

## Favorite Frosty Treats

With a clanging bell or a happy tune to announce their arrival, ice cream trucks have served frozen novelties for generations. Here are some time-tested favorites:

**Ice cream sandwiches:** A New York City pushcart peddler is credited with inventing the ice cream sandwich in 1899. For a penny, the vendor placed a scoop of vanilla ice cream between two graham wafers, offering a new way to enjoy the frozen treat on the go.

**Popsicles:** An 11-year-old California boy named Frank Epperson accidentally made culinary history in 1905 by leaving a cup of water with powdered soda and a stirring stick out overnight. The concoction froze, and the popsicle was born. About two decades later, Epperson sold his patent for the "frozen drink on a stick," and it took off across the country.

**Ice cream bars:** In 1920, a young boy walked into the Iowa shop of Christian Kent Nelson and couldn't decide whether to spend his nickel on ice cream or a chocolate bar. So Nelson began working on a way to combine the two, and after weeks of work, he created the chocolate-coated ice cream bar.

## Resident of the Month

Our L.E.A.P (Life Enrichment Activity Program) would like to recognize Mary Bowman.

Mary likes everyone and is always willing to help with Bingo, Dominoes or any activity! She meets and greets new Residents and helps them feel welcome. Her kindness is obvious!

Mary is festive at all holidays, but Christmas is her favorite.

She is very proud of her family and speaks of them often.

We are so happy to have you here at Lewisville Estates.



## Health and Wellness: Hydration

Dehydration is a common condition that afflicts many persons over the age of 65.

Dehydration occurs when the body loses more water than it takes in. Our bodies can lose water for a number of reasons. If left untreated, dehydration can become severe and result in serious illness. In fact it can even be life threatening. Dehydration is ranked among the top 10 reasons people on Medicare are hospitalized. The good news is dehydration can be prevented.

### Causes of Dehydration

- Medications
- Isolation
- Lack of mobility
- Medical Conditions
- Incontinence

There are things you can do to reduce your risk of dehydration. If you are interested in finding out more about dehydration and the steps you can take to reduce your risk, stop by the Legacy Healthcare Services Therapy Department and we can develop a personalized plan to assist you.

Tiffany Littlepage, OTR / Rehab Director  
972-420-8543

## Big Event!

Join us every first Tuesday of the month to celebrate our Big Event at our Assisted Living Community!



Luau fun!



Let's Luau!



## Staying Busy at Lewisville Estates!



Rowdy ring toss!



Painting!



Flower arranging!

## Dear Residents, Families and Friends,

As we kick off July with the Texas torturing temperatures, we have something great to celebrate each day at Lewisville Estates. I wish everyone a happy and healthy Independence Day. Get out your Red, White and Blue, and make a statement of your own! We have a "booming" month planned for you, so make sure you check the calendar for dates and event times. July 12, we will have our main event at 6 p.m. in the lobby! The theme will be Summer Sock Hop! Join us for an evening of entertainment, a photo booth and laughter. Please feel free to invite family and friends. Poodle skirts and scarves are optional, but you just may see some!

Our July Lunch Outings will be Babes Chicken and Miss Mary's Southern Cafe.

We are so fortunate for the many volunteers we have! They bring entertainment, smiles, exercise, fun and so much more. As Summer Vacation starts, we are looking forward to the young volunteers being involved in our community!

— Jessica Hazelton, EXECUTIVE DIRECTOR



ASSISTED LIVING

AL#010063

## JULY 2016

### Locations

- Activity Room, AR
- AL Courtyard, ALC
- 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. Walmart
- Thursday 2 p.m. Walmart
- Friday TBA

Field Trips/Outing

### Birthdays

- Harry Simons, 3rd
- Tony McDowell, 11th
- Jane McHugh, 23rd

Penny Kamau, 29th (Employee)

“Creativity is the greatest expression of liberty.”

—Bryant H. McGill

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>8:30 <i>New Covenant Baptist Church, L</i></p> <p>2:00 <i>Bible Study w/ Rob Harrison, L</i></p> <p>3:00 <i>Puzzle Mania, AR</i></p> <p>5:30 <b>Cinema Sundays, L</b></p>	<p><b>INDEPENDENCE DAY 4</b></p> <p><b>4th of July</b></p> <p>10:15 <b>Story, Joke or Quote to Share, L</b></p> <p>3:00 <b>Resident Choice of Chat or Game!, AR</b></p>	<p>9:30 <b>Shopping at Walmart, O</b></p> <p>9:30 <i>Catholic Communion &amp; Service, DR</i></p> <p>9:30 <b>Gold Chair Exercise, AR</b></p> <p>10:00 <b>American Bandstand Trivia, L</b></p> <p>1:00 <b>Crafts With Community Pharmacy, AR</b></p> <p>2:30 <i>Bible Study w/Laura, L</i></p>	<p>9:45 <b>Tone Those Bones w/Erin (Rehab Trust), AR</b></p> <p>1:00 <b>Walking Warriors!, ALPL</b></p> <p>2:00 <i>Bible Study w/ Rob Harrison, L</i></p> <p>3:00 <b>Music Students, AR</b></p> <p>4:00 <b>“Birthday Club” Meeting, AR</b></p>	<p><b>Chocolate Day! 7</b></p> <p>8:00 <i>Beauty Salon Is Open</i></p> <p>9:30 <b>Gold Chair Exercise, AR</b></p> <p>10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i></p> <p>1:30 <b>Shopping at Walmart, O</b></p> <p>2:00 <b>Black Jack/21, AR</b></p> <p>3:00 <b>With Chocolate!, AR</b></p> <p>4:00 <b>Chocolate Trivia, L</b></p>	<p><b>National Chicken Wing Day 1</b></p> <p>9:00 <b>Exercise Extreme With Cindy of Lake Village, AR</b></p> <p>10:00 <b>Ready, Set, Grow Club, ALC</b></p> <p>10:30 <b>Babes Chicken Lunch Outing, O</b></p> <p>2:00 <b>4th of July BBQ Social Hour, AR</b></p> <p>3:00 <b>“Twister” Mind Twisters</b></p> <p>4:00 <i>Independence Day Trivia, L</i></p>	<p>9:30 <i>Gold Chair Exercise, AR</i></p> <p>1:30 <b>Cinnamon Rolls and Camaraderie, AR</b></p> <p>2:00 <b>4th of July Craft</b></p> <p>3:00 <b>Saturday Bingo, AR</b></p>
<p>8:30 <i>New Covenant Baptist Church, L</i></p> <p>2:00 <i>Bible Study w/ Rob Harrison, L</i></p> <p>3:00 <i>Puzzle Mania, AR</i></p> <p>5:30 <b>Cinema Sundays, L</b></p>	<p><b>9:30 Shopping at Albertsons, O</b></p> <p><b>9:30 Exercise With Legacy, AR</b></p> <p>10:15 <b>Story, Joke or Quote to Share, L</b></p> <p>3:00 <b>Resident Choice of Chat or Game!, AR</b></p>	<p>9:30 <b>Shopping at Walmart, O</b></p> <p>9:30 <i>Catholic Communion &amp; Service, DR</i></p> <p>9:30 <b>Gold Chair Exercise, AR</b></p> <p>10:00 <b>Eyeglass Clinic and “More” w/Melinda!, AR</b></p> <p>1:00 <b>Art Expression, AR</b></p> <p>2:30 <i>Bible Study w/Laura, L</i></p> <p>3:00 <b>Ice Cream Truck at Your Door!</b></p> <p>6:00 <b>Summer Sock Hop, L</b></p>	<p>9:45 <b>Tone Those Bones w/Erin (Rehab Trust), AR</b></p> <p>1:00 <b>Walking Warriors!, ALPL</b></p> <p>2:00 <i>Bible Study w/ Rob Harrison, L</i></p> <p>3:00 <b>Town Hall Meeting, L</b></p> <p>3:30 <b>Sassy Senior Bingo, AR</b></p>	<p>8:00 <i>Beauty Salon Is Open</i></p> <p>9:30 <b>Gold Chair Exercise, AR</b></p> <p>10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i></p> <p>1:30 <b>Shopping at Walmart, O</b></p> <p>2:00 <b>Black Jack/21, AR</b></p> <p>3:30 <b>Rowdy Ring Toss!, L</b></p>	<p><b>Give Something Away Day 15</b></p> <p>9:00 <b>Exercise Extreme With Cindy of Lake Village, AR</b></p> <p>10:00 <b>Ready, Set, Grow Club, ALC</b></p> <p>10:30 <b>Miss Mary’s Southern Cafe Lunch Outing, O</b></p> <p>2:00 <i>Social Hour, DR</i></p> <p>3:00 <b>“Twister” Mind Twisters</b></p> <p>3:00 <b>Fancy Nails With Cindy of Lake Village, AR</b></p> <p>4:00 <b>History of Good Will Industry, L</b></p>	<p><b>Ginger Roger’s Birthday 16</b></p> <p>9:30 <i>Gold Chair Exercise, AR</i></p> <p>1:30 <b>Cinnamon Rolls and Camaraderie, AR</b></p> <p>2:00 <b>Memories of Ginger Rogers, L</b></p> <p>3:00 <b>Saturday Bingo, AR</b></p>
<p>8:30 <i>New Covenant Baptist Church, L</i></p> <p>2:00 <i>Bible Study w/ Rob Harrison, L</i></p> <p>3:00 <i>Puzzle Mania, AR</i></p> <p>5:30 <b>Cinema Sundays, L</b></p>	<p><b>9:30 Shopping at Albertsons, O</b></p> <p><b>9:30 Exercise With Legacy, AR</b></p> <p>10:15 <b>Story, Joke or Quote to Share, L</b></p> <p>3:00 <b>Resident Choice of Chat or Game!, AR</b></p>	<p>9:30 <b>Shopping at Walmart, O</b></p> <p>9:30 <i>Catholic Communion &amp; Service, DR</i></p> <p>9:30 <b>Gold Chair Exercise, AR</b></p> <p>1:00 <b>Art Expression, AR</b></p> <p>2:30 <i>Bible Study w/Laura, L</i></p> <p>3:00 <b>Ice Cream Truck at Your Door!</b></p>	<p>9:45 <b>Tone Those Bones w/Erin (Rehab Trust), AR</b></p> <p>1:00 <b>Walking Warriors!, ALPL</b></p> <p>2:00 <i>Bible Study w/ Rob Harrison, L</i></p> <p>3:00 <b>Sassy Senior Bingo, AR</b></p>	<p>8:00 <i>Beauty Salon Is Open</i></p> <p>9:30 <b>Gold Chair Exercise, AR</b></p> <p>10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i></p> <p>1:30 <b>Shopping at Walmart, O</b></p> <p>2:00 <b>Black Jack/21, AR</b></p> <p>3:00 <b>We All Scream For..., L</b></p> <p>3:30 <b>...Homemade Ice Cream!, L</b></p>	<p>9:00 <b>Exercise Extreme With Cindy of Lake Village, AR</b></p> <p>10:00 <b>Ready, Set, Grow Club, ALC</b></p> <p>2:00 <b>Let’s Go to the Movies at the IL Theater!, O</b></p> <p>4:00 <b>Summer Olympics Trivia, L</b></p>	<p><b>Gorgeous Grandma Day 23</b></p> <p>9:30 <i>Gold Chair Exercise, AR</i></p> <p>10:00 <b>Gorgeous Grandmas and Goodies, AR</b></p> <p>1:30 <b>Cinnamon Rolls and Camaraderie, AR</b></p> <p>3:00 <b>Saturday Bingo, AR</b></p>
<p>8:30 <i>New Covenant Baptist Church, L</i></p> <p>2:00 <i>Bible Study w/ Rob Harrison, L</i></p> <p>3:00 <i>Puzzle Mania, AR</i></p> <p>5:30 <b>Cinema Sundays, L</b></p>	<p><b>9:30 Shopping at Albertsons, O</b></p> <p><b>9:30 Exercise With Legacy, AR</b></p> <p>10:15 <b>Story, Joke or Quote to Share, L</b></p> <p>3:00 <b>Resident Choice of Chat or Game!, AR</b></p>	<p>9:30 <b>Shopping at Walmart, O</b></p> <p>9:30 <i>Catholic Communion &amp; Service, DR</i></p> <p>9:30 <b>Gold Chair Exercise, AR</b></p> <p>1:00 <b>Art Expression, AR</b></p> <p>2:30 <i>Bible Study w/Laura, L</i></p> <p>3:00 <b>Ice Cream Truck at Your Door!</b></p>	<p>9:45 <b>Tone Those Bones w/Erin (Rehab Trust), AR</b></p> <p>1:00 <b>Walking Warriors!, ALPL</b></p> <p>2:00 <i>Bible Study w/ Rob Harrison, L</i></p> <p>3:00 <b>Sassy Senior Bingo, AR</b></p>	<p>8:00 <i>Beauty Salon Is Open</i></p> <p>9:30 <b>Gold Chair Exercise, AR</b></p> <p>10:00 <i>Christian Service w/ Rev. Christal Fisher, L</i></p> <p>1:30 <b>Shopping at Walmart, O</b></p> <p>2:00 <b>Black Jack/21, AR</b></p> <p>3:00 <b>Enjoy Our Fresh Baked Bread!, AR</b></p>	<p>9:00 <b>Exercise Extreme With Cindy of Lake Village, AR</b></p> <p>10:00 <b>Ready, Set, Grow Club, ALC</b></p> <p>2:00 <i>Social Hour, L</i></p> <p>3:00 <b>“Twister” Mind Twisters</b></p> <p>4:00 <b>Summer Olympics Trivia, L</b></p>	<p><b>Friendship Day 30</b></p> <p>9:30 <i>Gold Chair Exercise, AR</i></p> <p>10:00 <b>Favorite Friendship Memories, L</b></p> <p>1:30 <b>Cinnamon Rolls and Camaraderie, AR</b></p> <p>3:00 <b>Saturday Bingo, AR</b></p>
<p>8:30 <i>New Covenant Baptist Church, L</i></p> <p>2:00 <i>Bible Study w/ Rob Harrison, L</i></p> <p>3:00 <i>Puzzle Mania, AR</i></p> <p>5:30 <b>Cinema Sundays, L</b></p>						