

TIMELESS

AN EDITORIAL BY PRESTONWOOD COURT

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!

PRESTONWOOD COURT | ASSISTED LIVING

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.



Home Remedies That Work

It’s hard to discern which home remedies to try when facing a health issue. Mixed messages about what works and what doesn’t are always floating around, not to mention the fact that scientific research doesn’t support the use of a variety of home remedies when treating specific conditions. Scientists conducted a study to help clarify which treatments are beneficial. Listed below are a few of those remedies that have support from the medical community.



1. **Ginger:** A soother of tummy tumult, it not only helps with nausea, chemotherapy effects and morning sickness but also inflammation. Its unique makeup brings relief to those suffering from migraines, among others.
2. **Lavender:** A powerful plant often used in aromatherapy, its presence is calming, regardless of whether it comes in a satchel, tea or oil. It helps reduce stress and anxiety, improve sleep patterns and memory problems, as well as provide migraine relief and an overall sense of peace.
3. **Shiitake mushrooms:** This fungus is filled with Lentinan, or AHCC, which targets the most fundamental part of life, cells. As an anti-inflammatory and antioxidant, long-term use strengthens the immune system.
4. **Magnesium:** This vitamin that plays a vital role in many aspects of one’s health. Not getting enough magnesium, at a minimum, can cause headaches, mood swings, low energy, irritability, aches and pains. Adding more magnesium to daily diets can help improve all those issues, as well as lower stress levels.
5. **Eucalyptus oil:** A potent pain reliever, it’s quite useful when treating coughs and chest colds. It helps fight infections as it can also be used to treat surface wounds and burns. Plus, it helps stabilize blood sugar.

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



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 2024

Leadership Team

Greg Anderson
Regional Director of Operations

Bhaey Scruggs
Business Director

Julie Carpenter
Sales and Marketing Director

Theodore Holmes
Maintenance Director

Janelle Row
Lifestyles Director

Pat Bafana
Resident Services Director

Krista Miranda
Memory Care Program Director

Hector Bonilla
Culinary Director

Guadalupe Lopez
Housekeeping Supervisor

Katherine Dinocentis- Reyes
Dining Room Manager



PRESTONWOOD
COURT

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Prestonwood Court - Assisted Living



April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>9:15 Stretching Exercise for your Back </p> <p>10:00 Redecorate Community for Spring</p> <p>10:30 Flowers for Texas Weather</p> <p>12:30 Communion</p> <p>1:00 Bingo</p> <p>2:15 Happy Hour</p> <p>2:45 Left, Right & Center Dice Game</p> <p>3:00 Matching Game</p> <p>3:45 Wheel of Fortune</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Stretching Exercise for your Back </p> <p>10:00 Redecorate Community for Spring</p> <p>10:30 Flowers for Texas Weather</p> <p>12:30 Communion</p> <p>1:00 Bingo</p> <p>2:15 Happy Hour</p> <p>2:45 Left, Right & Center Dice Game</p> <p>3:00 Matching Game</p> <p>3:45 Wheel of Fortune</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Table Top Curling 2</p> <p>9:45 Bible Trivia</p> <p>10:00 Bible Study</p> <p>12:30 Jeopardy</p> <p>1:00 Bingo For Bingo Bucks</p> <p>2:15 Hydrate and Munch</p> <p>2:45 Kings in the Corner Card Games</p> <p>2:45 Qwirkle Tile Games</p> <p>3:30 Password Game</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Arm Band Stretching for Strength 3</p> <p>9:30 Yahtzee</p> <p>12:15 Movie- TBD</p> <p>1:00 Bingo For Bingo Bucks</p> <p>1:30 Qwirkle Games</p> <p>1:45 Scattergories</p> <p>2:15 Hydrate and Munch</p> <p>2:45 Kings in the Corner Card Games</p> <p>2:45 Trivia</p> <p>3:15 Noodle Balloon</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Standing Exercises 4</p> <p>9:30 Skip Bo</p> <p>9:45 Picture Password</p> <p>10:15 Rummikub Tile Games</p> <p>12:30 Wheel of Fortune</p> <p>12:30 Resident Council</p> <p>1:00 Candy Bingo</p> <p>2:15 Hydrate and Munch</p> <p>2:45 Wheel of Fortune</p> <p>4:00 OMET Men's Dinner</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Balancing Exercises 5</p> <p>9:30 Yahtzee dice Game</p> <p>9:45 Shopping Walmart</p> <p>10:15 Horse Shoes</p> <p>10:45 Scrambled Words</p> <p>12:30 Family Feud</p> <p>1:00 Bingo For Bingo Bucks</p> <p>1:30 Left, Right & Center Dice Game</p> <p>2:45 Trivia</p> <p>3:00 Entertainer Dandy Don -singer</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Matching Game 6</p> <p>9:45 Trivia</p> <p>10:15 Bean Bag Toss</p> <p>12:15 Movie TBD</p> <p>12:30 Noodle Balloon</p> <p>1:00 Bingo</p> <p>2:15 Saturday Snacks</p> <p>2:45 Trivia</p> <p>3:15 Picture Passwords</p> <p>6:00 Fun Time with Cards</p>
<p>9:15 Stretching for Fitness 7</p> <p>9:30 Rummikub Tile Game</p> <p>10:15 Table Top Curling</p> <p>12:15 Movie TBD</p> <p>12:30 Bingo</p> <p>2:00 Church Service</p> <p>3:00 After Church snacks</p> <p>3:15 Dominoes</p> <p>3:15 UNO Card Games</p> <p>3:30 Skip Bo Cards</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Arm Chair Travel 8</p> <p>10:00 Solar Eclipse Discussion</p> <p>12:30 Communion</p> <p>12:30 Scattergories</p> <p>12:30 Solar Eclipse Starts</p> <p>1:45 Viewing the Solar Eclipse</p> <p>2:15 Happy Hour</p> <p>2:45 UNO card Games</p> <p>3:00 Bingo</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Ball Exercises 9</p> <p>9:30 Biblical Wheel of Fortune</p> <p>10:00 Bible Study</p> <p>1:00 Bingo For Bingo Bucks</p> <p>2:15 Hydrate and Munch</p> <p>2:45 Word Association Game</p> <p>3:15 Lucky Dog Dice Game</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Better Balance Fitness 10</p> <p>9:30 Spring Cleaning</p> <p>10:00 Let's Fight Against Falls</p> <p>11:00 April Birthday Lunch</p> <p>12:15 Movie- TBD</p> <p>12:30 Concentration - Memory Matching</p> <p>1:00 Bingo For Bingo Bucks</p> <p>2:15 Hydrate and Munch</p> <p>2:45 Scattergories</p> <p>3:15 Air Pong</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Chair Exercises 11</p> <p>9:30 Skip Bo Cards</p> <p>9:30 Legacy Vegetables from the Garden</p> <p>10:00 Planting Your Own Garden</p> <p>11:00 April Birthday Lunch</p> <p>1:00 Candy Bingo</p> <p>2:15 Hydration and Munchies</p> <p>2:15 Hydrate and Munch</p> <p>3:00 Bumper Ball</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Walking for Fun 12</p> <p>9:30 Skip Bo</p> <p>9:45 Wheel of Fortune</p> <p>10:15 Memory Matching Game</p> <p>10:45 Lunch Outing Amore Pasta & Pizza</p> <p>12:30 Wheel of Fortune</p> <p>1:00 Bingo For Bingo Bucks</p> <p>3:00 Live Entertainer Jacqui Baldwin</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Rummikub 13</p> <p>9:15 Chair Exercises</p> <p>9:45 Bottle Ring Toss</p> <p>10:15 Left, Right & Center Dice Game</p> <p>10:15 Skip Bo</p> <p>12:15 Movie TBD</p> <p>1:00 Bingo</p> <p>2:45 Family Feud</p> <p>3:15 Concentration I Got It Cards</p> <p>3:30 Wheel of Fortune</p> <p>6:00 Fun Time with Cards</p>
<p>9:15 Walking for Fun 14</p> <p>9:30 Left, Right Center Dice Game</p> <p>10:15 Cone Ring Toss</p> <p>10:45 Jeopardy</p> <p>12:15 Movie TBD</p> <p>12:30 Bingo</p> <p>2:00 Church Service</p> <p>3:00 After Church snacks</p> <p>3:15 Dominoes</p> <p>3:30 Skip Bo Cards</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Stretching Exercise for your Back 15</p> <p>9:45 Scrambled Words</p> <p>10:15 Spring Cleaning Swap Meet</p> <p>12:30 Communion</p> <p>1:00 Bingo</p> <p>2:15 Happy Hour</p> <p>2:45 Left, Right & Center Dice Game</p> <p>3:00 Matching Game</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Table Top Curling 16</p> <p>9:45 Bible Trivia</p> <p>10:00 Bible Study</p> <p>10:30 Magnetic Darts</p> <p>1:00 Bingo For Bingo Bucks</p> <p>2:15 Hydrate and Munch</p> <p>2:45 Kings in the Corner Card Games</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Arm Band Stretching for Strength 17</p> <p>9:30 Yahtzee</p> <p>12:15 Movie- TBD</p> <p>1:00 Bingo For Bingo Bucks</p> <p>1:30 Qwirkle Games</p> <p>1:45 Scattergories</p> <p>2:15 Hydrate and Munch</p> <p>2:45 Kings in the Corner Card Games</p> <p>2:45 Trivia</p> <p>3:15 Noodle Balloon</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Standing Exercises 18</p> <p>9:30 Skip Bo</p> <p>10:15 Rummikub Tile Games</p> <p>10:15 Scattergories</p> <p>12:30 Wheel of Fortune</p> <p>1:00 Candy Bingo</p> <p>2:15 Hydrate and Munch</p> <p>2:45 Wheel of Fortune</p> <p>3:00 Songs and Smies</p> <p>4:00 OMET Men's Dinner</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Balancing Exercises 19</p> <p>9:30 Yahtzee dice Game</p> <p>9:45 Shopping Walmart</p> <p>10:15 Horse Shoes</p> <p>10:45 Scrambled Words</p> <p>1:00 Bingo For Bingo Bucks</p> <p>1:30 Left, Right & Center Dice Game</p> <p>2:45 Trivia</p> <p>3:00 Entertainer Norris Perry</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Matching Game 20</p> <p>9:45 Trivia</p> <p>10:15 UNO Card Games</p> <p>12:15 Movie TBD</p> <p>12:30 Noodle Balloon</p> <p>1:00 Bingo</p> <p>2:45 Trivia</p> <p>3:15 Picture Passwords</p> <p>6:00 Fun Time with Cards</p>
<p>9:15 Stretching for Fitness 21</p> <p>9:30 UNO Card Game</p> <p>9:30 Rummikub Tile Game</p> <p>10:15 Table Top Curling</p> <p>12:15 Movie TBD</p> <p>12:30 Bingo</p> <p>2:00 Church Service</p> <p>3:00 After Church snacks</p> <p>3:00 Entertainment - Classical Chic</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Trivia 22</p> <p>9:45 Bottle Ring Toss</p> <p>10:15 Toss and Catch</p> <p>10:45 Scrambled Words</p> <p>12:30 Communion</p> <p>12:30 Scattergories</p> <p>1:00 Bingo</p> <p>2:15 Happy Hour</p> <p>2:45 UNO card Games</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Ball Exercises 23</p> <p>9:30 Dominoes</p> <p>10:00 Bible Study</p> <p>10:35 Wheel of Fortune</p> <p>1:00 Bingo For Bingo Bucks</p> <p>2:15 Hydrate and Munch</p> <p>2:45 Word Association Game</p> <p>3:15 Lucky Dog Dice Game</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Better Balance Fitness 24</p> <p>9:30 Yahtzee</p> <p>10:15 Sharp Shooter Darts</p> <p>12:15 Movie- TBD</p> <p>12:30 Concentration - Memory Matching</p> <p>1:00 Bingo For Bingo Bucks</p> <p>2:15 Hydrate and Munch</p> <p>2:45 Scattergories</p> <p>3:15 Air Pong</p> <p>3:15 Noodle Balloon</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Rhyming Words 25</p> <p>9:30 Skip Bo Cards</p> <p>9:30 Legacy Vegetables from the Garden</p> <p>9:45 Cornhole Beanbag Toss</p> <p>10:30 Concentration - I Got It Cards</p> <p>1:00 Candy Bingo</p> <p>2:15 Hydration and Munchies</p> <p>2:15 Hydrate and Munch</p> <p>3:00 Art Class with Reena deLe Vega</p> <p>3:00 Rummikub Tile Games</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Walking for Fun 26</p> <p>9:30 Skip Bo</p> <p>9:45 Wheel of Fortune</p> <p>10:15 Memory Matching Game</p> <p>10:45 Lunch Outing Cotton Patch Cafe</p> <p>12:30 Wheel of Fortune</p> <p>1:00 Bingo For Bingo Bucks</p> <p>2:15 Cooking Demo by Melinda</p> <p>3:00 Entertainer Andy Corridori</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Chair Exercises 27</p> <p>9:15 Rummikub</p> <p>9:45 Bottle Ring Toss</p> <p>10:15 Left, Right & Center Dice Game</p> <p>10:15 Skip Bo</p> <p>12:15 Movie TBD</p> <p>1:00 Bingo</p> <p>2:45 Family Feud</p> <p>3:00 Entertainer Toney Walsh</p> <p>6:00 Fun Time with Cards</p>
<p>9:15 Walking for Fun 28</p> <p>9:30 Left, Right & Center Dice Game</p> <p>10:15 Cone Ring Toss</p> <p>10:45 Jeopardy</p> <p>12:15 Movie TBD</p> <p>12:30 Bingo</p> <p>2:00 Church Service</p> <p>3:00 After Church snacks</p> <p>3:15 Dominoes</p> <p>3:30 Skip Bo Cards</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Stretching Exercise for your Back 29</p> <p>9:45 Scrambled Words</p> <p>9:45 Skip Bo</p> <p>10:15 Fill in the Blank</p> <p>12:30 Communion</p> <p>1:00 Bingo</p> <p>2:15 Happy Hour</p> <p>2:45 Left, Right & Center Dice Game</p> <p>3:00 Matching Game</p> <p>6:00 Fun Time with Cards</p>	<p>9:15 Table Top Curling 30</p> <p>9:45 Bible Trivia</p> <p>10:00 Bible Study</p> <p>1:00 Bingo For Bingo Bucks</p> <p>2:15 Hydrate and Munch</p> <p>2:45 Kings in the Corner Card Games</p> <p>2:45 Air Pong</p> <p>3:30 Noodle Balloon</p> <p>6:00 Fun Time with Cards</p>				<p>KEY</p> <p>1st Floor Game Room.....GR1</p> <p>1st Floor Library.....L</p> <p>3rd Floor Craft Room.....CR</p> <p>3rd Floor Movie Theater.....MT3</p> <p>Bistro.....B</p> <p>Living Room.....LR</p> <p>Dining Room Open - 11am (lunch)/4pm (dinner)</p> <p>Dinner Served 4pm-5:45pm</p> <p>All events are in living room unless otherwise specified.</p>

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.

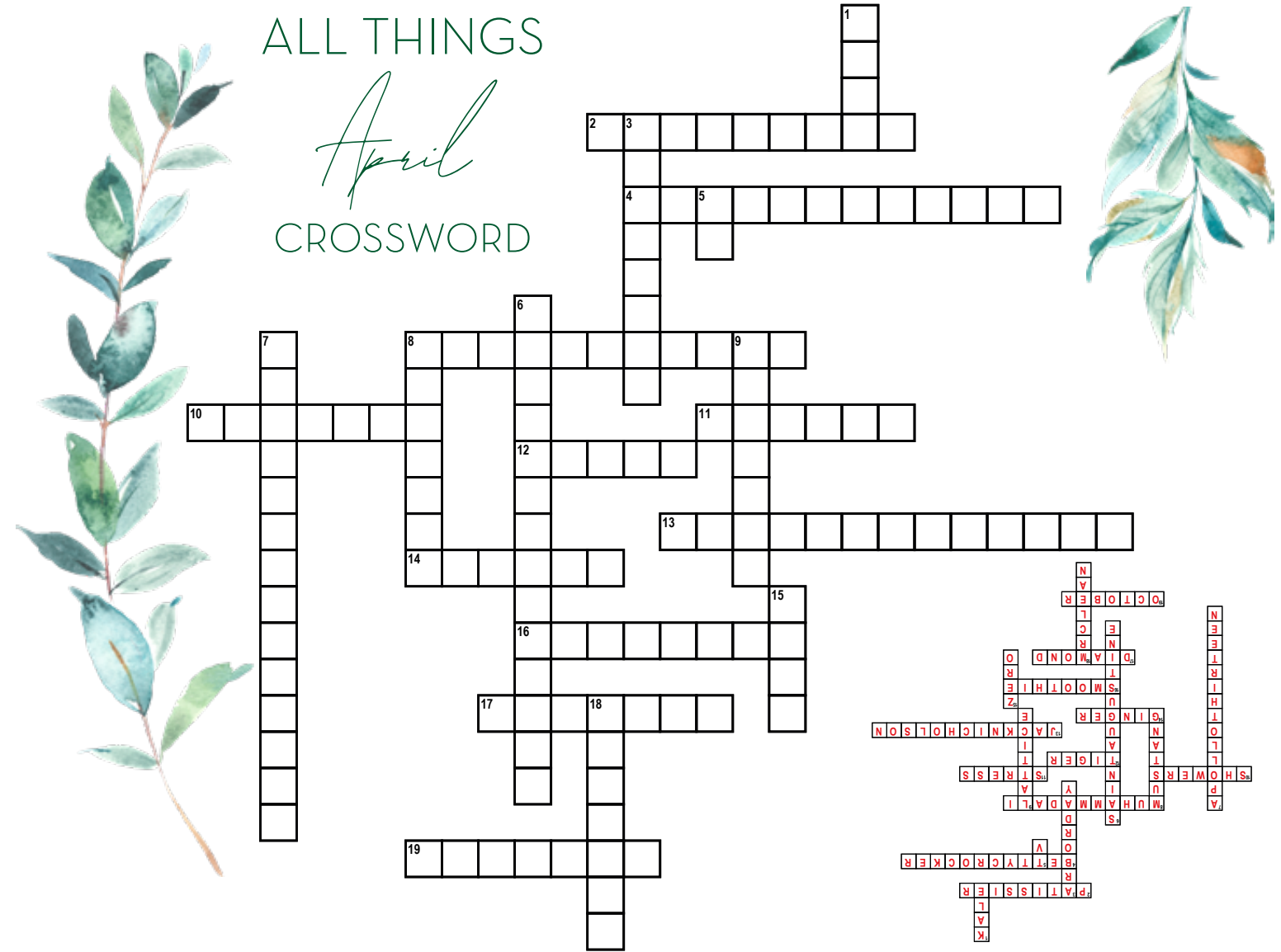
It's time to ditch the complexities of clutter and work on creating your peaceful place!

SPRING CLEANING WORD SEARCH

- AIR
- AWAKEN
- BLOOM
- DECLUTTER
- FLOURISH
- GREENERY
- ORGANIZE
- PURIFY
- REFRESH
- REJUVENATE
- RENEW
- SPARKLE
- SUNLIGHT
- SUNSHINE
- TIDY



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 Stamppot 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)



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