

Quick Fixes To Reduce Stress (Continued)

Many of us hold tension in our neck and shoulders. Sit up straight, stretch your arms and roll your neck from side to side to fix your posture. If possible, get up and take a 5-minute walk to move your body and clear your head.

Create a “happy playlist” that you can turn on during stressful moments. Tapping your toes and singing along releases endorphins that boost your mood.

Hug it out! Whether a friend or family member, research suggests that a 30-second hug can reduce stress levels and lower your blood pressure.



Employee of the Month!

Lewisville Estates would like to recognize Maria Medel as our Employee of the Month for March! Maria always is the first person to step up and help anyone who needs it. Her constant hard work and dedication perfectly represent what we value here at Lewisville Estates. We are so proud to have her as a member of our team. Make sure to congratulate Maria if you see her around!

Thank you, Maria, for everything you do!



Crack Into These Classic Candies

The season of new life and growth, spring is commonly represented by an egg. Fill a basket with memories of these favorite egg-shaped candies:

Cadbury Creme Eggs: Inside this iconic candy's chocolate shell is a sweet fondant filling with a dyed yellow center, meant to resemble a real egg yolk. Commercials feature a rabbit that clucks like a chicken while guarding a nest of the sugary treats.

Reese's Peanut Butter Eggs: Packing more peanut butter than a classic Reese's cup, these creamy candies hit the market in 1967. Other brands, including Snickers, Twix, Tootsie Roll and M&M's, have followed suit, turning their regular recipes into eggs every spring.

Robin Eggs: These have been around since the 1950s, and are basically Whoppers dressed up for springtime. The egg-shaped malted balls are blue, pink, yellow and white, covered in blue speckles, and often sold in a milk carton package.

Kinder Eggs: In Europe, the wildly popular Kinder Surprise is a chocolate egg with a toy hidden inside its creamy center. The U.S. version of the treat is a little different: Called Kinder Joy, it's a plastic egg with a creamy pudding in one half and a small toy in the other.



Dear Residents, Families, and Friends

As the beautiful flowers of spring begin to bloom around us, we are reminded of all the new beginnings that spring represents. We encourage everyone to take a fresh outlook on the world and the new opportunities that present themselves to us every day. Take some time to let your loved ones know you appreciate them. Take advantage of the beautiful weather by getting active and doing things you love. Please remember to take care of yourself and live each day to the fullest.

In March, we celebrated Employee Appreciation and received so much love from residents and family members. We would like to thank each and every one of you for all the kind words and well-wishes towards our wonderful staff!

In April, we will be having a plethora of new and exciting events. We will be celebrating community spirit month with both staff and residents and would love for families and friends to join in on the festivities! We are also very excited about our Spring Fling main event and Easter celebrations with an egg hunt! Make sure to check out the calendar regularly so you don't miss out on all our fun activities.

We hope this warmer weather brings a “spring” to your step! Lewisville Estates is excited for what this new season brings and hopes you are too.



Thank you,
Smitha Krishnan
Executive Director

Quick Fixes To Reduce Stress

Stress is a normal experience, but it can be overwhelming. Regain control of a situation with some quick relaxation methods.

One of the first things you can do is take some slow, deep breaths. Breathe in through your nose, hold for a few seconds, then release your breath. Repeating this pattern a few times slows your heart rate and helps you feel calmer.

If you're near a window, look outside and focus on clouds in the sky, a tree or other aspects of nature that you see, even if you're surrounded by buildings. Mental health experts say this is enough to feel the therapeutic effects of the outdoors. Another option is to gaze at a photo of calming scenery.

(Continued on back.)



ASSISTED LIVING
AL#010063

APRIL 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

- Lillian Boyko, 1st
- Mildred Lee, 17th
- Nastasya Shannon, 21st (Employee)

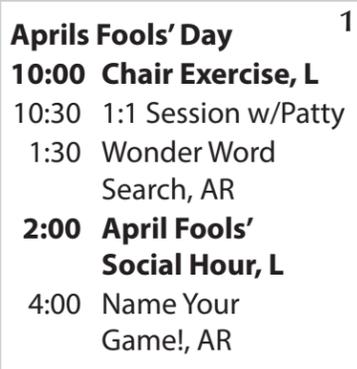
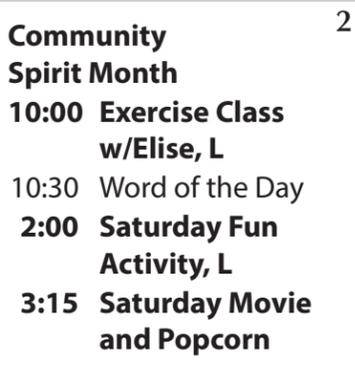
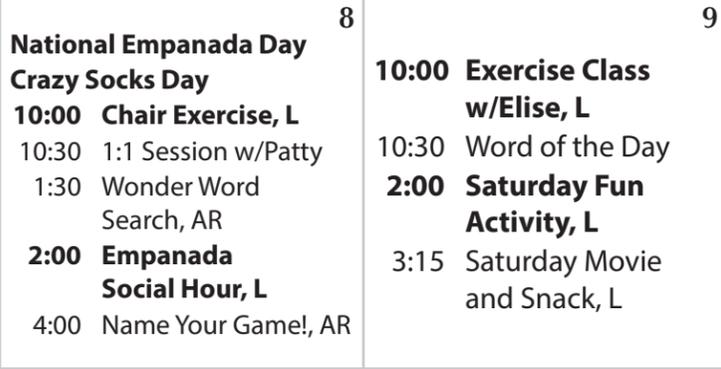
Transportation Schedule

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

“A heart of gold is where the rainbow begins.”

—Tammy L. Kubasko

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|--|---|
|  |  |  |  |  |  |  |
| <p>3 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</p> | <p>4 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 Pokeno, AR 3:00 Fun Afternoon Game, L 4:00 Adult Coloring Club, AR</p> | <p>5 10:00 Chair Zumba w/Patty, L 10:00 Catholic Communion 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Egg Toss Game, L 4:00 Puzzle Mania, AR</p> | <p>6 National Walking Day 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 2:30 Walking Together 4:00 Outdoor Walking</p> | <p>7 9:30 Grocery Orders 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L</p> | <p>8 April Fools' Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 April Fools' Social Hour, L 4:00 Name Your Game!, AR</p> | <p>9 Community Spirit Month 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</p> |
| <p>10 PALM SUNDAY National Siblings Day 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</p> | <p>11 National Pet Day 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 Pet Adoption Social, L 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR</p> | <p>12 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Scrapbooking Club, AR 4:15 Trivia, L</p> | <p>13 National Peach Cobbler Day 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 2:30 Town Hall Meeting, L 3:00 Uno Game, AR 4:30 Wonder Word Search, L</p> | <p>14 9:30 Grocery Orders 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Balloon Volleyball, L 2:00 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL</p> | <p>15 GOOD FRIDAY PASSOVER BEGINS AT SUNSET Twin Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Easter Celebration Social Hour, L 4:00 Name Your Game!, AR</p> | <p>16 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</p> |
| <p>17 EASTER 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</p> | <p>18 National Animal Crackers Day 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 Pokeno, AR 3:00 Fun Afternoon Game, L 4:00 Adult Coloring Club, AR</p> | <p>19 National Garlic Day 10:00 Chair Zumba w/Patty, L 10:00 Catholic Communion 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Fun Bingo Afternoon, DR 3:30 Word of the Day, L 4:00 Puzzle Mania, AR</p> | <p>20 National Banana Day 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 Spring Fling Formal Dance, L</p> | <p>21 9:30 Grocery Orders 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Fancy Nails, AR 2:00 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L</p> | <p>22 EARTH DAY Hat Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Earth Day Everyday Social Hour, L 4:00 Name Your Game!, AR</p> | <p>23 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</p> |
| <p>24 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</p> | <p>25 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</p> | <p>26 Pretzel Day 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Roll the Dice, L 2:00 Fun Bingo Afternoon, DR 3:30 Pretzels and Baseball Game, L 4:15 Trivia, L</p> | <p>27 National Tell a Story Day 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 1:30 General Store, L 2:00 Snack Cart Social 2:30 Story Time, L 3:00 Uno Game, AR 4:30 Wonder Word Search, L</p> | <p>28 National Superhero Day 9:30 Grocery Orders 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 10:45 Balloon Volleyball, L 2:00 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL</p> | <p>29 Superhero Shirt Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Birthday Bash, L 4:00 Name Your Game!, AR</p> | <p>30 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L</p> |