

TIMELESS

AN EDITORIAL BY PRESTONWOOD COURT

MAY 2024

Don't
bark
about it!

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

PRESTONWOOD COURT | ASSISTED LIVING

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.



Making New Memories on MEMORIAL DAY

Among the myriad of May commemorations is Memorial Day, a federal holiday honoring the fallen members of the U.S. military who made their greatest and final sacrifice in service to our country. Since the 1860s, the graves of these courageous male and female soldiers have been decorated with flowers and flags as an act of remembrance.

While visiting and sprucing up soldiers' graves is the most common practice associated with the holiday, it doesn't have to be the only one. There are plenty of other ways to pay tribute that invoke feelings of love and gratitude and trigger some fond memories in the process.

1. Sign up for a Memorial Day race, fun run or walk that honors fallen U.S. soldiers. These events are common nationwide.
2. Do a deep dive on your family and its history far and wide. Learn as much as you can about its ties to the military. You'll be surprised at some of the connections you find.
3. Check out a classic military movie for the first time and invite your neighbors, friends or family to join you. Some options might include "A Few Good Men," "Platoon," "Saving Private Ryan" and "We Were Soldiers."
4. Attend or watch a Memorial Day concert or parade. PBS broadcasts the Memorial Day concert annually, but there are also local music concerts as well. You're less likely to find a parade on TV, so attending in person might be your best bet. Check your newspaper or hop online to see what parades are nearby.

Now, go make some new Memorial Day memories!



Celebrate the Dog Days of May with a Puppy Party!

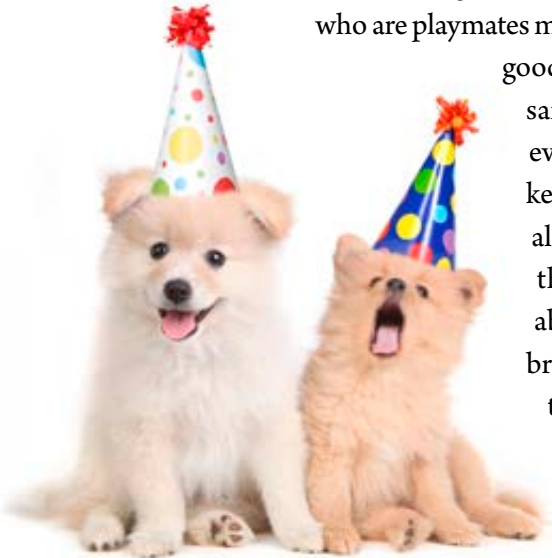
Comedian Elayne Boosler once said, "My fashion philosophy is, if you're not covered in dog hair, your life is empty." Dog lovers likely agree that's a pretty solid belief. Furry companions help make us whole. They love us more than we can possibly conceive, more than we love ourselves. They're part of 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

Leadership Team

Greg Anderson
Regional Director of Operations

Taletha Sims
Executive Director

Bhaey Scruggs
Business Director

Janelle Row
Lifestyles Director

Krista Miranda
Memory Care Program Director

Julie Carpenter
Sales and Marketing Director

Pat Bafana
Resident Services Director

Theodore Holmes
Maintenance Director

Guadalupe Lopez
Housekeeping Supervisor

Katherine Dinocentis-Reyes
Dining Room Manager




7001 W Plano Pky.
Plano, TX 75093



May 2024

Prestonwood Court - Assisted Living



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:15 Arm Band Stretching for Strength 1 9:30 Yahtzee 10:00 Poker 10:15 Toss and Catch Hand Balls 10:45 Concentration - I Got It Cards 12:15 Movie- TBD 2:15 Hydrate and Munch 2:45 Scattergories 3:15 Noodle Balloon	9:15 Standing Exercises 2 9:30 Skip Bo 9:45 Picture Password 10:00 Bingo For Bingo Bucks 10:15 Rummikub Tile Games Lessons 12:30 Resident Council 1:00 Candy Bingo 2:15 Melinda's Cooking Demo 2:45 Wheel of Fortune 3:30 Bottle Ring Toss 4:00 OMET Men's Dinner	9:15 Balancing Exercises 3 9:45 Shopping Walmart 9:45 Scattergories 1:00 Story Time from Fusion Academy 1:00 Bingo for Bucks 2:15 Happy Hour and visits with Fusion Students 3:00 Live Entertainer- Mari McAdoo	9:15 Matching Game 4 9:45 Bottle Ring Toss 10:15 Left, Right & Center Dice Game 10:15 Skip Bo Cards 12:15 Movie TBD 12:30 Family Feud 1:00 Bingo 2:45 Trivia 3:00 UNO 3:00 Residents Choice
9:15 Stretching for Fitness 9:30 Rummikub Tile Game 10:15 Table Top Curling 12:15 Movie TBD 12:30 Bingo 2:00 Church Service 3:00 After Church snacks 3:15 Dominoes 3:15 UNO Card Games 3:30 Skip Bo Cards	5 9:15 Balance Exercises 6 9:45 Scattergories 10:00 Craft- Dog Treats 10:45 Scattergories 12:30 Communion 12:30 Wheel of Fortune 1:00 Bingo 2:15 Happy Hour 2:45 UNO card Games 3:00 Yahtzee Lessons	7 9:15 Ball Exercises 9:30 Dominoes 9:30 Biblical Wheel of Fortune 10:00 Bible Study 12:30 Family Feud 2:15 Tuesday Treats 2:45 Qwirkle Tile Games 3:30 Table Top Shuffle Board	8 9:15 Better Balance Fitness 9:30 Yahtzee 10:15 Sharp Shooter Darts 11:00 May Birthday Luncheon 12:15 Movie- TBD 2:15 Hydration & Munchies 3:00 Concentration - Memory Matching 3:00 Gin Rummy Card Game Lessons 3:30 Magnetic Darts	9 9:15 Chair Exercises 9:30 Legacy Presentation 10:30 Concentration - I Got It Cards 12:30 Wheel of Fortune 1:00 Candy Bingo 2:15 Melinda's Cooking Demo 3:00 Rummikub Tile Games 3:00 Art Class Reena DeLaVega teacher	10 9:15 Walking for Fun 9:30 Skip Bo 9:45 Wheel of Fortune 10:15 Memory Matching Game 10:45 Lunch Outing Chili's 12:30 Wheel of Fortune 1:00 Bingo for Bucks 2:15 Happy Hour 2:45 Wheel of Fortune 3:15 UNO Card Games	11 9:15 Rummikub 9:15 Chair Exercises 9:45 Bottle Ring Toss 10:15 Left, Right & Center Dice Game 10:15 Skip Bo 12:15 Movie TBD 1:00 Bingo 2:45 Family Feud 3:15 Concentration I Got It Cards 3:30 Wheel of Fortune
9:15 Walking for Fun 9:30 Left, Right & Center Dice Game 10:15 Cone Ring Toss 10:45 Jeopardy 12:15 Movie TBD 12:30 Bingo 2:00 Church Service 3:00 After Church snacks 3:15 Dominoes 3:30 Skip Bo Cards	12 9:15 Balance Exercises 13 9:45 Scrambled Words 10:15 Concentration -"I Got It" Card Game 10:45 Crazy and Funny Dogs Video 12:30 Communion 1:00 Bingo 2:15 Happy Hour 2:45 Left, Right & Center Dice Game 3:00 Yahtzee Dice Lessons	14 9:15 Table Top Curling 9:45 Bible Trivia 10:00 Bible Study 12:30 Words that Start with the Letter "D" 2:15 Tuesday Treats 2:45 Kings in the Corner Card Games 2:45 Memory Matching Game 3:15 Rummikub Tile Game Lessons 3:15 Creative Coloring 3:45 Word Search	15 9:15 Arm Band Stretching for Strength 9:30 Yahtzee 10:00 Left, Right & Center Dice Game 12:15 Movie- TBD 2:15 Hydration and Munchies 2:45 Jeopardy 3:00 Kings in the Corner 3:15 Noodle Balloon	16 9:15 Standing Exercises 9:30 Skip Bo 9:45 Picture Password 10:15 Rummikub Tile Games Lessons 10:15 Scattergories 1:00 Candy Bingo 2:15 Melinda's Cooking Demo 2:45 Wheel of Fortune 3:00 Karaoke Songs and Smiles 4:00 OMET Men's Dinner	17 9:15 Balancing Exercises 9:30 Yahtzee dice Game 9:45 Shopping Walmart 10:15 Horse Shoes 10:45 Scrambled Words 1:00 Bingo for Bucks 1:30 Left, Right & Center Dice Game 2:45 Trivia 3:00 Live Entertainer Laurie Gabriel	18 9:15 Matching Game 9:45 Trivia 12:15 Movie TBD 12:30 Noodle Balloon 12:30 Family Feud 1:00 Bingo 2:45 Trivia 3:00 UNO 3:15 Picture Passwords
9:15 Stretching for Fitness 9:30 Rummikub Tile Game 10:15 Table Top Curling 12:15 Movie TBD 12:30 Bingo 2:00 Church Service 3:00 After Church snacks 3:15 Dominoes 3:15 UNO Card Games 3:30 Skip Bo Cards	19 9:15 Balance Exercises 20 9:45 Bottle Ring Toss 10:15 National Dog Show: 2023 Best in Show YouTube Video 10:45 Password 12:30 Communion 12:30 Wheel of Fortune 1:00 Bingo 2:15 Happy Hour 2:45 UNO card Games 3:45 Can You Catch?	21 9:15 Ball Exercises 9:30 Dominoes 10:00 Bible Study 12:30 Famous People Stories 2:15 Tuesday Treats 2:45 Left, Rlght & Center Dice Games 2:45 Yahtzee Dice Game 3:30 Ball Exercises	22 9:15 Better Balance Fitness 9:30 Yahtzee 10:15 Sharp Shooter Darts 10:45 Trivia 12:15 Movie- TBD 2:45 Scattergories 3:00 Concentration - Memory Matching 3:30 Air Pong	23 9:15 Nature Walk 9:30 Skip Bo Cards 10:30 Concentration - I Got It Cards 12:30 Jeopardy 1:00 Candy Bingo 2:15 Melinda's Cooking Demo 2:45 Kings in the Corner 3:00 Art Class with Reena deLe Vega 3:00 Rummikub Tile Games	24 9:15 Walking for Fun 9:30 Skip Bo 9:45 Wheel of Fortune 10:15 Memory Matching Game 10:45 Outing Cheddar's Scratch Kitchen 12:30 Wheel of Fortune 1:00 Bingo for Bucks 2:15 Happy Hour 3:00 Live Entertainer Rhonda Medina	25 9:15 Rummikub 9:15 Chair Exercises 9:45 Bottle Ring Toss 10:15 Left, Right & Center Dice Game 10:15 Skip Bo 12:15 Movie TBD 1:00 Bingo 2:45 Family Feud 3:15 Concentration I Got It Cards 3:30 Wheel of Fortune
9:15 Walking for Fun 9:30 Left, Right & Center Dice Game 10:15 Cone Ring Toss 10:45 Jeopardy 12:15 Movie TBD 12:30 Bingo 2:00 Church Service 3:00 After Church snacks 3:15 Dominoes 3:30 Skip Bo Cards	26 9:15 Balance Exercises 9:45 Scrambled Words 10:00 Skip Bo Lessons 10:15 Cone Ring Toss 12:30 Communion 1:00 Bingo 2:15 Happy Hour 2:45 Left, Right & Center Dice Game 3:30 Matching Game	27 9:15 Table Top Curling 9:30 Wheel of Fortune 10:00 Bible Study 12:30 Rhyming Words 2:15 Tuesday Treats 2:45 Kings in the Corner Card Games 2:45 Picture Password Game 3:15 Scrambled Words	28 9:15 Arm Band Stretching for Strength 9:30 Yahtzee 10:15 Dominoes 12:15 Movie- TBD 1:00 Bingo 2:15 Drinks and Munchies 2:45 Scattergories 3:00 Gin Rummy Cards Lessons 3:15 Noodle Balloon	29 9:15 Standing Exercises 9:30 Skip Bo 9:45 Picture Password 10:15 Rummikub Tile Games Lessons 12:30 Word Starting with "F" 1:00 Candy Bingo 2:15 Melinda's Cooking Demo 2:45 Wheel of Fortune 4:00 OMET Men's Dinner	30 9:15 Balancing Exercises 9:30 Yahtzee dice Game 9:45 Shopping Walmart 10:15 Horse Shoes 10:45 Scrambled Words 1:00 Bingo for Bucks 1:30 Left, Right & Center Dice Game 2:45 Trivia 3:00 Pianist Keith Schmorrr	31 KEY 1st Floor Game Room.....GR1 1st Floor Library.....L 3rd Floor Craft Room.....CR 3rd Floor Movie Theater.....MT3 Bistro.....B Living Room.....LR Dining Room Open - 11am (lunch)/4pm (dinner) Dinner Served 4pm-5:45pm All events are in living room unless otherwise specified.



The Power of Pet Therapy

There is nothing like the unconditional love provided by a pet. It’s simple and magical. That love can be life-changing, both physically and emotionally. Studies have shown that pets are a source of comfort and can help elevate mood, lower stress and anxiety levels and promote an active lifestyle, which ultimately helps lower the risk of cardiovascular disease. Those are just a few of the health benefits. It’s no wonder that pet therapy is so effective.

Pets play a major role in the success of many therapy programs, especially those designed for seniors. Animal-assisted therapy and animal-assisted activities can significantly affect one’s recovery from a variety of health issues and play an integral role in the treatment of countless other medical conditions, including depression, epilepsy, autism, dementia and post-traumatic stress disorder, to name a few. In addition, it can be used as a tool to help improve speech, social skills and body movement. Pet therapy is also extremely helpful when coping with major transitions and difficult circumstances, such as moving away from family and friends or experiencing the loss of a loved one.

These days, it is common for long-term therapy facilities to offer animal visitation programs. The benefits are undeniable, and the power of pet therapy is palpable. The bonds created between humans and animals have far-reaching, positive effects we can never fully grasp.

Another Perspective on Mother’s Day

There’s never a dull moment in the animal birthing world. Some creatures are born underwater. Some incubate and hatch from eggs. Some are born from males instead of females. Some give birth upside-down. The list goes on and on. And, some parents leave their babies when they’re very young while others seek closeness for life and would do anything to ensure their children survive. As we celebrate Mother’s Day, let’s take a look at a few interesting mother-child relationships in the animal kingdom.

- Mother giraffes are nothing if not overprotective. They hover over their offspring with such a watchful eye that they only allow themselves 30 minutes of sleep daily.
- Baby koalas can’t process the eucalyptus leaves vital to their diets. Their parents can, so the mama koalas share their own feces with their babies, chewing it before feeding them the nourishment they need.
- Elephant herds are led by ladies. Their matriarchy provides lots of extra mothering as different females act as caregiver, provide the babies with lots of love and help them learn how to nurse.
- Mother gorillas give their newborn babies absurd amounts of kisses and are known to share their nest for approximately 4 to 6 years!
- After 18 months, pandas are free to leave their mothers, having learned enough to take care of themselves in the wild.



Poker-Playing Pets

Cassius Marcellus, or C.M., Coolidge was really onto something. He’s the talented yet not-so-well-known American artist behind the 18-piece series of paintings known as “Dogs Playing Poker.” This popular series was initially used as promotional art on cigar boxes. Over time, society’s middle class became drawn to the humorous and intriguing artwork and it was likely you’d find one or more pieces



from “Dogs Playing Poker” on display in homes across the nation.

The most common painting, “A Friend in Need,” is said to be the most valuable piece in the series and arguably the most popular, as it features a friendly card game played by hounds and bulldogs at the poker table. The

most puzzling part of the doggy depiction is the cheating, though. Dogs cheating at poker, passing cards under the table, is so bizarre one could hardly shift their gaze elsewhere. It’s comical and engaging, and leaves art fans

wanting more. This particular painting is also the one in the series that is often called “Dogs Playing Poker,” when, in fact, it has a completely different name.

While society’s middle class was overwhelmingly attracted to the Coolidge paintings, the art world held a different view. “Dogs Playing Poker” was not well-respected among the elites or critics, unfortunately, meaning the paintings didn’t sell for top dollar. Coolidge was gipped in that sense, but despite everything, he was definitely still able to make his mark on the world.

May 2024 Dates to Celebrate

Birthstone: Emerald | Flower: Lily of the Valley | Zodiac Signs: Taurus/Gemini

May Day	5/1	Mother’s Day	5/12
Kentucky Derby	5/4	Skilled Nursing Care Week	5/12-5/18
Cinco de Mayo	5/5	Armed Forces Day	5/18
National Pet Week	5/5-5/11	Memorial Day	5/27
National Nurses’ Week	5/6-5/12	National Senior Health & Fitness Day	5/29

8	6			2	9		3	5
								8
	3		4				1	6
3	9	8				6	4	
2		5		4	6	1	8	3
4		6			7	5	9	
1	8			9		7	5	
		7	2	5	8			
6	5			7				

easy

	5	2		9			8	
		3					9	
						5		
4								
	7	5		3			4	8
			7		9			
				5			7	
		6			8			1
		9	3		1			2

difficult

it's a
Puppy Paw-ty!

BEAGLE
BORDER COLLIE
BULLDOG
CHIHUAHUA
CORGI
DACHSHUND
GOLDEN
RETRIEVER
HUSKY
LABRADOR
POODLE
PUG
SHEPHERD
SHIH TZU
SPANIEL
TERRIER

L E A A L G A A U G L U G O D L L U B I I N
Y L E D B U L L D O E K D O E S H E P H L E
R R E E D C B E D U O B A A U H A U H I H C
G E C O D A R B A L G R C B D L U L R R T E
R I S H I H T Z U E Z E H R E E B E A G L E
C D H E H S I R R B P V S S U I G R E A E O
H O D C L L H L O U U E H R R Z R B P E L C
E K R H O T U E G E G I U R R E I R S B D L
H U S K Y N R I P K U R N I D A I I E H O R
R U G E R G U N A H U T D D P A G R O T O U
U L H E R N H A R U E E A R L R C O R R P P
H D A A S S I P O E R R A U O A C H N E N D
S O P B U E H S B H I N D C D A U R S L T L
H E R U R H S B O R D E R C O L L I E H N T
C L R E E A I E I V E D S E N P O O O E H E
A G I O E D D H L I L L O C R E D R O B R B
D H U G E D A O C R B O R P G U A D E H L U
B E D G U O L A R S I G N E E Z U S E D E H