazing residents.

Warm regards,
Nathanael Renteria



Rick

Dear Team and Residents,

I hope this message finds you well. I am writing to inform you that Rick Jones and his wife Eugene have left our community but not our hearts. I want to show my gratitude to Rick who has been an exceptional ambassador and president for our community.

During his tenure, Rick has demonstrated unwavering dedication and commitment through his leadership in various community activities, from organizing morning exercises to leading our afternoon walking club. His presence has been a significant asset to our community, and we are sincerely grateful for all that he has contributed.

As Rick prepares to move on to new endeavors, it is important for us to take a moment to express our gratitude and appreciation for his hard work and positive impact. Despite his lighthearted nature and humor, Rick's kindness and jovial personality have made him a beloved member of our community.

In addition to his contributions here, we also acknowledge and honor Rick's 14 years of service in the army, including his active duty in Vietnam from 1969 to 1971. Rick Says, "It was my honor to serve, but I'm glad it's over! Hurry up and wait," exemplifies his humility and dedication to duty.

We will miss you, Rick and Eugene.

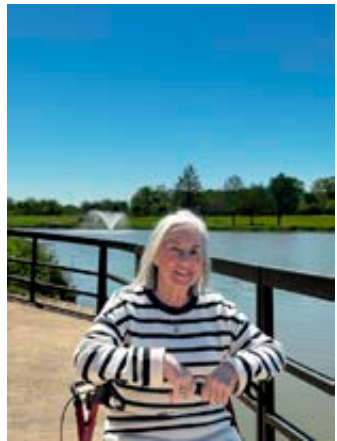
Warm regards,
Nathanael Renteria

Happy Birthday!!

- Raymond Cooper May 1st
- Rose Rice May 19th
- William Guzzetti May 22nd
- Karen Boman May 23rd



Capturing Wonderful Memories





ECLIPSE 2024

