

## Tips for a Doctor Visit

Get the most from your next doctor's appointment with these helpful tips, based on advice from practicing physicians:

**Prepare questions** — Whether your visit is for a routine checkup or a specific concern, it's wise to write down any questions you want to ask the doctor. Rank them by priority, so you're sure to address the most pressing issues. Also, it can help to rehearse your questions in advance.

**List your medications** — At home, review all your medications and write down the names, dosages and other instructions for each one. Include prescriptions, over-the-counter medicines and dietary supplements. Bring the list with you to your appointment.

**Bring someone with you** — A relative or close friend can help take notes, ask questions and simply offer support.

**Arrive early** — It's recommended that you arrive about 15 minutes before your appointment time. This gives you a chance to fill out paperwork and complete any other office procedures.

**Be honest** — Doctors say it's important not to hold back information such as family history and lifestyle habits. This knowledge helps them make a proper diagnosis and prescribe the best treatment.



## Activities for Heart Month

American Heart Month has been observed every February since 1964, encouraging people to learn more about heart disease and ways to practice heart-healthy habits. These ideas can help you take charge of your health as well as raise awareness in your community.

**Wear red** — Sport some crimson clothing on National Wear Red Day, the first Friday in February, to show your support for Heart Month. Consider wearing a red ribbon all month long to spark conversation about heart health.

**Know your numbers** — Take advantage of blood pressure checks and cholesterol screenings in your community. Record your numbers and work with your doctor to make any needed changes.

**Get fit with a friend** — Exercise is one of the best ways to help your heart, and it's often more fun with another person. Invite a friend to join you for a walk or to try a new exercise class.

**Set a nutritious example** — Focus on making heart-healthy foods a regular part of your diet. When others see you choosing options such as fish, whole grains, beans, fruits and veggies, they may be motivated to do the same.

**Give back** — Participate in health fundraisers and events, such as a 5K or blood drive. Or you could make a donation to the American Heart Association or other organization in honor of Heart Month.



The Lewisville Estates Lifestyle

Assisted Living  
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvillesseniorliving.com

Like Us!

FEBRUARY 2019

## Dear Residents, Families and Friends

We are spreading the love here at Lewisville Estates, as February is a special month filled with celebrating with families, friends and that special someone. Come and join us during our main event, Lunar New Year, on Tuesday, Feb. 12, in our Lobby at 6 p.m. Also this month, we will be having events that include a Super Bowl Sunday Celebration, fun Social Hours and a special Valentine's Day Social. Our outings this month include a trip to WinStar Casino, lunch at Cracker Barrel and lunch at El Fenix. Please don't forget to check your calendar for all the exciting things happening this month!

I hope this month brings you warm memories and lots of love as we try to stay warm by the fire during this cold weather month.

Happy Valentine's Day!

*Erin Montgomery, Executive Director*



## Fun Time!

We love to have a fun time here at Lewisville Estates!



ASSISTED LIVING  
AL#010063  
**FEBRUARY 2019**

## Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

## Birthdays

- Patty Skinner, 2nd (Employee)
- Miguel Banales, 4th (Employee)
- Vonnie Bennett, 12th
- Naina Thaiba, 13th (Employee)
- Geiba Shaw, 20th (Employee)
- Florencia (Oni) Limboc, 24th (Employee)

## Transportation Schedule

- Monday, 10 a.m.**  
Grocery Stores
- Tuesday, 10 a.m.**  
Walmart
- Wednesday, 10 a.m.**  
Post Office/Bank
- Thursday, 10 a.m.**  
Walmart
- Friday, TBA**  
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>Super Bowl Sunday</b> 3 7:30 The Truth in Love (TV Channel 7), L 8:30 <b>New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 <b>Church Service w/ Rob Harrison, L</b> 3:00 <b>Cinema Sundays, L</b> 5:00 <b>Super Bowl Sunday Social, L</b>	<b>Exercise w/ Legacy, AR</b> 4 10:00 The Prize is Right and Snack Social, L 10:00 <b>Dollar Tree, O</b> 2:00 <b>Sassy Senior Bingo w/Lifeway, AR</b> 4:00 Adult Coloring Club, AR	<b>Chinese New Year</b> 5 9:30 <b>Beauty Salon Is Open</b> 9:30 <b>Senior Fitness, AR</b> 10:00 <b>Shopping at Walmart, O</b> 10:30 <b>Catholic Communion</b> 1:00 Movie & Snack, L 2:00 <b>Fancy Nails &amp; Hand Massage, AR</b> 3:00 Game of Choice, L	<b>Out to WinStar Casino, O</b> 6 9:30 <b>Tone Those Bones, AR</b> 10:15 Word of the Day!, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 4:00 Trivia, L	<b>Chair Exercise, L</b> 7 9:45 <b>Christian Service w/Rev. Mark, L</b> 10:00 <b>Shopping at Walmart, O</b> 1:00 <b>Storytelling Club, L</b> 2:30 <b>Art Expression, AR</b> 4:00 Rowdy Ring Toss, L	<b>Wear Red Day</b> 1 9:30 <b>Senior Fitness, AR</b> 10:30 Wonder Word Search, AR 11:00 <b>Out to Cracker Barrel, O</b> 1:00 <b>Bible Study w/Laura</b> 2:00 <b>Let's Go Red for Women Social Hour, L</b> 4:00 Name Your Game!, AR	<b>GROUNDHOG DAY</b> 2 9:30 Word of the Day! 9:30 <b>Beauty Salon Is Open</b> 9:30 <b>Chair Exercise, L</b> 10:30 <b>Wonder Word Search, AR</b> 2:00 <b>Saturday Bingo, AR</b> 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 10 8:30 <b>New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 <b>Church Service w/ Rob Harrison, L</b> 3:00 <b>Cinema Sundays, L</b>	<b>Exercise w/ Legacy, AR</b> 11 10:00 The Prize is Right and Snack Social, L 10:00 <b>Shopping at Big Lots, O</b> 2:00 <b>Sassy Senior Bingo w/Lifeway, AR</b> 4:00 Wonder Word Search, AR	<b>Lincoln's Birthday</b> 12 9:30 <b>Beauty Salon Is Open</b> 9:30 <b>Senior Fitness, AR</b> 9:45 <b>Blood Pressure Clinic w/Life Way Hospice, L</b> 10:00 <b>Shopping at Walmart, O</b> 10:30 <b>Catholic Communion</b> 1:00 Popcorn/Movie, L 6:00 <b>Lunar New Year (Main Event), L</b>	<b>International Pancake Day</b> 13 8:00 <b>Out for Breakfast to IHOP, O</b> 9:30 <b>Tone Those Bones, AR</b> 10:00 <b>Post Office/Bank, O</b> 10:15 Spelling Bee, L 1:00 <b>Chicken Foot (Dominoes), AR</b> 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 3:00 <b>Town Hall Meeting, L</b> 4:00 XOXO Toss, L	<b>VALENTINE'S DAY</b> 14 9:00 <b>Chair Exercise, L</b> 9:45 <b>Christian Service w/Rev. Mark, L</b> 10:00 <b>Shopping at Walmart, O</b> 2:00 Art Expression, AR 3:30 <b>Love Is in the Air Social, L</b>	<b>Natinal Caregiver Day</b> 15 9:30 <b>Senior Fitness, AR</b> 10:30 Wonder Word Search, AR 11:00 <b>Out to El Fenix, O</b> 1:00 <b>Bible Study w/Laura</b> 2:00 <b>Caregiver Appreciation Social Hour, L</b> 4:00 Name Your Game!, AR	9:30 Word of the Day! 16 9:30 <b>Beauty Salon Is Open</b> 9:30 <b>Chair Exercise, L</b> 10:30 <b>Wonder Word Search, AR</b> 2:00 <b>Saturday Bingo, AR</b> 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 17 8:30 <b>New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 <b>Church Service w/ Rob Harrison, L</b> 3:00 <b>Cinema Sundays, L</b>	<b>PRESIDENTS DAY</b> 18 <b>Exercise w/ Legacy, AR</b> 18 10:00 The Prize is Right and Snack Social, L 10:00 <b>Dollar Tree, O</b> 2:00 <b>Sassy Senior Bingo w/Lifeway, AR</b> 4:00 Adult Coloring Club, AR	9:30 <b>Beauty Salon Is Open</b> 19 9:30 <b>Senior Fitness, AR</b> 10:00 <b>Shopping at Walmart, O</b> 10:30 <b>Catholic Communion</b> 1:00 Movie & Snack, L 2:00 <b>Fancy Nails &amp; Hand Massage, AR</b> 3:00 Game of Choice, L	<b>Tone Those Bones, AR</b> 20 10:00 <b>Post Office/Bank, O</b> 10:15 Word of the Day!, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 4:00 Trivia, L	9:00 <b>Chair Exercise, L</b> 21 9:45 <b>Christian Service w/Rev. Mark, L</b> 10:00 <b>Shopping at Walmart, O</b> 1:00 <b>Storytelling Club, L</b> 2:30 <b>Art Expression, AR</b> 4:00 Rowdy Ring Toss, L	<b>Senior Fitness, AR</b> 22 10:00 <b>"Family Feud," L</b> 10:30 Wonder Word Search, AR 1:00 <b>Bible Study w/Laura</b> 2:00 <b>Birthday Bash, L</b> 4:00 Name Your Game!, AR	9:30 Word of the Day! 23 9:30 <b>Beauty Salon Is Open</b> 9:30 <b>Chair Exercise, L</b> 10:30 <b>Wonder Word Search, AR</b> 2:00 <b>Saturday Bingo, AR</b> 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 24 8:30 <b>New Covenant Baptist Church, L</b> 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 <b>Church Service w/ Rob Harrison, L</b> 3:00 <b>Cinema Sundays, L</b>	<b>Exercise w/ Legacy, AR</b> 25 10:00 The Prize is Right and Snack Social, L 10:00 <b>Out to Tom Thumb, O</b> 2:00 <b>Sassy Senior Bingo w/Lifeway, AR</b> 3:00 <b>Social Hour w/ Legacy, L</b> 4:00 Wonder Word Search, AR	<b>National Cupcake Day</b> 26 9:30 <b>Beauty Salon Is Open</b> 9:30 <b>Senior Fitness, AR</b> 10:00 <b>Shopping at Walmart, O</b> 10:30 <b>Catholic Communion</b> 1:00 Popcorn/Movie, L 3:30 <b>Cupcake Decoration, AR</b>	<b>Tone Those Bones, AR</b> 27 10:00 <b>Post Office/Bank, O</b> 10:15 Spelling Bee, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 4:00 Tic Tac Toss, L	<b>Pink Shirt Day</b> 28 9:00 <b>Chair Exercise, L</b> 9:45 <b>Christian Service w/Rev. Mark, L</b> 10:00 <b>Shopping at Walmart, O</b> 1:00 <b>Giant Crossword Puzzle, L</b> 2:30 <b>Art Expression, AR</b> 3:30 Ring Toss of Fire, L		