

May 2020

Three Forks Tribune

Three Forks of Forney Senior Living~335 South F.M. 548~Forney, TX. 75126 972-552-3426



Picture Perfect

May is Photography Month, a time to not only enjoy snapping photos and capturing memories, but a time to look at the world differently, through the eyes of a photographer. And with pocket-sized cell phones equipped with powerful cameras that rival the top traditional cameras, it seems as if everyone these days is capable of high-quality photography. Enjoy this moment-in-time photo taken with a cell phone of a special married couple dancing at Three Forks.

Three Forks Team

Emily Whitson
Executive Director

Stephanie Dunn
Resident Care Director

Corie Ford
Memory Care Director

Shelby Mathis
Business Office Manager

Bill Lawson
Maintenance Director

Alex Davis
*Community Relations
Director*

Angela Tyler
Life Enrichment Director



Three Limes Mocktails



Check us out on Facebook:
Three Forks Senior Living of Forney

facebook



Three Spoons Ice Cream



ALEX AND CORIE DELIVER UP A GOOD TIME SERVING ICE CREAM AND ROOT BEER FLOATS



Easter Fun at Three Forks



Special Deliver Pies



The Forney Police Department delivered up a good time in the way of pies from the Forney Buttermilk Sky pie shop. Residents and staff were treated to Southern Custard Buttermilk pies and I-40 pies. Each bite was better than the last. What a great surprise~

OLDER AMERICANS MONTH



MAKE YOUR MARK: MAY 2020

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation to pay tribute in some way to older persons in their communities.

Stories build community and connect us even when we can't be physically together. Recalling adventures with childhood friends, that family vacation at the beach, a teacher who helped guide your life---all of those stories connect you with your past and the people who have mattered along the way. Memories help people you love get to know you better and feel closer to you. Looking back at how we got through other tough times can help us manage this challenging time. Sharing what we love about our friends and family members helps them feel stronger and more connected. We can make a mark on people's lives with the stories we tell. Think about the stories that make up your life. Take time this month to reach out to the folks who left their imprint upon your life. Reminiscing moments and memories of your life is a great way to spend some time either alone or with others that matter.



TY	MAY 4	(STAFF)
TARINA	MAY 6	(STAFF)
MICHELLE	MAY 12	(STAFF)
LYNN	MAY 13	(RESIDENT)
ISOBELLA	MAY 16	(RESIDENT)
CHARLENE	MAY 19	(STAFF)
T.C.	MAY 29	(RESIDENT)

Dwayne Johnson (actor) – May 2, 1972
 Bing Crosby (singer) – May 3, 1903
 Nellie Bly (journalist) – May 5, 1864
 J.M. Barrie (author) – May 9, 1860
 Salvador Dalí (artist) – May 11, 1904
 Bea Arthur (actress) – May 13, 1922
 Mr. T (actor) – May 21, 1952
 Sally Ride (astronaut) – May 26, 1951
 Bob Hope (entertainer) – May 29, 1903

How Does Your Garden Grow?

The Friday before Mother's Day is celebrated as Public Gardens Day to promote awareness of the value of public gardens of all kinds. Resident worked on our memory care raised garden recently. Take some time this month to view this special garden.

