

Main Events!

Come and join us every second Tuesday of the month, at 6 p.m., for fun and different main events.



Safety and Community Outings

A community outing is defined as any trip or social engagement where the destination is outside of one's home setting, in the community. Community outings may vary based on modes of transportation, group sizes, and destinations.

Studies show that there are health benefits associated with participating in one's community. Benefits for seniors may include: Fostering support networks, maintaining physical independence, mental stimulation, preventing social isolation, reducing the risk of depression, and improving quality of life!

There may also be safety issues involved with traveling outside of one's home. Examples of safety issues include: Falls, potential for injury, getting lost, difficulty with community barriers (such as unlevel surfaces, curbs, steps, ramps, and bathroom accessibility), poor endurance/fatigue, difficulties with assistive devices, continence issues, visual deficits, and memory concerns.

Good safety awareness and preparation are essential in assuring that the benefits of community outings outweigh the risks. Therapy can help bridge the gap between a resident wanting to participate (but having safety concerns) and confidently participating in community outings. Physical and occupational therapists are specially trained to help residents maximize their independence and achieve their goals.



Therapy Interventions May Include:

- Safety awareness assessment and interventions
- Community integration training, in order to practice challenging skills that are required during the desired outing. This can include a therapist accompanying you on an outing to assess performance and make real-time safety recommendations.
- Adaptive equipment assessments, attainment, and training
- Balance, strength, and coordination training — for fall prevention
- Caregiver education and hands-on training for a family member or friend who may be accompanying you on an outing.

If you have any questions, feel free to contact your physician or a Legacy Therapist.

Legacy Healthcare Services
972-420-8543



The Lewisville Estates Lifestyle

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

Like Us!

LEWISVILLE ESTATES
SENIOR LIVING AT EASE

JULY 2018

Dear Residents, Family and Friends

We had a great month of June celebrating the start of summer with our Laughapalooza and Summer Fun Happy Hour! Lewisville Estates celebrated our dads with Donuts With Dad and had a great outing.

Remember to look at your Activity Calendar to see what exciting outings and events are scheduled for this month!

July has lots of exciting things plans that include: An outing to Mama's Daughters' Diner on Friday, July 6; Coffee With a Cop on Tuesday, July 17; and an Ice Cream Social With Patty on Thursday, July 26. On July 10, we will have our Summer Sock Hop (Main Event) so make sure to invite your family and friends. We hope to see you all there!

Also, remember to check out our Facebook page and website for weekly picture updates.

Happy July! *Erin Montgomery, Executive Director*



An American Symbol

With his white hair, beard and patriotic top hat and tailcoat, Uncle Sam is an iconic symbol of America.

The character is linked to New York meat packer Samuel Wilson, a well-liked businessman nicknamed Uncle Sam. During the War of 1812, he supplied barrels of beef to the U.S. Army. When soldiers saw "U.S." stamped on his barrels, indicating United States property, they assumed the letters stood for Uncle Sam, and the name became synonymous with the U.S. government.

Political cartoonist Thomas Nast popularized the image of Uncle Sam in the 1870s, drawing him with chin whiskers and a suit adorned with stars and stripes. In 1916, artist James Montgomery Flagg created the most well-known portrait of the national symbol. A stern-faced Uncle Sam, his finger pointing at the reader, first appeared on a magazine cover. The next year, the image was used with the caption "I Want You for U.S. Army" on World War I recruitment posters. More than 4 million copies of the poster were printed. Versions of Flagg's Uncle Sam were also used as a call to action during World War II.





ASSISTED LIVING
AL#010063

JULY 2018

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

- David Neustupa, 15th
- Sharli Newton, 18th (Employee)
- Jane McHugh, 23rd
- Lupe Martinez, 30th
- Tymiere Dansby, 31st (Employee)

Transportation Schedule

- Monday, 10 a.m. Grocery Stores
- Tuesday, 10 a.m. Walmart
- Wednesday, 10 a.m. Post Office/Bank
- Thursday, 2 p.m. Walmart
- Friday, TBA Field Trips/Outing

“Far away in the sunshine are my highest aspirations.”

— Louisa May Alcott

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise With Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Star Kids Musical, L 3:00 Resident Choice of Game, LL 4:00 Adult Coloring Club, AR	Wear Patriotic Colors 9:30 Beauty Salon Is Open 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 2:00 Independence Day Celebration, L 3:00 Game of Choice, L	INDEPENDENCE DAY Independence Day 9:30 Tone Those Bones, AR 10:15 Word of the Day!, L 10:30 4th of July Wonder Word, AR 1:30 Card Club, AR 2:00 Independence Day Movie, L	9:45 Christian Service w/ Rev. Mark, L 10:00 Shopping at Walmart, O 10:45 Senior Fitness, L 1:00 Storytelling Club 1:30 Art Expression, AR 3:30 Rowdy Ring Toss, L	9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to Mama's Daughters' Diner, O 1:00 Bible Study w/Laura 2:00 You Are One in a Melon Social Hour, L 3:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise With Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Shopping at Big Lots, O 2:00 Star Kids Musical, L 3:00 Resident Choice of Game, LL 4:00 Wonder Word Search, AR	9:30 Beauty Salon Is Open 9:30 Parachuting, L 9:45 Blood Pressure Clinic w/ Life Way Hospice, L 10:00 Shopping at Walmart, O 10:00 Men Bible Study w/John 10:30 Catholic Communion 1:00 Popcorn/Movie, L 2:30 Strawberry Shortcake Social w/Liia, L 3:00 Game of Choice, L 6:00 Summer Sock Hop (Main Event), L	9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:15 Spelling Bee, L 1:00 Chicken Foot (Dominoes), AR 1:30 Card Club, AR 2:00 Sassy Senior Bingo w/Lifeway, AR 3:00 Town Hall Meeting, L 3:30 Country Store	9:45 Christian Service w/ Rev. Mark, L 10:00 Shopping at Walmart, O 10:45 Senior Fitness, L 1:00 Storytelling Club 1:30 Art Expression, AR 3:30 Ring Toss of Fire, L	9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 You Want Fries With That? Social Hour, L 3:00 Name Your Game!, AR	9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
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7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	9:30 Exercise With Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Out to Dollar General, O 2:00 Star Kids Musical, L 3:00 Resident Choice of Game, LL	9:30 Beauty Salon Is Open 9:30 Parachuting, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L				