

**Resident of the Month**  
Helen Rachal

Helen is April's resident of the month. Helen is the oldest girl from her large Catholic family.

Helen has six brothers and five sisters all of which grew up in rural Louisiana.

Helen has been married to her loving husband Edgar for 57 years. Together they have five amazing children, four girls and one boy.

Helens pride and joy is her beloved family including her fifteen grandchildren whom she never minded keeping over the summer months.

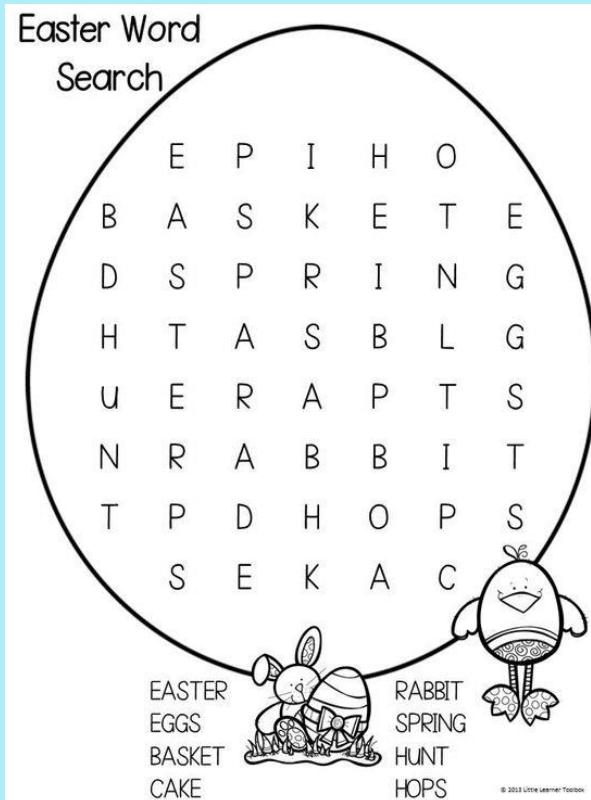
Helen was an amazing cook including her favored Gumbo, pepper steak and gravy and cornbread to mention a few. She loved to shop, shoes being her ultimate weakness when not shopping you could find Helen planting flowers.

Helen has been an absolute pleasure to have here in our community. She could often be found listening to music, singing, and dancing, and always bringing a smile to some ones face.



**Residents**

Ann Pirtle April 10<sup>th</sup>  
Robert Gulley April 12<sup>th</sup>



**MANAGEMENT TEAM**

**LISA WALLACE**  
Executive Director

**PAULA ARCURI**  
Activities Director

**RICHARD ABBOTT**  
Maintenance

**SANDY COLLINS**  
Nurse



# Trinity Timbers News

Trinity Timbers Of Longview ~ 3102 Gilmer Road 75604 ~ 903-686-1743



April is upon us here at Trinity Timbers. This month we are focusing on many different activities to keep our residents active while practicing our social distancing and keeping our loved ones safe and healthy.

We would like to thank all the families at this time for their understanding in the current situation and for everything you all have done to keep the spirits of the staff and residents high. We are working hard every day to provide the best care for your loved ones possible and protect them to fullest extent. We cannot wait to see you all at the Timbers as soon as it's safe and clear!

## Dairy Queen

The residents enjoyed an outing to Dairy Queen for a milkshake. It was a gorgeous day for a ride and let's face it ice cream makes everything better.



## Sybil Ludington's Ride

Patriot and hero of the American Revolution, Paul Revere gets all the credit for his famous midnight ride, in which he warned that "the British are coming!" How quickly history has forgotten about Sybil Ludington, the 16-year-old daughter of Colonel Henry Ludington. On April 25, 1777, British troops landed at Compo Beach in Connecticut with the aim of storming a military depot in nearby Danbury. Word of the soldiers marching through the night reached American ears, and Colonel Ludington asked his daughter to spread the alarm. Sybil Ludington hopped on her horse and rode 40 miles (several times the distance of Revere) through Connecticut and New York, rallying the Americans to arms. By the next morning, the American regiment was on the march to meet the British at Danbury. Statues of Sybil Ludington are erected in both New York and Connecticut, yet her daring ride has largely been lost in history. Some question whether her ride even took place. It took a poem by Henry Wadsworth Longfellow to immortalize Paul Revere, so perhaps all Ludington needs is a poem to solidify her place in American history.

## Before Gatsby Was Great



On April 10, 1925, F. Scott Fitzgerald published *The Great Gatsby*. Fitzgerald's tale of love and lavishness during the Roaring Twenties is today hailed as perhaps the greatest American novel, but when it was published, it was deemed mediocre at best. By 1925, F. Scott Fitzgerald was a fading literary star. Even he believed that his best books, *This Side of Paradise* and *The Beautiful and Damned*, were behind him. The initial reviews of *The Great Gatsby* weren't flattering. It was called "unimportant" and "painfully forced," and sold just 21,000 copies. When Fitzgerald died in 1940, he believed the book to be a failure. A year after his death, though, the book took off, and by 1945 it was considered one of Fitzgerald's most successful works.

## Front Porch Visits

We enjoyed the gorgeous weather with some porch visits and a special treat!



## April is Parkinson's Awareness Month



A disorder of the central nervous system that affects movement, often including tremors.

Nerve cell damage in the brain causes dopamine levels to drop, leading to the symptoms of Parkinson's.

Parkinson's often starts with a tremor in one hand. Other symptoms are slow movement, stiffness, and loss of balance.

Medications can help control the symptoms of Parkinson's

Tremor: can occur at rest, in the hands, limbs, or can be postural

Muscular: stiff muscles, difficulty standing, difficulty walking, difficulty with bodily movements, involuntary movements, muscle rigidity, problems with coordination, rhythmic muscle contractions, slow bodily movement, or slow shuffling gait

Sleep: early awakening, nightmares, restless sleep, or sleep disturbances

Whole body: fatigue, dizziness, poor balance, or restlessness

Cognitive: amnesia, confusion in the evening hours, dementia, or difficulty thinking and understanding

Speech: difficulty speaking, soft speech, or voice box spasms

Nasal: distorted sense of smell or loss of smell

Urinary: dribbling of urine or leaking of urine

Mood: anxiety or apathy

Facial: jaw stiffness or reduced facial expression

Also common: blank stare, constipation, depression, difficulty swallowing, drooling, falling, fear of falling, loss in contrast sensitivity, neck tightness, small handwriting, trembling, unintentional writhing.