

A Cook-Off of Regional Chili Recipes

Every cook has their own way of making chili, and so do many states and regions in America. Which is your favorite?

Texas chili — True Texas chili, called “bowl of red” or “Texas red,” has no beans whatsoever, though some folks say tomatoes are OK. Stewed meat or ground beef is slow-simmered in a spicy sauce that’s given its signature color by whole dried chili peppers.

Cincinnati chili — Seasoned with a spice blend that includes cinnamon and cumin, the signature chili of Ohio is a tomato-based meat sauce that’s served over spaghetti and covered with shredded cheese. Add beans or onions to make it a “five-way.”

Springfield “chilli” — Illinois embraces the extra “L” in their style of stew, created in 1909 at the Dew Chilli Parlor in the state’s capital city. The original recipe consisted of spiced ground meat in tomato sauce, with no beans or diced tomatoes.

Chili verde — Travel to New Mexico to taste-test the best version of this green chili, made with smoked Hatch chili peppers, tomatillos and stewed pork.

Hoosier chili — Key ingredients make Indiana’s otherwise typical chili recipe stand out: brown sugar for extra sweetness and broken spaghetti or elbow macaroni for a hearty serving of comforting carbs.



Rose Colors Decoded

Red roses are popular on Valentine’s Day, but the fragrant flowers are admired in any hue. Traditionally, the color of a rose holds a particular meaning.

Red: The color of romance, red roses have a simple yet heartfelt message: “I love you.” Additional symbols of a red rose include respect, passion and beauty.

White: Often seen in bridal bouquets, white roses signify reverence, loyalty and purity. Due to their quiet, solemn beauty, white roses are a popular pick for sympathy arrangements.

Yellow: The flower of friendship, yellow roses represent joy and good luck. A sunny bouquet is sometimes used to say “welcome back” or “remember me.”

Pink: Bright or dark pink roses are a common thank-you gift to show gratitude and appreciation, while blooms in a softer pink shade symbolize elegance, sweetness and grace.

Lavender: These light purple roses give an air of mystery and enchantment, and are the perfect choice for a secret admirer to send to their crush.

Orange: Bold and beautiful, orange roses carry a message of excitement and passion, and can also be used to tell someone “I’m proud of you.”



Dear Residents, Families and Friends

Greetings from the Executive Director’s Desk

My name is Pamela Baines and I am a native Houstonian. I discovered my calling for Senior Care at an early age. At age nine, I began providing care for elderly family members and neighbors. I have worked in all areas of a Senior Living Facility. I know how important it is for residents and families to be relieved of worry. You can be assured I take pride in my work and responsibilities. Thank you for allowing the Lewisville family to provide care for your loved one.



Predicting the Weather

Groundhogs aren’t the only forecasters recognized in February. Celebrate your favorite meteorologist on Weatherperson’s Day, Feb. 5. The date marks the birthday of John Jeffries, one of America’s first weather watchers, who began daily weather observations in Boston in 1774.

Many weather forecasters you see on TV have degrees in meteorology, atmospheric sciences, or a combination of physics, chemistry and mathematics. According to the American Meteorological Society, this background grants them the title of meteorologist, or one who studies the atmosphere. The AMS also gives seals of certification to forecasters without specialized degrees who have gained experience through fieldwork and broadcasting.

Meteorologist or not, a weatherperson is highly skilled in communicating complex weather data to the public, helping them prepare for sunny or cloudy skies and to give guidance during storms and other emergencies.





ASSISTED LIVING
AL#010063

FEBRUARY 2022

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)
- Mary Garcia, 13th

Transportation Schedule

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

"As long as there is chocolate, there will be happiness."

—Wayne Gerard Trotman

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Chinese New Year 1 10:00 Catholic Communion 10:00 Chair Zumba w/Patty, L 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Chinese New Year Social, L 4:00 Puzzle Mania, AR	GROUNDHOG DAY 2 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 2:30 Heart Toss, L 4:00 Outdoor Walking	9:30 Grocery Orders 3 10:00 Walmart Shopping, O 10:00 Chair Zumba w/Patty, L 10:45 Fancy Nails, AR 2:00 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L	Wear Red Day 4 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Let's Go Red for Women Social Hour, L 4:00 Name Your Game!, AR	5 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
6 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	7 10:00 Exercise w/ Legacy, L 10:00 Dollar Tree Shopping, O 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/ the Yellow Rose Hospice, L 2:30 Lima Bean Auction, L 4:00 Adult Coloring Club, AR	8 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Chair Zumba w/Patty, L 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Scrapbooking Club, AR 4:15 Trivia, L	9 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:45 Name That Tune, AR 1:30 General Store, L 2:00 Snack Cart Social 3:00 Uno Game, AR 4:30 Wonder Word Search, L	10 9:30 Grocery Orders 10:00 Walmart Shopping, O 10:00 Chair Zumba w/Patty, L 10:45 Balloon Volleyball, L 2:00 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL	11 White Shirt Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 11:00 Out to Chili's, O 1:30 Wonder Word Search, AR 2:00 Love Is in the Air Social Hour, L 3:30 Men's Workshop, AR 4:00 Name Your Game!, AR	12 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Snack, L
Popcorn Day 13 Super Bowl LVI 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Super Bowl Sunday Social Hour, L	VALENTINE'S DAY 14 10:00 Exercise w/Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/the Yellow Rose Hospice, L 2:30 Love and Friendship Social, L 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR	15 10:00 Catholic Communion 10:00 Chair Zumba w/Patty, L 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	16 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 3:00 Mexican Train, AR 4:00 Outdoor Walking 6:00 That's Amore (Main Event), L	17 9:30 Grocery Orders 10:00 Walmart Shopping, O 10:00 Chair Zumba w/Patty, L 10:45 Fancy Nails, AR 2:00 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L	18 National Caregiver Day Women in Jeans Days 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 We Love Our Caregivers Social Hour, L 4:00 Name Your Game!, AR	19 Daytona 500 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Popcorn
20 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	PRESIDENTS DAY 21 10:00 Exercise w/Legacy, L 10:00 Dollar Tree Shopping, O 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/ the Yellow Rose Hospice, L 2:30 Presidents Day Trivia, L 4:00 Adult Coloring Club, AR	Margarita Day 22 10:00 Chair Zumba w/Patty, L 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Scrapbooking Club, AR 4:15 Trivia, L	23 Pink Shirt Day 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 1:30 General Store, L 2:00 Snack Cart Social 3:00 Uno Game, AR 4:30 Wonder Word Search, L	24 National Chili Day 9:30 Grocery Orders 10:00 Walmart Shopping, O 10:00 Chair Zumba w/Patty, L 10:45 Balloon Volleyball, L 2:00 Crafting w/Patty, AR 3:35 Activity Meeting w/Patty & Chili Tasting, L 4:00 Puzzle Mania Social, LL	25 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Birthday Bash Social Hour, L 4:00 Name Your Game!, AR	26 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:15 Saturday Movie and Snack, L
27 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 2:00 Chicken Foot, AR 3:00 Cinema Sundays, L	28 10:00 Exercise w/ Legacy, L 10:30 "The Prize Is Right" and Snack Social, L 1:30 Bible Study w/ the Yellow Rose Hospice, L 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR					