



Assisted Living

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

October 2015

Dear Residents, Family, and Friends:

I am so excited to have cooler temperatures finally approaching us. Welcome to the season of Pumpkin Pie, Pumpkin Spice Lattes, and of course Hot Apple Cider! We had a busy and productive September — we hope everyone enjoyed the BINGO Party and Assisted Living Week. In



October, we have many fall festivities, including: Halloween dress up WEEK, resident and employee Pumpkin Carving Contest, and Trick-or-Treating on All Hallows Eve! Our main event will be held Tuesday, Oct. 6, All Hallows Eve Bash (costume party) featuring Norris Perry. Feel free to invite family and friends! Please make sure you check your calendars for dates and times.

Since we are approaching one of my favorite holidays I thought I would share a few Halloween facts:

- The largest pumpkin measured was grown by Norm Craven who broke the world record in 1993, weighing in at 836 pounds.
- According to tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight.
- The first Jack O'Lanterns were actually made from turnips.

Please encourage family and friends to like our Facebook page so they look at the fun events we have during the week. We will be offering a gift basket to the 400th person who likes our page!

Have a great month,

Jessica

Halloween Dress-Up Week!

Oct. 12-16:

Monday — To Be Determined!

Tuesday — Dress as a celebrity or character!

Wednesday — Dress as an animal!

Thursday — Dress in your favorite costume!

Friday — Wear pink for breast cancer awareness!

Everybody can participate!
Come join us!



Carole as Ethel

ASSISTED LIVING

AL#010063

OCTOBER 2015

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
- Wednesday
10 a.m.
Post Office/Bank
- Thursday
2 p.m.
Walmart
- Thursday
10 a.m.
Miscellaneous Errands
- Friday
TBA
Field Trips/Outing
- Friday
2 p.m.
Express Errands

Birthdays

- Geneva Morris, 9th
- Mary Bowman, 12th
- Jeanne Thomas, 18th
- Larry Dowlearn, 24th
- Joyce Talafuse, 28th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>1:00 Games w/ Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>9:30 Exercise Extreme!, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Walking Club</p> <p>10:30 Coffee Chat: How Did You Do It?, L</p> <p>1:30 Today in History, L</p> <p>2:00 Fresh Air Social: Healthy Lung Month, ALC</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>9:30 Catholic Communion & Service, DR</p> <p>10:00 Shopping at Walmart, O</p> <p>1:30 Gold Chair Exercise, AR</p> <p>2:30 Bible Stories Reading Club, L</p> <p>3:30 Small Grp Time</p> <p>4:00 What's Happening?!, L</p> <p>5:45 AL Main Event Feat. Norris Perry!, L</p>	<p>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:15 Snack Attack, L</p> <p>10:15 Photographer Appreciation Social, L</p> <p>2:00 Bible Study w/Rob Harrison, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>8:00 Beauty Salon Is Open</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Millionaire Exercise, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Baking Club: Caramel Apples, AR</p> <p>2:15 Men's Coffee Grp, B</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p>Fall Sweater Day: Wear Your Favorite Sweater</p> <p>9:45 Exercise Extreme, AR</p> <p>10:30 Lunch @ Pizza Hut, O</p> <p>2:00 Oktoberfest Social w/J.T. Matthews, L</p> <p>3:30 Board Game Bonanza, AR</p> <p>4:00 Weekly Wrap Up, L</p>	<p>9:30 Sit Down & Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>1:30 Games w/Staff, AR</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>
<p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>1:00 Games w/ Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>COLUMBUS DAY</p> <p>Themed Costume Week Begins</p> <p>9:30 Exercise Extreme!, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Walking Club</p> <p>10:30 Coffee Chat: Columbus Day, L</p> <p>1:30 Today in History, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>Dress Like a Celebrity or Character!</p> <p>9:30 Catholic Communion & Service, DR</p> <p>10:00 Shopping at Walmart, O</p> <p>1:30 Gold Chair Exercise, AR</p> <p>2:30 Bible Stories Reading Club, L</p> <p>3:30 Small Grp Time</p> <p>4:00 What's Happening?!, L</p>	<p>Dress Like An Animal!</p> <p>7:00 Men's Breakfast Outing, O</p> <p>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:15 Snack Attack, L</p> <p>2:00 Bible Study w/Rob Harrison, L</p> <p>3:00 Town Hall Mtg, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>Dress for Halloween!!</p> <p>8:00 Beauty Salon Is Open</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Millionaire Exercise, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Baking Club: Make Your Own Pizza, AR</p> <p>2:15 Men's Coffee Grp, B</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p>Dress in Pink!</p> <p>9:45 Exercise Extreme, AR</p> <p>10:30 Lunch @ Mt Fuji Hibachi Steak House, O</p> <p>2:00 Think Pink! Social for Breast Cancer Awareness, L</p> <p>3:30 Board Game Bonanza, AR</p> <p>4:00 Weekly Wrap Up, L</p>	<p>9:30 Sit Down & Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>1:30 Games w/Staff, AR</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>
<p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>1:00 Games w/ Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>9:30 Exercise Extreme!, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Walking Club</p> <p>10:30 Coffee Chat: Space Race, L</p> <p>1:30 Today in History, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>9:30 Catholic Communion & Service, DR</p> <p>10:00 Shopping at Walmart, O</p> <p>1:30 Gold Chair Exercise, AR</p> <p>2:30 Bible Stories Reading Club, L</p> <p>3:30 Small Grp Time</p> <p>4:00 What's Happening?!, L</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:15 Snack Attack, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>8:00 Beauty Salon Is Open</p> <p>10:00 Christian Service w/ Rev. Christal Fisher, L</p> <p>1:30 Millionaire Exercise, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:15 Men's Coffee Grp, B</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p>9:45 Exercise Extreme, AR</p> <p>10:00 Farkel Fridays, AR</p> <p>2:00 Party Party! Feat. Paul Anderson, L</p> <p>3:30 Board Game Bonanza, AR</p> <p>4:00 Weekly Wrap Up, L</p>	<p>9:30 Sit Down & Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>
<p>8:30 New Covenant Baptist Church, L</p> <p>9:30 Sit and Be Fit, L</p> <p>1:00 Games w/ Friends, AR</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:00 Dominoes, AR</p>	<p>9:30 Exercise Extreme!, AR</p> <p>10:00 Shopping at Albertsons, O</p> <p>10:15 Walking Club</p> <p>10:30 Coffee Chat: What Do You Collect?!, L</p> <p>1:30 Today in History, L</p> <p>2:00 Wheel of Fortune! w/ Special Guests, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 A Day in the Life, L</p>	<p>9:30 Catholic Communion & Service, DR</p> <p>10:00 Shopping at Walmart, O</p> <p>1:30 Gold Chair Exercise, AR</p> <p>2:30 Bible Stories Reading Club, L</p> <p>3:30 Small Grp Time</p> <p>4:00 What's Happening?!, L</p>	<p>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</p> <p>10:00 Post Office/Bank Outing, O</p> <p>10:15 Snack Attack, L</p> <p>2:00 Bible Study w/ Rob Harrison, L</p> <p>3:30 Bingo for Chocolate, AR</p> <p>4:00 Winning Is a Good Thing!, L</p>	<p>8:00 Beauty Salon Is Open</p> <p>10:00 Christian Service w/Rev. Christal Fisher, L</p> <p>1:30 Millionaire Exercise, AR</p> <p>2:00 Shopping at Walmart, O</p> <p>2:00 Baking Club: Harvest Hash Trail Mix, AR</p> <p>2:15 Men's Coffee Grp, B</p> <p>3:30 Blackjack 21 Card Games, AR</p> <p>4:00 If You Were Me, You Would ..., L</p>	<p>9:45 Exercise Extreme, AR</p> <p>2:00 Pumpkin Galore Social, L</p> <p>3:30 Board Game Bonanza, AR</p> <p>4:00 Weekly Wrap Up, L</p> <p>6:00 Staff & Family Trick or Treat!, L</p>	<p>HALLOWEEN</p> <p>9:30 Sit Down & Tone Up, L</p> <p>10:30 Word Find Challenge</p> <p>2:00 Dominoes, AR</p> <p>3:00 Fun Flicks, L</p>

Vendors, Volunteers, Heroes!

We are so proud of everybody that helps our programs be the best. Here are just a few of our "Heroes."

- ART
- ACT
- Novus
- Encompass
- Ardent
- Seasons
- North Texas HC
- Senior Select
- Zeal
- Legacy
- New Covenant Baptist
- The Jehovah's
- Witnesses
- Rev. Christal Fisher
- Rob Harrison
- Colleen Banas
- Hollymead
- Mayhill
- Community Care Pharmacy
- Patriot Imaging
- Senior Helpers
- New Century
- ... and many more!



Honore, Robert, Lanell, Warren and Mary

Events and Performances!

Friday, Oct. 2, 2 p.m.:

JT Matthews

Tuesday, Oct. 6,

5:45 p.m.: Norris Perry

Friday, Oct. 9, 2 p.m.:

Eric Andrews

Friday, Oct. 23,

2 p.m.: Paul Anderson Norris Perry, Oct. 6!

— Main Event —

Tuesday, Oct. 6, 5:45 p.m.: All Hallows Eve Bash and Costume Party!

Dress up! Have fun! We will have decorations, photo opportunities, and great music featuring Norris Perry! Invite your families!



Understanding Medicare from Legacy Healthcare

Medicare has been around since 1965 and is health insurance for people aged 65 and older, those with certain disabilities, and people with End-Stage Renal Disease (ESRD).



Original Medicare is run by the Federal Government and provides Part A and Part B coverage. Part A, also known as "hospital insurance" pays for services provided by an inpatient hospital, skilled nursing facility and hospice. Part B, also known as "medical insurance" covers 80% of doctors' visits and outpatient care such as therapy and other medical expenses. You can also join a prescription drug plan under Medicare Part D.

Medicare Part C offers coverage provided by a Medicare Advantage Plan. These plans typically involve a co-payment to be paid by the beneficiary.

Confusion about your health care coverage should not prevent you from receiving the rehab services you may need. Stop by the Legacy Healthcare Therapy Services Office today. Our Billing Department and rehab team can help you understand more about what is covered under your current plan and what the costs to you will be.

Resident of the Month

Who should you recognize when they're all so great?! This month, we are pleased to acknowledge Louise Hill as our resident of the month. Louise is always eager to participate in all of our activities. Whether it's exercise, bingo, or just eating watermelon, she is a real joy.



Louise and Mary