



The Lewisville Estates Lifestyle

LEWISVILLE
ESTATES
SENIOR LIVING AT EASE
Like Us! 

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

January 2016

Dear Family, Friends and Residents:

Happy New Year, 2016! Gratitude is a word that comes to mind when reviewing this month's activities. As we hope to live a life of grace and gratefulness, it is important to thank those who have been so good to us! It is also with gratitude that we thank you for entrusting your loved ones to us as a partnership in care. We are much more successful in bringing love and joy to those we serve when we join together.



Wreath making

December was a lovely month full of holiday activities. Many school groups caroled throughout the building; what a festive month with all the trees and wreaths throughout the community! A special thank you to all the vendors who participated in the spirit. January will also be a busy month filled with many outings in the community, and we will be "Putting on the Ritz with a Roaring '20s Party."

A very sincere thanks to each family and resident who donated to our Employee Appreciation Fund. Donations were beyond our expectations. We held a fun-filled party where employees received your gifts, and our staff was very appreciative.

As we begin 2016, may we remain thankful for all that we do together to enhance the lives of those who are so precious to us. We are dedicated to enhancing quality of life for all our residents. We wish each of you a Happy and Healthy New Year, may 2016 be the best year!

Jessica Hazelton
Executive Director

Resident of the Month

Our L.E.A.P. would like to recognize Harrison Strong. Harrison is always helping other residents, while also participating in different activities and being a part of our big events. Thank you, Harrison, for your kind heart and fun personality. We are so glad to have you here at Lewisville Estates.



LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

JANUARY 2016

Locations

- Activity Room, AR
- AL Parking Lot, ALPL
- Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- Fitness Room, F
- Flagpole, FP
- Garden, G
- Library, LL
- Lobby, L
- Outing, O
- Route 66, R66
- Theater, TH

Transportation Schedule

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

Birthdays

- Victoria Jackson, 1st (Employee)
- Hortencia Reyes, 3rd (Employee)
- Jessica Hazelton, 5th (Employee)
- Vernon "Bud" Gillem, 7th
- Diane Piechowski, 8th
- Clarence "CB" Cantin, 9th
- Jo Andres, 19th
- Charlene Guess, 19th
- Socorro "Coco" Ruiz, 21st (Employee)
- Robert Kobel, 21st
- Louis Stiff, 23rd
- Paula Ellsworth, 27th
- Margaret Stringer, 27th
- George Seely, 31st
- Howard Guess, 31st

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
10:00 Bible Study Singalong, L 3	9:30 Exercise w/Jacque of A.R.T., CR 4	9:30 Chair Yoga Class, CR 5	9:30 Exercise w/Jacque of A.R.T., CR 6	9:30 Balance Class w/ Legacy, CR 7	NEW YEAR'S DAY 1	9:30 Walking Warriors 2
10:30 Bible Study, B	10:00 Coffee & Snacks Monday Social, L	10:00 Shopping at Walmart, O	10:00 Coffee & Snack Wednesday Social, L	10:00 Misc. Errands, O	9:30 Walking Warriors	10:30 Coffee & Conversation, L
1:15 Chicken Foot, LL	10:00 Albertsons, O	10:00 Catholic Communion, B	10:00 Post Office/Bank, O	10:00 Blood Pressure Check w/Legacy, CR	10:00 Coffee & Snacks Friday Social, L	1:00 Trivia Pursuit, LL
3:00 Resident Choice Game	10:30 Blood Pressure Checks w/A.R.T., CR	10:30 Rosary Service, B	10:30 Blood Pressure Checks w/A.R.T., CR	10:30 Bible Study w/ Pastor Frances, B	10:30 Wonderword Challenge	1:30 Card Games, B
6:30 Resident Card Games, B	2:00 Pokeno for Prizes, AR	1:45 Line Dancing w/Geri, L	2:00 Sassy Senior \$1 Bingo, CR	2:00 Shopping at Walmart, O	1:00 Bridge, CR	2:45 Fun Flicks and Popcorn, TH
	3:30 Community Pep Rally, L	2:30 Art Expression, AR	3:00 Wii Games w/Max, F	4:00 Tic Tac Toss, B	1:00 Out to Red Lobster, O	3:30 Billiards (Pool)
	4:00 Rowdy Ring Toss, B	6:00 Card Games, B	3:00 Bible Study, B	6:00 Card Games, B	2:00 Express Errands, O	7:00 Crazy Card Game, B
	6:00 Card Games, B		6:00 Card Games, B		3:30 Jail House Rock Happy Hour, L	
			6:45 Bring a Friend Movie Night, TH		6:00 Card Games, B	
10:00 Bible Study Singalong, L 10	9:30 Exercise w/Jacque of A.R.T., CR 11	9:30 Chair Yoga Class, CR 12	9:30 Exercise w/Jacque of A.R.T., CR 13	9:30 Balance Class w/Legacy, CR 14		9:30 Walking Warriors 15
10:30 Bible Study, B	10:00 Coffee & Snacks Monday Social, L	10:00 Shopping at Walmart, O	10:00 Coffee & Snack Wednesday Social, L	10:00 Misc. Errands, O	9:30 Walking Warriors	10:30 Coffee & Conversation, L
1:15 Chicken Foot, LL	10:00 Albertsons, O	10:00 Catholic Communion, B	10:00 Post Office/Bank, O	10:00 Blood Pressure Check w/Legacy, CR	10:00 Coffee & Snacks Friday Social, L	1:00 Trivia Pursuit, LL
3:00 Resident Choice Game	10:30 Blood Pressure Checks w/A.R.T., CR	10:30 Rosary Service, B	10:30 Blood Pressure Checks w/A.R.T., CR	10:30 Bible Study w/ Pastor Frances, B	10:30 Wonderword Challenge	1:30 Card Games, B
6:30 Resident Card Games, B	2:00 Pokeno for Prizes, AR	1:45 Line Dancing w/Geri, L	2:00 Sassy Senior \$1 Bingo, CR	2:00 Shopping at Walmart, O	1:00 Bridge, CR	2:45 Fun Flicks and Popcorn, TH
	3:30 Legacy Health Chat, B	2:30 Town Hall Meeting, CR	3:00 Wii Games w/Max, F	3:30 Fun Time w/Jacque, B	2:00 Express Errands, O	3:30 Billiards (Pool)
	6:00 Card Games, B	3:30 Winter Wonderland Social W/Sunshine - CR	6:00 Card Games, B	6:00 Card Games, B	3:30 Polka Music Happy Hour, L	7:00 Crazy Card Game, B
		6:00 Card Games, B	6:45 Bring a Friend Movie Night, TH		6:00 Card Games, B	
10:00 Bible Study Singalong, L 17	MARTIN LUTHER KING JR. DAY 18	9:30 Chair Yoga Class, CR 19	9:30 Exercise w/Jacque of A.R.T., CR 20	9:30 Balance Class w/ Legacy, CR 21		9:30 Walking Warriors 22
10:30 Bible Study, B	9:30 Exercise w/Jacque of A.R.T., CR	10:00 Shopping at Walmart, O	10:00 Coffee & Snack Wednesday Social, L	10:00 Misc. Errands, O	9:30 Walking Warriors	10:30 Coffee & Conversation, L
1:15 Chicken Foot, LL	10:00 Coffee & Snacks Monday Social, L	10:00 Catholic Communion, B	10:00 Post Office/Bank, O	10:00 Blood Pressure Check w/Legacy, CR	10:00 Coffee & Snacks Friday Social, L	1:00 Trivia Pursuit, LL
3:00 Resident Choice Game	10:00 Albertsons, O	10:30 Rosary Service, B	10:30 Blood Pressure Checks w/A.R.T., CR	10:30 Bible Study w/ Pastor Frances, B	10:30 Wonderword Challenge	1:30 Card Games, B
6:30 Resident Card Games, B	10:30 Blood Pressure Checks w/A.R.T., CR	1:45 Line Dancing w/Geri, L	2:00 Sassy Senior \$1 Bingo, CR	2:00 Shopping at Walmart, O	1:00 Bridge, CR	2:45 Fun Flicks and Popcorn, TH
	2:00 Pokeno for Prizes, AR	2:30 Art Expression, AR	3:00 Wii Games w/Max, F	6:00 Card Games, B	2:00 Express Errands, O	3:30 Billiards (Pool)
	4:00 Rowdy Ring Toss, B	6:00 Card Games, B	3:00 Bible Study, B	6:00 Roaring '20s Puttin' on the Ritz, DR	3:30 Writing a Nice Note Happy Hour, L	7:00 Crazy Card Game, B
	6:00 Card Games, B		6:00 Card Games, B		6:00 Card Games, B	
			6:45 Bring a Friend Movie Night, TH			
10:00 Bible Study Singalong, L 24	9:30 Exercise w/Jacque of A.R.T., CR 25	9:30 Chair Yoga Class, CR 26	9:30 Exercise w/Jacque of A.R.T., CR 27	9:30 Balance Class w/Legacy, CR 28		9:30 Walking Warriors 29
10:30 Bible Study, B	10:00 Coffee & Snacks Monday Social, L	10:00 Shopping at Walmart, O	10:00 Coffee & Snack Wednesday Social, L	10:00 Misc. Errands, O	9:30 Walking Warriors	10:30 Coffee & Conversation, L
1:15 Chicken Foot, LL	10:00 Albertsons, O	10:00 Catholic Communion, B	10:00 Post Office/Bank, O	10:00 Blood Pressure Check w/Legacy, CR	9:30 Chair Zumba Class, F	1:00 Trivia Pursuit, LL
3:00 Resident Choice Game	10:30 Blood Pressure Checks w/A.R.T., CR	10:30 Rosary Service, B	10:30 Blood Pressure Checks w/A.R.T., CR	10:30 Bible Study w/ Pastor Frances, B	10:00 Coffee & Snacks Friday Social, L	1:30 Card Games, B
6:30 Resident Card Games, B	2:00 Pokeno for Prizes, AR	1:45 Line Dancing w/Geri, L	2:00 Sassy Senior \$1 Bingo, CR	2:00 Shopping at Walmart, O	10:30 Wonderword Challenge	2:45 Fun Flicks and Popcorn, TH
	6:00 Card Games, B	2:30 Art Expression, AR	3:00 Wii Games w/Max, F	6:00 Card Games, B	1:00 Bridge, CR	3:30 Billiards (Pool)
		6:00 Card Games, B	3:30 Book Club Meeting, LL		2:00 Express Errands, O	7:00 Crazy Card Game, B
			6:00 Card Games, B		3:30 Birthday Bash, L	
			6:45 Bring a Friend Movie Night, TH		6:00 Card Games, B	
10:00 Bible Study Singalong, L 31						
10:30 Bible Study, B						
1:15 Chicken Foot, LL						
3:00 Resident Choice Game						
6:30 Resident Card Games, B						

Outings!

Come and join us every second and fourth Friday of the month for some fun outings.



Babe's Chicken



Cracker Barrel

Have a Healthy New Year

Make this year a good one by making healthy choices. Here are some goals to get you started:

Schedule checkups and screenings: Older adults need a complete physical once a year, as well as additional screenings for conditions such as osteoporosis.

Set a fitness goal: If you don't already exercise, set a goal to be more active in the new year. Go for a walk with friends, attend a fitness class, or try yoga. If you already exercise regularly, great! Keep it up this year by introducing new activities to your routine.

Improve your diet: Lots of people go on a diet after the new year begins, but quickly crash and burn. A smart way to avoid this is to start with a simple goal: Maybe you want to cut back on caffeine, choose fish once or twice a week, eat a piece of fresh fruit with breakfast, or enjoy a handful of nuts every day.



Health and Wellness

Low Vision

Low vision is a visual impairment that interferes with a person's ability to perform daily activities. One in three people over the age of 65 has a vision reducing eye disease. There are several eye diseases that cause visual impairment in older adults.

1. Age related macular degeneration: atrophy of the retina, resulting in blurred vision, image distortion, central scotoma (blind spot) and difficulty with reading.
2. Glaucoma: optic nerve damage resulting in visual field loss.
3. Cataracts: lens opacities that interfere with vision function, resulting in blurred vision or inability to adjust to glare.
4. Diabetic Retinopathy: impaired retinal circulation due to damage to the tiny blood vessels that bring oxygen and nutrients to the retina. This results in blurred vision, floaters, visual field loss and poor night vision.

Some difficulties due to visual loss include: increased fall risk, depression, social isolation and dependence with daily activities. How can you prevent visual loss/disease? Regular eye exams by your optometrist/ophthalmologist.

If you have any questions, please contact your physician or Legacy Healthcare Services.

Legacy Rehab

