

## Thank You, Nurses!

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

- Worldwide, there are 20 million nurses. Over 4 million nurses are on the job in the U.S.
- The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.
- Every year, there's a whole week dedicated to them. Celebrated May 6—12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.
- The world's first nursing school is said to have started in 250 B.C. in India. Only men could attend.
- Today, women make up 90% of the field.
- The first American to earn a diploma for nursing was Linda Richards, who graduated in 1873 from a program in Boston.
- There are over 100 different nursing specialties.
- Nurses walk a lot! On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.
- For the past two decades, nursing has been voted the most-trusted profession.



## Arts and Crafts!

Come and join us for a fun arts and crafts class.



## The Story Behind Brunch

"Let's do brunch!" A blend of breakfast and lunch, this leisurely weekend meal serves up a combination of foods as well as fun.

The first printed mention of the term brunch goes back to 1895 in England, where a writer promoted the idea of a social late-morning meal on Sundays. Contributing to the concept, the British also had a tradition of fox hunting breakfasts, which included a large variety of foods.

By the 1930s, brunch had gained steam in the U.S., specifically Chicago, the halfway point on cross-country train trips. The trend grew, especially after World War II, with restaurants and hotels adapting their menus.

As more married women began working outside the home, going out for Sunday brunch offered them a break from cooking. Mother's Day is now among the most popular occasions for brunch.



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MAY 2021

## Dear Residents, Families and Friends,



My name is Jennifer True, and I am the new Executive Director here at Lewisville Estates. I am excited to share a little about myself. I was born here in Texas, grew up in Omaha, Neb., and came back to

Texas just as fast as I could. I graduated from Texas Tech with a degree in political science. I have two beautiful children, a son, Brecken, who is 6, and a daughter, Sydney, who is 4. Next month, I will tell you a little bit about my interest and hobbies.

My true passion has been serving others, and I hope to help others see how gratifying it is. If I haven't had the pleasure to meet you yet, please come by my office and introduce yourself. I look forward to seeing you all at Friday's Happy Hour events and around the community. Please join us anytime!

Sincerely,  
Jennifer True  
Executive Director

## Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

**Explore their stories** — Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at [StoryCorps.org](http://StoryCorps.org).

**Tune in to a TV tradition** — On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

**Post a tribute** — If you have a loved one who is a fallen hero, post a photo and story about them on social media.

**Visit a memorial** — Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

**Pause at 3 p.m.** — Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.



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## MAY 2021

### 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

Hope Dugan, 4th  
Valree Wynn, 9th  
Harrison Strong, 25th  
Monte Melugin, 26th

### 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
						
						MAY DAY 1 <b>Kentucky Derby</b> <b>National Fitness Day</b> 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Kentucky Derby Social, L 3:15 Saturday Movie and Popcorn
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b>	<b>10:00 Exercise w/ Legacy, L</b> 10:30 "The Prize Is Right" and Snack Social, L <b>1:30 Bible Study w/ the Yellow Rose Hospice, L</b> 3:00 Fun Afternoon Game, L 4:00 Adult Coloring Club, AR	<b>National Orange Juice Day</b> <b>Star Wars Day</b> <b>10:00 Chair Zumba, L</b> 10:30 Orange Juice and Healthy Facts, L 10:45 Fancy Nails, AR <b>2:00 Fun Bingo Afternoon, DR</b> <b>3:30 May the 4th Be w/You Trivia and Games, L</b> 4:00 Puzzle Mania, AR	<b>Cinco De Mayo</b> <b>10:00 Chair Yoga, L</b> 10:30 Puzzle Mania, AR <b>2:30 Let's Talk About Cinco De Mayo Social, L</b> 3:30 Outdoor Walking 4:00 Name 5 Things, L	<b>Nurses Day</b> 9:30 Grocery Orders <b>10:00 Chair Zumba, L</b> 10:45 Fancy Nails, AR <b>2:00 Crafting w/Patty, AR</b> <b>3:30 Getting to Know Our Nurse, L</b> 4:00 Giant Crossword Puzzle, L	<b>10:00 Chair Exercise, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Mother's Day Celebration, L</b> 4:00 Name Your Game!, AR	<b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> 3:15 Saturday Movie and Snack, L
<b>MOTHER'S DAY</b> 7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b>	<b>10:00 Exercise w/ Legacy, L</b> 10:30 "The Prize Is Right" and Snack Social, L <b>1:30 Bible Study w/the Yellow Rose Hospice, L</b> 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR	<b>9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L</b> 10:45 Roll the Dice, L <b>2:00 Fun Bingo Afternoon, DR</b> <b>3:30 Out of This World (Main Event), L</b> 3:30 Bean Bag Toss, L 4:15 Trivia, L	<b>10:00 Chair Yoga, L</b> 10:45 Name That Tune, AR <b>2:00 Snack Cart Social</b> <b>2:30 Scrapbooking Club, AR</b> 4:30 Wonder Word Search, L	9:30 Grocery Orders <b>10:00 Chair Zumba, L</b> <b>1:45 General Store, L</b> <b>2:00 Crafting w/Patty, AR</b> 4:00 Puzzle Mania Social, LL	<b>Drum Month</b> <b>10:00 Chair Exercise, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Drum Your Way to Social Hour, L</b> <b>3:30 Men's Workshop, AR</b> 4:00 Name Your Game!, AR	<b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> <b>3:15 Saturday Movie and Popcorn</b>
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b>	<b>10:00 Exercise w/ Legacy, L</b> 10:30 "The Prize Is Right" and Snack Social, L <b>1:30 Bible Study w/the Yellow Rose Hospice, L</b> 3:00 Fun Afternoon Game, L <b>3:00 Lima Bean Auction, L</b> 4:00 Adult Coloring Club, AR	<b>10:00 Chair Zumba, L</b> 10:30 May Smoothie, L 10:45 Fancy Nails, AR <b>2:00 Fun Bingo Afternoon, DR</b> 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	<b>Nascar Day</b> <b>10:00 Chair Yoga, L</b> 10:30 Puzzle Mania, AR <b>2:00 Snack Cart Social</b> <b>3:30 NASCAR Let the Racing Begin, L</b> 3:30 Outdoor Walking, O 3:30 Mexican Train, AR 4:00 Name 5 Things, L	9:30 Grocery Orders <b>10:00 Chair Zumba, L</b> 10:45 Fancy Nails, AR <b>2:00 Crafting w/Patty, AR</b> <b>3:30 Book Club</b> 4:00 Giant Crossword Puzzle, L	<b>National Pizza Party Day</b> <b>National Waitstaff Day</b> <b>10:00 Chair Exercise, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Let's Have a Pizza Party During Social Hour, L</b> 4:00 Name Your Game!, AR	<b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> 3:15 Saturday Movie and Snack, L
<b>Neighbor Day</b> 7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Getting to Know Your Neighbor, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b>	<b>10:00 Exercise w/ Legacy, L</b> 10:30 "The Prize Is Right" and Snack Social, L <b>1:30 Bible Study w/the Yellow Rose Hospice, L</b> 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR	<b>10:00 Chair Zumba, L</b> 10:45 Roll the Dice, L <b>2:00 Fun Bingo Afternoon, DR</b> 3:30 Bean Bag Toss, L 4:15 Trivia, L	<b>National Senior Health and Fitness Day</b> <b>10:00 Chair Yoga, L</b> <b>2:00 Snack Cart Social</b> <b>2:30 Scrapbooking Club, AR</b> <b>4:00 Health Talk, L</b> 4:30 Wonder Word Search, L	9:30 Grocery Orders <b>10:00 Chair Zumba, L</b> <b>1:45 General Store, L</b> <b>2:00 Crafting w/Patty, AR</b> 3:30 Learning Fun Traditions About Other Countries, L 4:00 Puzzle Mania Social, LL	<b>10:00 Chair Exercise, L</b> 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Birthday Bash, L</b> 3:30 Dominoes, AR 4:00 Name Your Game!, AR	<b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> <b>2:00 Saturday Movie and Popcorn, L</b>
<b>Indianapolis 500</b> 7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b>	<b>MEMORIAL DAY</b> <b>National Smile Day</b> 10:30 "The Prize Is Right" and Snack Social, L <b>1:30 Mexican Train, AR</b> 3:00 Fun Afternoon Game, L 3:30 Memorial Day Wonderword Search, L					