

Ways to Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

Make it part of your daily routine — Dietitians recommend drinking water at several specific points during the day: After you wake up, with meals, before and after exercise, and when taking medication.

Pick a cup and fill 'er up — An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use.

Sip through a straw — Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

Adjust the temp — Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature.



U.S. Military Helmets Through History (Continued)

World War II soldiers wore the M1 helmet, which extended farther down the head and had a steel shell and adjustable liner, similar to construction hard hats. Its sturdiness prompted troops to nickname it the "steel pot." The M1 went on to be the standard-issue helmet during the Korean and Vietnam wars.

Layers of puncture-resistant Kevlar provided a more lightweight yet effective shield against battlefield hazards for troops during the 1980s and '90s.

Since 2003, U.S. ground forces have worn the ACH, or advanced combat helmet, but officials are continually testing new options to provide the most state-of-the-art military helmet.



Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.



The Lewisville Estates Lifestyle

Assisted Living
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JUNE 2020

Dear Residents, Families and Friends

First, I would like to give a special thank you to all Lewisville Estates' residents and families for their patience and understanding during this trying time. The staff are truly grateful for all the kind words of encouragement that we have received from residents and families. These words of encouragement have helped as we work together to get through this. And we will get through this, together!

Activities look a little different these days but our Activity Team is doing a great job keeping things going! We love seeing your smiling faces (even if they are covered by a mask) when we come around with our activity cart or happy hour cart.

Please remember that we should all be wearing a mask if you are outside of your apartment or even when you answer your door. Also, we now have iPads and laptops set up for FaceTime visits or TeleDoc appointments. For more information, please see the Front Desk.

This has truly been a team effort. I want to say "Thank you!" to the entire staff. The Dining staff, our Caregivers, Housekeepers, our Concierge team, Activity Team, Night Monitors, Office staff and Maintenance staff have all gone above and beyond!

Erin Montgomery
Executive Director



U.S. Military Helmets Through History

A crucial piece of equipment for a soldier in battle is their helmet.

The U.S. Army first issued helmets when America entered World War I in 1917. Modeled after the British Army's Brodie helmet, the headgear resembled an upside-down metal bowl with a brim and chinstrap. The steel helmet helped protect the tops of soldiers' heads, but the face and sides of the head were left exposed.

(Continued on back.)





ASSISTED LIVING
AL#010063

JUNE 2020

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

- Virginia Villarreal, 6th
- Charles Curtis, 9th
- Anne Collins, 15th
- Nita Pond, 23rd
- James Ringerberger, 27th

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

“Life isn’t about waiting for the storm to pass; it’s about learning to dance in the rain.”

—Vivian Greene

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>9:30 Exercise w/ Legacy, AR 1</p> <p>10:00 “The Prize Is Right” and Snack Social, L</p> <p>10:30 Word of the Day, L</p> <p>1:00 Bible Study w/ the Yellow Rose Hospice, L</p> <p>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</p> <p>4:00 Adult Coloring Club, AR</p>	<p>9:30 Exercise w/ Legacy, AR 8</p> <p>10:00 “The Prize Is Right” and Snack Social, L</p> <p>10:30 Word of the Day, L</p> <p>1:00 Bible Study w/the Yellow Rose Hospice, L</p> <p>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</p> <p>4:00 Wonder Word Search, AR</p>	<p>9:30 Senior Fitness, AR 9</p> <p>9:30 Beauty Salon Is Open</p> <p>9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L</p> <p>10:00 Therapy Dog</p> <p>10:30 Catholic Communion</p> <p>10:45 Roll the Dice, L</p> <p>1:30 Popcorn/Movie, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>3:30 Trivia, L</p>	<p>9:30 Tone Those Bones, AR 3</p> <p>10:00 Post Office/Bank, O</p> <p>10:30 Puzzle Mania, AR</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo, L</p> <p>3:30 White Board Game of Choice, L</p>	<p>National Safe Day 4</p> <p>9:30 Chair Exercise, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:15 1:1 Session w/Sarah</p> <p>1:30 Memories and Music, L</p> <p>2:30 Art Expression, AR</p> <p>4:00 Giant Crossword Puzzle, L</p>	<p>Banana Split Day Donut Day 5</p> <p>9:30 Senior Fitness, AR</p> <p>12:45 Bible Study w/Laura</p> <p>1:30 Wonder Word Search, AR</p> <p>2:00 Banana Split Social Hour, L</p> <p>4:00 Name Your Game!, AR</p>	<p>D Day 6</p> <p>9:30 Beauty Salon Is Open</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Word of the Day</p> <p>1:00 Fancy Nails</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Roll the Dice, L</p>
<p>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L 7</p>	<p>9:30 Exercise w/ Legacy, AR 8</p> <p>10:00 “The Prize Is Right” and Snack Social, L</p> <p>10:30 Word of the Day, L</p> <p>1:00 Bible Study w/the Yellow Rose Hospice, L</p> <p>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</p> <p>4:00 Wonder Word Search, AR</p>	<p>9:30 Senior Fitness, AR 9</p> <p>9:30 Beauty Salon Is Open</p> <p>9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L</p> <p>10:00 Therapy Dog</p> <p>10:30 Catholic Communion</p> <p>10:45 Roll the Dice, L</p> <p>1:30 Popcorn/Movie, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>3:30 Trivia, L</p>	<p>Iced Tea Day 10</p> <p>9:30 Tone Those Bones, AR</p> <p>10:00 Post Office/Bank, O</p> <p>10:30 Chicken Foot, AR</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo, L</p> <p>3:30 Iced Tea and Trivia Social, L</p>	<p>National Flip Flop Day 11</p> <p>9:30 Chair Exercise, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:15 1:1 Session w/Sarah</p> <p>12:45 General Store, L</p> <p>2:30 Art Expression, AR</p>	<p>National Flip Flop Day 12</p> <p>9:30 Senior Fitness, AR</p> <p>10:15 Coffee and Checkers, L</p> <p>12:45 Bible Study w/Laura</p> <p>1:30 Wonder Word Search, AR</p> <p>2:00 Flip Flop Your Way to Social Hour, L</p> <p>4:00 Name Your Game!, AR</p>	<p>9:30 Beauty Salon Is Open 13</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Word of the Day</p> <p>1:00 Fancy Nails</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Giant Crossword Puzzle, L</p>
<p>FLAG DAY 14</p> <p>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p>	<p>9:30 Exercise w/ Legacy, AR 15</p> <p>10:00 “The Prize Is Right” and Snack Social, L</p> <p>10:30 Word of the Day, L</p> <p>1:00 Bible Study w/ the Yellow Rose Hospice, L</p> <p>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</p> <p>4:00 Adult Coloring Club, AR</p>	<p>9:30 Senior Fitness, AR 16</p> <p>9:30 Beauty Salon Is Open</p> <p>10:00 Therapy Dog</p> <p>10:30 Catholic Communion</p> <p>10:45 Guess Who?</p> <p>1:30 Movie & Snack, L</p> <p>2:30 Puzzle Mania, AR</p> <p>3:30 Trivia, L</p>	<p>9:30 Tone Those Bones, AR 17</p> <p>10:00 Post Office/Bank, O</p> <p>10:30 Puzzle Mania, AR</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo, L</p> <p>3:30 White Board Game of Choice, L</p>	<p>9:30 Chair Exercise, L 18</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:15 1:1 Session w/Sarah</p> <p>1:30 Memories and Music, L</p> <p>2:30 Art Expression, AR</p> <p>4:00 Giant Crossword Puzzle, L</p>	<p>Wear Blue Day 19</p> <p>9:30 Senior Fitness, AR</p> <p>12:45 Bible Study w/Laura</p> <p>1:30 Wonder Word Search, AR</p> <p>2:00 Father’s Day Celebration, L</p> <p>4:00 Name Your Game!, AR</p>	<p>SUMMER BEGINS 20</p> <p>9:30 Beauty Salon Is Open</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Word of the Day</p> <p>1:00 Fancy Nails</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Roll the Dice, L</p>
<p>FATHER’S DAY 21</p> <p>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L</p>	<p>9:30 Exercise w/ Legacy, AR 22</p> <p>10:00 “The Prize Is Right” and Snack Social, L</p> <p>10:30 Word of the Day, L</p> <p>1:00 Bible Study w/the Yellow Rose Hospice, L</p> <p>2:00 Sassy Senior Bingo w/ the Yellow Rose, AR</p> <p>4:00 Wonder Word Search, AR</p>	<p>National Hydration Day 23</p> <p>9:30 Senior Fitness, AR</p> <p>9:30 Beauty Salon Is Open</p> <p>10:00 Therapy Dog</p> <p>10:30 Catholic Communion</p> <p>10:45 Roll the Dice, L</p> <p>1:30 Popcorn/Movie, L</p> <p>2:00 Fancy Nails & Hand Massage, AR</p> <p>3:30 Trivia, L</p>	<p>9:30 Tone Those Bones, AR 24</p> <p>10:00 Post Office/Bank, O</p> <p>1:30 Card Club, AR</p> <p>2:00 Snack Attack Bingo, L</p>	<p>National Crafts Week 25</p> <p>9:30 Chair Exercise, L</p> <p>10:00 Christian Service w/Rev. Mark, L</p> <p>10:15 1:1 Session w/Sarah</p> <p>12:45 General Store, L</p> <p>2:30 Art Expression, AR</p>	<p>9:30 Senior Fitness, AR 26</p> <p>10:15 Coffee and Checkers, L</p> <p>12:45 Bible Study w/Laura</p> <p>1:30 Wonder Word Search, AR</p> <p>4:00 Name Your Game!, AR</p>	<p>9:30 Beauty Salon Is Open 27</p> <p>9:30 Chair Exercise, L</p> <p>10:30 Word of the Day</p> <p>1:00 Fancy Nails</p> <p>2:00 Saturday Bingo, AR</p> <p>3:30 Giant Crossword Puzzle, L</p>
<p>7:30 In Search of the Lord’s Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>2:00 Church Service w/ Rob Harrison, L</p> <p>3:00 Cinema Sundays, L 28</p>	<p>9:30 Exercise w/ Legacy, AR 29</p> <p>10:00 “The Prize Is Right” and Snack Social, L</p> <p>10:30 Word of the Day, L</p> <p>1:00 Bible Study w/ the Yellow Rose Hospice, L</p> <p>2:00 Sassy Senior Bingo w/the Yellow Rose, AR</p>	<p>9:30 Senior Fitness, AR 30</p> <p>9:30 Beauty Salon Is Open</p> <p>10:00 Therapy Dog</p> <p>10:30 Catholic Communion</p> <p>3:30 Trivia, L</p>				