

## Legacy Healthcare Chat

Hello!, I would like to introduce myself to Lewisville Estates community. My name is Beth Denson I'm the rehab director with Legacy Healthcare. My office is located on **3rd floor suite 336**. I moved here from Greeley Colorado two weeks ago. My husband works for State Farm and his job transferred us to Dallas area. I have been a therapist for 16 years I specialize in Urinary incontinence, pain management, fall prevention and generalized weakness. If you have any questions regarding our specialized programs please feel free to give us a call or stop by our suite.

Legacy Healthcare is continuing our monthly health talk in both IL and AL. We also started a balance clinic that will be held every **Thursday**

**at 10:30AM** in the **community room**. If you are at risk for falls, been relying on your walker more or have bad ankles or knees this is a class you don't want to miss. Don't forget to dress for exercise, because we will be active.

Finally, for all you Lucky residents in AL, you will continue to see us **every Thursday afternoon at 1:30PM** and **Friday morning at 9:30** in the **activity room** for our 30 minute, ~~habtber~~ ~~is eds ss tC h& go w.~~ Please let us know if we can assist you with anything. We are here to serve you and help you age in place.

Beth Denson and the Legacy Healthcare Team  
Suite 336 • 972-420-8543

## Chefs Corner

August is National Sandwich Month  
**The Grilled Cheese:**

### America's Favorite Sandwich

We've all heard the story of how in 1762 John Montague, Earl of Sandwich, ordered some meat stuffed between two pieces of bread in order to continue playing a game of cards. The idea caught on and the sandwich was born.

In the early 1920s, with the advent of affordable bread and processed cheese, the grilled cheese sandwich debuted. At first these sandwiches were cooked open-faced by melting grated "American" cheddar cheese on a single slice of bread. Not only was this sandwich delicious and economical, it also met government nutritional standards, and by the 1950s was served in school cafeterias throughout the country as part of a healthy meal. At some point, a second slice of bread became standard ingredient, most likely because it was the cheapest way to make a sandwich more filling. A curiosity has been raised by some over the name "grilled cheese" sandwich. Prior to the 1960s



recipes in cookbooks and articles referred to them as "toasted cheese" or "cheese dream" sandwiches. And the Preferred cooking method for this sandwich calls for broiling which, although perhaps passé, is a North American term for the "grilling." So while

almost everyone fries their grilled cheese sandwiches in a skillet, or on a griddle, you won't find a recipe named "fried cheese" sandwich.

Today, the classic grilled cheese sandwich has been transformed into gourmet delight. From substituting focaccia, ciabatta, or other artisanal breads for pre-sliced white bread, to using gruyere, Havarti, or smoked Gouda instead of processed American. We've also given this sandwich an extra touch of class by adding such items as bacon, nuts, avocados, tomatoes, and pesto. So whether it's the quintessential version or one of the many gourmet varieties, the fact is more than two billion folks each year crave this iconic wonder making it, without exception, America's favorite sandwich.



## Happy Summer Everyone!

I'm so excited about August! Stephnie has some great things in store for our staff, residents and families! For each week in August there will be a different theme. We will kick off the month with Alzheimer's week. On the **8th** we will be having our very own Alzheimer's mini walk! Don't forget to wear your purple! The Denton County Alzheimer's walk will be **September 13th**, which we will also be participating in. Later in the month we will have a Back to School week and during the whole week collecting supplies and donating to a local school in need. Make sure you can check the dates in the calendar so you can join in on the festivities.

**Katie Lee, LVN**

*Assisted Living Director*

## A Huge Thank You!

Lewisville Estates would like to say a big **THANK YOU** to our local Seven Eleven for sponsoring our sunshine surplee get together on **July 11, 2014**. Our Resident enjoyed slurpee's and music by Eric Andrews.



## Happy Birthday!

Wishing you all a birthday filled with sweet moments and wonderful memories. Be sure to join us for cake at our birthday bash in the **lobby**, on **Friday, August 28th at 2 p.m..**

### Resident Birthdays

8/1 Mary Albritton  
8/15 Jeannette Slaughter  
8/19 Donald Rheinfeldt



## Current Events

**8/1 Lunch at Fat Cow BBQ**  
Time: 10:30 a.m.  
Where: Outing

**8/8 Community Alzheimer's Mini Walk**  
Time: 9:30 a.m.  
Where: ALPL

**8/13 Men's Breakfast**  
Time: 7:30 a.m.  
Where: Outing

**8/13 Town Hall Meeting**  
Time: 3 p.m.  
Where: Lobby

**8/15 Lunch at Steak and Shake**  
Time: 10:30 a.m.  
Where: Outing

**8/18 Legacy Health Talk**  
Time: 3:30 p.m.  
Where: Lobby

**8/21 Cheeseburger in Paradise**  
Time: 6 p.m.  
Where: ILDR

**8/29 Mystery Outing**  
Time: 10:30 a.m.  
Where: Outing



Activity Room - <i>AR</i> AL Parking Lot - <i>ALPL</i> Country Store - <i>CS</i>	Dining Room - <i>DR</i> IL Dining Room - <i>ILDR</i> Library - <i>LL</i>	IL Lobby - <i>ILL</i> Outing - <i>O</i> Room to room, <i>RR</i> Spa - <i>SPA</i>	Theater - <i>TH</i> Lobby - <i>L</i> Assisted Living Court Yard - <i>ALCY</i>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>US Air Force Day</b> 9:30am Sit & Be Fit, <i>AR</i> 10:30am Lunch at Fat Cows, <i>O</i> 1:15pm Color Me Purple Shirts, <i>AR</i> 2pm Community Spirit Kickoff, <i>L</i> 3:00pm Resident Visits, <i>RR</i> 3:30pm Gutter Gang Bowling, <i>L</i>	9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with the Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
<b>Alzheimer's Awareness Week</b> 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 2pm Bible Study w/ Rob Harrison, <i>L</i> 3pm Dominoes, <i>AR</i>	9:30am Sit & Be Fit, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Coffee & Current Events, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Turn the Place Purple, <i>L</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	9:30am Catholic Communion, <i>RR</i> 9:30am Morning Refreshments, <i>L</i> 9:45am Daily Chronicle Discussion, <i>L</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Purple Promise Flowers, <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>ILTH</i> 3:30pm Dominoes Club, <i>AR</i>	<b>National Root Beer Float Day</b> 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Take a Guess Trivia, <i>L</i> 1:30pm Alzheimer's Awareness Presentation w/ Floats, <i>L</i> 2:30pm Country Store Shopping, <i>CS</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>L</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Sit & Be Fit, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Mind Work, <i>L</i> 3pm Bible Study w/ Rob Harrison, <i>L</i> 4pm Pirate's Challenge Throw, <i>AR</i>	<b>Worldwide Art Day</b> 9:30am Community Alzheimer's Mini Walk, <i>ALPL</i> 10:30am Complete the Cliché over Coffee, <i>L</i> 2pm Party to End Alzheimers, <i>L</i> 3pm Resident Room Visits, <i>RR</i> 3:30pm Creative Arts, <i>AR</i>	9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
<b>Elvis Week</b> 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 3pm Dominoes, <i>AR</i>	9:30am Sit & Be Fit, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Coffee & Current Events, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Elvis History, <i>L</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	9:30am Morning Refreshments, <i>L</i> 9:45am Daily Chronicle Discussion, <i>L</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Let's Get Crafty! <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Elvis Presley Classic & Popcorn, <i>L</i> 3:30pm Searching for August Word Find, <i>LL</i>	<b>7am Men's Breakfast, O</b> 9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Take a Guess Trivia, <i>L</i> 1:30pm Jeopardy: The King of Rock & Roll, <i>L</i> 2:30pm Country Store Shopping, <i>CS</i> 3pm Town Hall Meeting, <i>L</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>L</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Sit & Be Fit, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Name that Tune, <i>L</i> 3pm Bible Study w/ Rob Harrison, <i>L</i> 4pm Dominoes Club, <i>AR</i>	<b>Best Friends Day</b> 9:30am Stretch & Grow w/ Legacy, <i>AR</i> 10:30am Lunch at Steak & Shake, <i>O</i> 2pm Jailhouse Rock Party, <i>L</i> 3pm Resident Room Visits, <i>RR</i> 3:30pm Rowdy Ring Toss, <i>L</i>	9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
<b>Back to School Week</b> 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 2pm Bible Study w/ Rob Harrison, <i>L</i> 3pm Dominoes, <i>AR</i>	<b>Cupcake Day</b> 9:30am Sit & Be Fit, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Coffee & Current Events, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm School Reminiscing and Cupcakes, <i>L</i> 3:30pm Legacy Health Talk, <i>AR</i>	9:30am Morning Refreshments, <i>L</i> 9:45am Daily Chronicle Discussion, <i>L</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Let's Get Crafty! <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>ILTH</i> 3:30pm Dominoes Club, <i>AR</i>	9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Take a Guess Trivia, <i>L</i> 1:00pm Heavenly Hands & Nails, <i>AR</i> 2:30pm Country Store Shopping, <i>CS</i> 3:45pm Back to School Bingo, <i>AR</i>	<b>Senior Citizen's Day</b> 8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>L</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Sit & Be Fit, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Classroom Trivia, <i>L</i> 3pm Bible Study w/ Rob Harrison, <i>L</i> 6pm Cheese Burger in Paradise, <i>ILDR</i>	9:30am Stretch & Grow w/ Legacy, <i>AR</i> 10:30am Complete the Cliché over Coffee, <i>L</i> 2pm Back 2 School Party, <i>L</i> 3pm Resident Room Visits, <i>RR</i> 3:30pm Paper Toss, <i>L</i>	9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
<b>Golf Week</b> 8:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 3pm Dominoes, <i>AR</i>	9:30am Sit & Be Fit, <i>AR</i> 10am Shopping at Albertsons, <i>O</i> 10:15am Coffee & Current Events, <i>L</i> 1:30pm Tai Chi w/ Erin, <i>AR</i> 2pm Jeopardy: PGA Tour, <i>L</i> 3:30pm Sassy Senior Bingo, <i>AR</i>	9:30am Morning Refreshments, <i>L</i> 9:45am Daily Chronicle Discussion, <i>L</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Let's Get Crafty! <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>ILTH</i> 3:30pm Dominoes Club, <i>AR</i>	9:30am Tone those Bones w/ Erin, <i>AR</i> 10am Coffee & Snack Social, <i>L</i> 10am Post Office/ Bank, <i>O</i> 10:30am Take a Guess Trivia, <i>L</i> 1:30pm Putt Putt Golf, <i>L</i> 2:30pm Country Store Shopping, <i>CS</i> 3:30pm FORE! Bingo, <i>AR</i>	8am-5pm Beauty Salon, <i>BS</i> 10am Rev. Christal Fisher, <i>L</i> 10am Miscellaneous Errands, <i>O</i> 1:30pm Sit & Be Fit, <i>AR</i> 2pm Shopping at Wal-Mart, <i>O</i> 2:30pm Hole in One Challenge, <i>L</i> 3pm Bible Study w/ Rob Harrison, <i>L</i> 4pm Dominoes Club, <i>AR</i>	9:30am Stretch & Grow w/ Legacy, <i>AR</i> 10:30am Mystery Outing, <i>O</i> 2pm Birthday Bash, <i>L</i> 3pm Resident Room Visits, <i>RR</i> 3:30pm Power Tower, <i>L</i>	9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>