

Stroke Prevention Tips

A stroke happens when blood flow and oxygen to the brain are blocked, caused by a clot or a burst blood vessel. The good news is that 80% of strokes are preventable, and the risk can be lowered by following these tips:

Know your numbers — High blood pressure and high cholesterol both contribute to a higher stroke risk. Discuss any concerns about your numbers with your health care provider. Diet, exercise and medication can control these conditions.

Listen to your heart — People with atrial fibrillation (AF or Afib), a type of irregular heartbeat, are prone to blood clots that can travel to the brain, increasing stroke risk. If you suspect you have AF or a similar condition, talk with your doctor.

Look for connected conditions — Diabetes, sickle cell disease, and narrowing or hardening of the arteries are linked to a high stroke risk. If you are affected by any of these conditions, follow your doctor's instructions to help manage your symptoms.

Stay active — Exercise is an important way to help manage stroke risk factors. Movement also improves circulation. Aim for 30 minutes of exercise every day. Walking is a great option!



A Wildlife-Friendly Garden

Big or small, a garden can provide many benefits for wildlife that in turn will help plants flourish. During Gardening for Wildlife Month in May, think about the ways you can make your green space more inviting for nature.

To see more birds, butterflies and bees in your garden, you need plants that will attract them. Sunflowers, zinnias, petunias and lantana are popular choices.

Include plants that are native to your region, since local wildlife will naturally seek them out.

Make your garden area even more enticing with a water source. While not every space is suitable for a birdbath or fish pond, birds and insects will still appreciate a small saucer of fresh water. Add stones or marbles to the dish to give the critters a place to stand.

Lots of people hang feeders to nourish our feathered friends during the winter, but if you hang them year-round, birds will know your garden is the place to be. Clean and refresh feeders often for happier, healthier birds.

Helpful bugs and critters such as toads are more likely to hang around a garden that's safe for them. Making a bug hotel, which can attract solitary bees and beetles, can be a fun project for all ages. A cracked pot can be repurposed into a toad house, simply by flipping it over and placing it in a cool, shady area.



The Lewisville Estates Lifestyle

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

LEWISVILLE ESTATES
SENIOR LIVING AT EASE

Like Us!

MAY 2022

Dear Residents, Families, and Friends

As we usher in the month of May, we would like to take the time to encourage everyone to spend some time getting connected with nature. The days are getting warmer and the flowers are beginning to bloom. There is no better time than the present to spend some time outside and appreciate all the beauty around us. Life can certainly be hectic and busy, but it is important to allow yourself time to breathe and relax.

In April, our residents celebrated the coming of spring with our Spring Fling main event, our community Spirit Dress-Up Days, and our Easter Celebration Egg Hunt. It was so fun to be able to spend time with everyone and bask in the sun!

We are very excited for all the fun events we have planned for the month of May. We will be celebrating all our moms during our Mother's Day Tea Party. We will also be making fun, flowery hats for our Kentucky Derby Celebration to wear as we cheer on our favorite horses! And don't forget to make your way down to our James Bond Casino Night Main Event. Make sure to check the calendar regularly so you don't miss out on any fun events!

"May" this new month and fun activities bring you lots of joy!

Thank you,
Smitha Krishnan
Executive Director



Employee of the Month!

Lewisville Estates would like to recognize Khasahn Butler as our Employee of the Month for May! Khasahn is very dedicated, industrious and always helps out when needed. He always has a smile that can brighten any room! Khasahn, we appreciate you for all that you do. Thanks for being a part of Lewisville Estates!





**LEWISVILLE
ESTATES**
SENIOR LIVING AT EASE

ASSISTED LIVING
AL#010063

MAY 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

- Billy Bush, 20th
- Delores McCloud, 25th
- Imogene Latham, 28th

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

“It would be wonderful
to think that the
future is unknown and
sort of surprising.”

—Alan Rickman

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY DAY 1 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	2 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	3 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	4 Orange Juice Day National Star Wars Day 10:00 Chair Yoga, L 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 2:00 Snack Cart Social 2:30 Orange Juice and Healthy Facts, L 4:00 Outdoor Walking	5 CINCO DE MAYO 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 3:30 Let's Talk About Cinco De Mayo Social, L 4:00 Giant Crossword Puzzle, L	6 Nurses Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Mother's Day Celebration, L 4:00 Name Your Game!, AR	7 Kentucky Derby 10:00 Exercise Class w/Elise, L 10:30 Word of the Day 2:00 Saturday Fun Activity, L 3:00 Kentucky Derby Social, L 3:15 Saturday Movie and Popcorn
MOTHER'S DAY 8 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	9 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	10 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	11 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	12 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	13 National Apple Pie Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Apple Pie Social Hour, L 4:00 Name Your Game!, AR	14 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
15 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	16 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	17 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	18 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 James Bond Casino Night (Main Event), L	19 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	20 National Pizza Party Day 10:00 Chair Exercise, L 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:00 Pizza Party Social Hour, L 4:00 Name Your Game!, AR	21 National Waitstaff Day 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
22 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	23 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	24 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	25 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	26 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 6:00 Tarantino 10 Year Anniversary Celebration, L	27 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	28 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
29 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	30 MEMORIAL DAY National Creativity Month 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	31 National Smile Day 10:00 Chair Zumba w/Patty, L 10:00 Walmart Shopping, O 2:00 Fun Bingo Afternoon, DR 3:30 Reasons to Smile Social Hour, L				