

Health and Wellness Occupational Therapy

April is National Occupational Therapy Month, a time to highlight a therapeutic profession that is nearly 100 years old. The word “occupational” often leads people to believe that occupational therapy (OT) is about jobs or working. Think instead of the daily activities you perform — those things you need or choose to do — and you will better understand the focus of OT.

The purpose and goal of OT is to enable each client to pursue a fulfilling and productive life through the therapeutic use of everyday activities. In occupational therapy, the client works toward maximizing independence, whether through re-learning to perform daily activities, or by the instruction of others to provide assistance in self-care activities.

Occupational therapists and OT assistants help clients recovering from injury to regain skills and to remain as independent as possible. An OT plan of care might include:

- basic self-care such as bathing, dressing, eating
- improved strength and fine motor coordination
- reduced episodes of incontinence
- low vision intervention
- energy conservation and joint protection techniques
- perceptual and cognitive skills
- driver safety
- home management.

The list goes on.

If you or someone you know is experiencing difficulty with completing the activities you need and want to do in your daily life, ask about how an occupational therapist can help.

Contact Kim Mueller at Legacy Healthcare
Phone: 972-420-8543



A Big Thank You!

Thank you to all our volunteers for dedicating some of your time here at Lewisville Estates and making some special programs for our residents like awesome exercise class, arts and crafts, and socials. Rehab Trust, Sunshine, Lake Village, Legacy, Encompass, Senior Helpers, Lewisville Library, Community Care Pharmacy, and many more!



The Lewisville Estates Lifestyle

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

LEWISVILLE ESTATES SENIOR LIVING AT EASE
Like Us!

April 2017

Resident of the Month

Our Life Enrichment Activities Program would like to recognize Kitty Schwartz. Kitty is always helping other residents, being part of our main event and other activities. Thank you Kitty, for your great personality, leadership and for all that you do here at Lewisville Estates.

Dear Residents, Families, and Friends,

Each spring around the world people celebrate the Spring Equinox, Passover, or Easter. These holidays have crossover symbolisms. Everything about spring symbolizes freshness and new beginnings. My wish is for our residents to have a fresh outlook on life, and all the opportunities it holds, to become active and vibrant with the new beginnings of spring and to live each day to the fullest. No matter if the symbol of Easter to use is a chocolate bunny or the cross on your wall, please remember this is a time of new beginnings in life.

As we welcome warmer weather, we will see additional mulch and flowers be added to our community. We look forward to the Garden Club swinging into action as we are exposed to the outdoor patio! If you are interested in joining the Garden Club or other clubs on campus, see Patty (Activities Director) for more details. April will be filled with new and enriching events — check out the calendar for more details. We will be celebrating Community Spirit Month with both staff and residents, and we would love for you and your families to join in the festivities. Lewisville Estates will be hosting our Main Event: Taco Bout a Fiesta, on April 20. If you are interested in participating in the annual Senior Prom on Friday, April 21, there is limited seating, so make sure to reserve your spot ASAP. Some of the outings this month will include: Ennis Bluebonnet Trip, out to Dairy Queen, and Babe's Chicken.

Only a few more weeks until Baby Girl arrives! If all goes as planned, she will be born April 17 (the day after Easter). I will be out of the office for several weeks after her arrival. Please direct all questions and concerns to the Concierge Desk and they will ensure to get the message to the correct Department Director.

Regards,

Jessica Hazelton, EXECUTIVE DIRECTOR



APRIL 2017

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
- Tuesday
10 a.m.
Walmart
- Thursday
2 p.m.
Walmart
- Friday
TBA
Field Trips/Outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Violet Beck, 2nd Helen Gilbert, 2nd Freda La Nell Kight, 3rd Norma Porterfield, 4th Trudy Dillon, 10th</p>	<p>Birthdays Flo Nicholson, 15th Mildred Lee, 17th Judy Schultz, 20th Nastasya Shannon, 21st (Employee)</p>	<p>Doris Bennett, 25th (Employee) Pearl Parker, 28th Henry Tomecek, 29th</p>			<p>April Fools' Day 1 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>	
<p>7:30 The Truth in Love (TV Channel 7), R66 2 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 3 10:00 Coffee & Snacks Monday Social, L 10:00 Winco, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, AR 3:30 What's the Buzz?, B 4:00 Rowdy Ring Toss, B 6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR 4 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:30 Walking Warriors w/ Kelley of Lake Village, B 2:30 Art Expression, AR 4:00 Puzzle Club Social, R66 6:00 Card Games, B</p>	<p>8:00 Out to Winstar Casino, O 5 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Bible Study, TH 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/ Legacy, CR 6 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 2:30 Garden Club Social, G 3:30 Legacy Clinic 6:00 Card Games, B</p>	<p>Jersey Day National Beer Day 7 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 10:30 Wonderword Challenge 11:00 Gift Galore (Vendor), L 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Beer & Pretzel Happy Hour, L 6:00 Card Games, B</p>	<p>9:00 Ennis Bluebonnet Trip, O 8 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Movie Time With Pastor Frances, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>
<p>PALM SUNDAY 9 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B</p>	<p>PASSOVER BEGINS AT SUNSET 10 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Winco, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, AR 3:30 Legacy Health Chat, B 6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR 11 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:30 Walking Warriors w/ Kelley of Lake Village, B 2:30 Art Expression, AR 3:15 Easter Social w/Sunshine, CR 6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 12 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 4:00 Tic Tac Toss 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/ Legacy, CR 13 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 2:30 Knitting Club Social, R66 3:30 Passover w/Jacque, B 6:00 Card Games, B</p>	<p>Good Friday Mix Match Day 14 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 10:30 Wonderword Challenge 11:00 Out to Dairy Queen 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Easter Celebration Happy Hour, L 6:00 Card Games, B</p>	<p>9:30 Walking Warriors 15 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>
<p>EASTER 16 7:30 The Truth in Love (TV Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 17 10:00 Coffee & Snacks Monday Social, L 10:00 Winco, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, AR 3:15 Trivia Club, B 4:00 Rowdy Ring Toss, B 6:00 Card Games, B</p>	<p>TAX DAY 18 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:30 Walking Warriors w/ Kelley of Lake Village, B 2:30 Art Expression, AR 6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 19 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Bible Study, TH 3:30 Visit to the Police Station, O 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR 20 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 3:30 Mini Massage Clinic w/Legacy, AR 6:00 Card Games, B 6:00 Taco Bout a Fiesta (Main Event), DR</p>	<p>Twin Day 21 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 10:30 Blood Pressure Clinic w/Encompass 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Queen's Birthday Happy Hour, L 6:00 Card Games, B 6:00 2nd Time Around Senior Prom, O</p>	<p>EARTH DAY 22 9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>
<p>7:30 The Truth in Love (TV Channel 7), R66 23 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 24 10:00 Coffee & Snacks Monday Social, L 10:00 Winco, O 10:30 Blood Pressure Checks w/A.R.T., CR 1:00 Bridge Club, CR 2:00 Pokeno for Prizes, AR 4:00 Tic Tac Toss, B 6:00 Card Games, B</p>	<p>9:30 Chair Yoga Class, CR 25 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:30 Walking Warriors w/ Kelley of Lake Village, B 2:30 Art Expression, AR 4:00 Thank You Volunteer Social, B 6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 26 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 10:30 Nourish Your Skin (Vendor), L 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:30 Book Club, LL 3:30 Red Hat Tea Social, AR 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/ Legacy, CR 27 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 3:30 Name That Tune w/ Encompass, B 6:00 Card Games, B</p>	<p>Luuu Day 28 9:30 Walking Warriors, B 10:00 Coffee & Snacks Friday Social, L 10:30 Out to Babe's Chicken, O 10:30 Live Well Strength w/Legacy, CR 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Birthday Bash, L 6:00 Card Games, B</p>	<p>9:30 Walking Warriors 29 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:30 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B</p>
<p>7:30 The Truth in Love (TV Channel 7), R66 30 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B</p>						