



Assisted Living

800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • [www.lewisvillesseniorliving.com](http://www.lewisvillesseniorliving.com)

March 2015

## Dear Folks,

Top O' the Mornin' to ya! Yep, we are getting in the swing of a whole month of Irish fun! People all over the world celebrate on March 17 in honor of St. Patrick, the patron Saint of Ireland. Some cities have parades, revelers wear green, and we at Lewisville Estates drink green beer! Get prepared for a fun month! We look forward to celebrating March-Spirit month in the community. Please stay posted for all the fun interactive events we have planned for you and the staff! Each week will be a different celebration. We will be rolling out the Red Carpet for the AL Oscar Awards, on March 17 at 6 p.m. Please join us for in your black-tie attire or dress as a celebrity impersonator. See you around campus. Thank you for all you do for Team Lewisville! You put the heart into our community!

Regards,

Jessica Hazelton

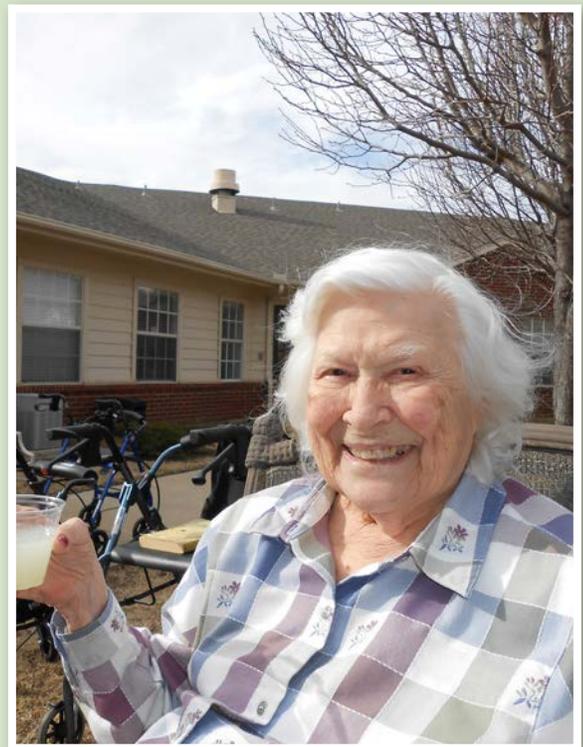
Executive Director



## Welcome New AL Director: Melinda Najdek, LVN

We would like to welcome Melinda to our team here at Lewisville Estates Assisted Living. She comes with many years of experience and is excited to join us. As we move forward into a new year, I know she will be quite a blessing for each of our residents and a true compliment to our staff.

-Philip Jones, Activities



ASSISTED LIVING

AL#010063

MARCH 2015

## Locations

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

## Transportation Schedule

- Monday 10 a.m. Albertsons
- Tuesday 10 a.m. Shopping at Walmart
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Thursday 10 a.m. Miscellaneous Errands
- Friday TBA Field Trips/Outing
- Friday 2 p.m. Express Errands

## Birthdays

- Carole Wilson, 1st
- Francis Wright, 15th
- Raju Mathai, 15th (Employee)
- Sylvia Harrington, 17th
- Ruth Ruffins, 18th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>10:30 Resident Singalong, L</p> <p>1:00 Games w/Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>2</p> <p><b>Texas Independence Day</b></p> <p>9:30 Exercise Extreme, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Morning Walk</p> <p>2:00 Coffee &amp; Snacks, L</p> <p>2:00 The History of Texas Independence, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>3</p> <p><b>National Anthem Day</b></p> <p>9:30 Catholic Communion</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Crafty Craft Time w/Philip, AR</p> <p>1:30 UNO Card Games, B</p> <p>1:30 Sit &amp; Stretch Exercise, AR</p> <p>2:30 Matinee Movie &amp; Popcorn, L</p> <p>3:30 Small Group Time</p> <p>4:00 What's Happening?!, L</p>	<p>4</p> <p>9:30 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>10:00 Snack Attack, L</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:30 Hi/Lo Games, AR</p> <p>2:30 Book Club</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>5</p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Men's Coffee Group, B</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Exercise w/Michael (Legacy), AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:30 Bible Study w/Rob Harrison, DR</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would..., L</p>	<p>6</p> <p><b>National Frozen Food Day</b></p> <p><b>Wear Your Favorite Jersey Day</b></p> <p>9:30 Exercise Extreme, AR</p> <p>10:30 AL Lunch Outing at El Fenix, O</p> <p>2:00 Ice Cream Social, L</p> <p>3:30 Board Game Bonanza, AR</p> <p>4:00 Weekly Wrap Up, L</p>	<p>7</p> <p>9:30 Sit Down &amp; Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>1:30 Games w/Staff, AR</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>
<p>8</p> <p>DAYLIGHT SAVING TIME BEGINS</p> <p><b>Spring Forward!</b></p> <p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>10:30 Resident Singalong, L</p> <p>1:00 Games w/Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>9</p> <p>9:30 Exercise Extreme, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Morning Walk</p> <p>1:30 Today in History, L</p> <p>2:00 Coffee &amp; Snacks, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>10</p> <p>9:30 Catholic Communion</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Crafty Craft Time w/Philip, AR</p> <p>1:30 Sit &amp; Stretch Exercise, AR</p> <p>2:30 Matinee Movie &amp; Popcorn, L</p> <p>3:30 Small Group Time</p> <p>4:00 What's Happening?!, L</p>	<p>11</p> <p>7:00 Men's Breakfast Outing, O</p> <p>9:30 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>10:00 Snack Attack, L</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:30 Hi/Lo Games, AR</p> <p>2:30 Book Club</p> <p>3:00 Town Hall Meeting, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>12</p> <p><b>Girl Scouts Day</b></p> <p><b>Popcorn Lover's Day</b></p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Men's Coffee Group, B</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Exercise w/Michael (Legacy), AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:30 Bible Study w/Rob Harrison, DR</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would..., L</p>	<p>13</p> <p><b>Western Day</b></p> <p><b>Dress Western!</b></p> <p>9:30 Exercise Extreme, AR</p> <p>10:00 Farkel Fridays, AR</p> <p>2:00 Yee-Haw! Meet &amp; Greet New Residents, L</p> <p>3:30 Board Game Bonanza, AR</p> <p>4:00 Weekly Wrap Up, L</p>	<p>14</p> <p>9:30 Sit Down &amp; Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>
<p>15</p> <p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>10:30 Resident Singalong, L</p> <p>1:00 Games w/Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>16</p> <p>9:30 Exercise Extreme, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Morning Walk</p> <p>1:30 Today in History, L</p> <p>2:00 Coffee &amp; Snacks, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>17</p> <p><b>ST. PATRICK'S DAY</b></p> <p><b>Wear Green!</b></p> <p>9:30 Catholic Communion</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Crafty Craft Time w/Philip, AR</p> <p>1:30 Sit &amp; Stretch Exercise, AR</p> <p>2:30 Matinee Movie &amp; Popcorn, L</p> <p>3:30 Small Group Time</p> <p>4:00 What's Happening?!, L</p> <p>6:00 AL Oscars, Bring Your Family!, L</p>	<p>18</p> <p>9:30 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>10:00 Snack Attack, L</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:30 Hi/Lo Games, AR</p> <p>2:30 Book Club</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>19</p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Men's Coffee Group, B</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Exercise w/Michael (Legacy), AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:30 Bible Study w/Rob Harrison, DR</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would..., L</p>	<p>20</p> <p>SPRING BEGINS</p> <p><b>Earth Day</b></p> <p><b>1st Day of Spring</b></p> <p><b>Wear Bright Colors</b></p> <p>9:30 Exercise Extreme, AR</p> <p>10:30 AL Lunch Outing at Red Lobster, O</p> <p>3:30 Board Game Bonanza, AR</p> <p>4:00 Weekly Wrap Up, L</p>	<p>21</p> <p>9:30 Sit Down &amp; Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>1:30 Games w/Staff, AR</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>
<p>22</p> <p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>10:30 Resident Singalong, L</p> <p>1:00 Games w/Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>23</p> <p>9:30 Exercise Extreme, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Morning Walk</p> <p>1:30 Today in History, L</p> <p>2:00 Coffee &amp; Snacks, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>24</p> <p><b>Chocolate Covered Raisin Day</b></p> <p>9:30 Catholic Communion</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Crafty Craft Time w/Philip, AR</p> <p>1:30 Sit &amp; Stretch Exercise, AR</p> <p>2:30 Matinee Movie &amp; Popcorn, L</p> <p>3:30 Small Group Time</p> <p>4:00 What's Happening?!, L</p>	<p>25</p> <p>9:30 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>10:00 Snack Attack, L</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:30 Hi/Lo Games, AR</p> <p>2:30 Book Club</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>26</p> <p>8:00 Beauty Salon Is Open</p> <p>9:30 Men's Coffee Group, B</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Exercise w/Michael (Legacy), AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:30 Bible Study w/Rob Harrison, DR</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would..., L</p>	<p>27</p> <p><b>National "Joe" Day</b></p> <p><b>Wear Jeans Day</b></p> <p>9:30 Exercise Extreme, AR</p> <p>10:00 Farkel Fridays, AR</p> <p>2:00 Birthday Bash Social w/ Cowboy Bob, L</p> <p>3:30 Board Game Bonanza, AR</p> <p>4:00 Weekly Wrap Up, L</p>	<p>28</p> <p>9:30 Sit Down &amp; Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>
<p>29</p> <p>PALM SUNDAY</p> <p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>10:30 Resident Singalong, L</p> <p>1:00 Games w/Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>30</p> <p>9:30 Exercise Extreme, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Morning Walk</p> <p>1:30 Today in History, L</p> <p>2:00 Coffee &amp; Snacks, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>31</p> <p>9:30 Catholic Communion</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Crafty Craft Time w/Philip, AR</p> <p>1:30 Sit &amp; Stretch Exercise, AR</p> <p>2:30 Matinee Movie &amp; Popcorn, L</p> <p>2:30 Spring Time Music w/Bill Cobb, L</p> <p>3:30 Small Group Time</p> <p>4:00 What's Happening?!, L</p>				

# A Big Thank You!

Lewisville Estates Assisted Living would like to extend a big Thank You to all of our vendor partners and volunteers this last month who made all of our most exciting activities possible. These are in no particular order, and if I miss you, let me know!

- Advanced Rehab Trust
- Accolade
- Encompass
- VNA
- Legacy
- Rev. Cristal Fisher
- Rob Harrison
- New Covenant Baptist Church
- Hollymead
- Mayhill Hospital
- Hospice Plus
- Ardent
- And many, many more!

If you would like to join us, contact Philip in Activities!



## Did You Know?

Every week we have social gatherings, parties and more! We also host a main event once a month for all the residents and their families! In January, we had a special tribute to Elvis and he was definitely in the building. Last month, we had a special Mardi Gras show featuring a Jazz performance from Bill Cobb. This month we will be hosting the AL Oscars on March 17. Get your reservations in now! Call Philip for details. Don't forget: every Friday at 2 p.m. is our weekly social hour in the AL. There is good food and good fun! Here we see Mildred putting a pie in Philip's face. He probably deserved it. Get in on the action today!



## Legacy Healthcare Presents:

Health and Wellness:  
Urinary Incontinence

The topic of bladder control can be extremely sensitive, embarrassing and upsetting. About 25 million Americans have bladder control problems.

For many of those people, incontinence episodes can be drastically reduced and even cured. There are typically three ways to manage incontinence: behavioral techniques, medication and surgery. Examples of behavioral interventions include bladder re-training, relaxation training, clothing adaptations, environmental changes/modification, dietary management and pelvic floor exercises. Did you know Legacy Healthcare has a continence management program that addresses many of the above mentioned behavioral techniques? This program has helped many individuals achieve positive results.



## Resident of the Month

Our Resident of the Month for March is Jane McHugh! Jane loves to participate in almost all of our activities and has really taken a leadership role with the residents. She is a true blessing to anyone who meets her. She loves to read, exercise, play games and hunt lions!

