

Marshmallows' Sweet Past

You'll find them frozen in rocky road ice cream, roasted over a campfire for s'mores, and topping a cup of cocoa. Soft and sweet, marshmallows are one of the world's oldest candies.

The confection used to be made from the root of the mallow plant, which grows in marshes, giving the marshmallow its name. Ancient Egyptians combined the root's sticky sap with honey as a treat reserved for nobility. Later in medieval times, pieces of the root were eaten candied.

In the mid-1800s, French candymakers had the idea to whip the sap with egg whites and sugar and mold the batter into bars and lozenges. Eventually, gelatin replaced the plant sap, and by 1900, marshmallows became a penny candy.

Its fluffy factor came about in 1948, with the invention of a new manufacturing process that pumped the marshmallow mixture through tubes, forming ropes that were then cut into bite-sized pieces. This gave marshmallows their airy, cylindrical shape, and they could be made much faster and were more available as an everyday treat.

Marshmallows inspired the creation of many popular recipes and products, including s'mores, Rice Krispies Treats, Moon Pies and spreadable Marshmallow Fluff.

From miniature to jumbo shapes and a variety of colors and flavors, over 90 million pounds of marshmallows are eaten each year in the U.S.



The Milk Man's Come Back

If you were born before the year 1940, you probably remember the days of the milk man. It's just a nostalgic thought now, the idea of waking up to a parcel of cold milk sitting in a glass jar on your front steps. But what if this fond memory of past times could be foretelling of the future? Maybe it's time we brought the milk man back, not only for iconic reasons, but in fact to save the planet.

Have you ever counted how many pieces of plastic you throw away every day? Now take that number and multiply it by a lifetime, then multiply it again but the number of humans on the planet. The statistic is staggering and easily explains the overflow of our landfills and the abundance of garbage in our oceans.

Although plastic is very affordable and useful, it is taking a terrible toll on our environment. When plastic is burned, it releases a variety of carcinogenic chemicals into the air. When ingested, it can cause hormonal complications and is linked to certain cancers. When it goes into our waterways, it carries with it toxins which not only kill sea life, but also make the water unsafe to drink.

Maybe you do not think you use very much plastic. However, did you know that plastic is a main ingredient in chewing gum, is often used in clothing as a synthetic fabric, and is even used as a sealer on tea bags?

The negative impact that plastic has on our earth will only worsen with time, but it is never too late for us to make a positive change. Many major brands have already made the switch back to glass containers and there is a growing trend among youth to create "waste free" homes.

With the growing number of people beginning to take a stand for the climate, one can only wonder if bringing the age of the milk man back might be a step in the right direction.



Dear Residents, Families and Friends

As the number of Covid-19 cases continues to rise in our county, I want to make sure that we are all doing our part to keep Lewisville Estates safe. We ask that you only leave the community for necessary medical appointments. Please remember that we should all be wearing a mask if you are outside of your apartment and when you answer your door. Also, please remember to wash your hands often and thoroughly. We have iPads and laptops available for virtual doctor appointments or virtual family gatherings. If you are interested in more information, please come see us in the Front Office. This is a team effort that takes every one of us working together to keep each other safe!

Erin Montgomery
Executive Director

A Groovy Look at Tie-Dye

It's a fun craft with a history as an art form and a symbol of self-expression. Tie-dye's bright colors and intricate patterns remain an enduring fashion.

Tie-dye is a form of resist dyeing, an age-old technique used by cultures all over the world, from South America to Africa to Asia. The method involves tying or sewing together sections of fabric, so that they will be blocked when dipped into dye. When the fabric is untied, it reveals a pattern, created by the bound sections that "resisted" the dye.

In the U.S., tie-dye first emerged in the 1920s and gained popularity as a thrifty way to design home décor and clothing during the Depression. But the craft really blossomed during the cultural revolution of the 1960s. Since no two hand-dyed garments were alike, wearing tie-dye was a way to express individualism and creativity. The groovy designs and rainbow hues became a symbol of peace and love.

An easy and inexpensive craft project, tie-dyeing T-shirts and other textiles is a popular activity for all ages.





ASSISTED LIVING
AL#010063

AUGUST 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

- Lidia Barillas, 3rd (Employee)
- Katelin Stracke, 16th (Employee)
- Rose Kreder, 17th
- Hazel Irvin, 19th
- Rosalind Singleton, 22nd
- Wendy Martinez, 28th (Employee)

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

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
Friendship Day 2 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L	Watermelon Day 3 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:00 Watermelon Social, L 4:00 Adult Coloring Club, AR	Chocolate Chip Day 4 9:30 Beauty Salon Is Open 10:00 Therapy Dog 10:00 Hallway Senior Fitness 10:30 Catholic Communion 10:45 Guess Who? 1:30 Hallway Bingo 100 & 200 Hallway 2:30 Puzzle Mania, AR	Podiatrist Visit 5 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 White Board Game of Choice, L	National Root Beer Float Day 6 9:30 Chair Exercise, L 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 1:30 Memories and Music, L 2:30 Art Expression, AR 4:00 Giant Crossword Puzzle, L	International Beer Day Happiness Happens Day 7 10:00 Hallway Senior Fitness 1:30 Wonder Word Search, AR 2:00 It Is Beer O'clock Happy Hour, L 4:00 Name Your Game!, AR	Chair Exercise, L 1 10:30 Word of the Day 1:00 Fancy Nails 1:30 Saturday Hallway Bingo 1:30 Hallway Bingo 100 & 200 Hallway 3:30 Roll the Dice, L
7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L 9	Milkman Day 10 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 4:00 Wonder Word Search, AR	Beauty Salon Is Open Blood Pressure Clinic w/the Yellow Rose Hospice, L 11 10:00 Therapy Dog 10:00 Hallway Senior Fitness 10:30 Catholic Communion 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L 1:30 Hallway Bingo 100 & 200 Hallway 2:00 Fancy Nails & Hand Massage, AR	Tone Those Bones, AR 12 10:00 Post Office/Bank, O 10:30 Chicken Foot, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L	Chair Exercise, L 13 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 12:45 General Store, L 2:30 Art Expression, AR	Kool-Aid Day 14 10:00 Hallway Senior Fitness 10:15 Coffee and Checkers, L 1:30 Wonder Word Search, AR 4:00 Name Your Game!, AR	Best Friend Day 15 9:30 Chair Exercise, L 10:30 Word of the Day 1:00 Fancy Nails 1:30 Saturday Hallway Bingo 1:30 Hallway Bingo 100 & 200 Hallway 3:30 Roll the Dice, L
Chef Appreciation Week 16 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L	Cupcake Day 17 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:00 Cupcake Trivia, L 4:00 Adult Coloring Club, AR	Beauty Salon Is Open 18 10:00 Therapy Dog 10:00 Hallway Senior Fitness 10:30 Catholic Communion 10:45 Guess Who? 1:30 Hallway Bingo 100 & 200 Hallway 2:30 Puzzle Mania, AR	Tone Those Bones, AR 19 10:00 Post Office/Bank, O 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, L 3:30 White Board Game of Choice, L	Chair Exercise, L 20 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 1:30 Memories and Music, L 2:30 Art Expression, AR 4:00 Giant Crossword Puzzle, L	Senior Citizen Day 21 10:00 Hallway Senior Fitness 1:30 Wonder Word Search, AR 2:00 Senior Celebration Happy Hour, L 4:00 Name Your Game!, AR	Chair Exercise, L 22 10:30 Word of the Day 1:00 Fancy Nails 1:30 Saturday Hallway Bingo 1:30 Hallway Bingo 100 & 200 Hallway 3:30 Giant Crossword Puzzle, L
7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L 23	Exercise w/Legacy, AR 24 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L 4:00 Wonder Word Search, AR	Beauty Salon Is Open 25 10:00 Therapy Dog 10:00 Hallway Senior Fitness 10:30 Catholic Communion 10:45 Roll the Dice, L 1:30 Popcorn/Movie, L 1:30 Hallway Bingo 100 & 200 Hallway 2:00 Fancy Nails & Hand Massage, AR	National Dog Day 26 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 1:30 Card Club, AR 2:00 Snack Attack Bingo, L	Chair Exercise, L 27 10:00 Christian Service w/Rev. Mark, L 10:15 1:1 Session w/Sarah 12:45 General Store, L 2:30 Art Expression, AR	Hallway Senior Fitness 28 10:15 Coffee and Checkers, L 1:30 Wonder Word Search, AR 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	Chair Exercise, L 29 10:30 Word of the Day 1:00 Fancy Nails 1:30 Saturday Hallway Bingo 1:30 Hallway Bingo 100 & 200 Hallway
7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L 30	Exercise w/Legacy, AR 31 10:00 "The Prize Is Right" and Snack Social, L 10:30 Word of the Day, L 1:00 Bible Study w/the Yellow Rose Hospice, L					