

Thank You, Nurses!

As the largest group of health care workers, nurses provide care in jobs throughout our communities, with many of these women and men serving on the front lines.

- Worldwide, there are 20 million nurses. Over 4 million nurses are on the job in the U.S.
- The majority of registered nurses work in hospitals. The rest serve in long-term care facilities, at clinics and schools, and in other settings.
- Every year, there's a whole week dedicated to them. Celebrated May 6—12, National Nurses Week ends on the birthday of Florence Nightingale, the founder of modern nursing.
- The world's first nursing school is said to have started in 250 B.C. in India. Only men could attend.
- Today, women make up 90% of the field.
- The first American to earn a diploma for nursing was Linda Richards, who graduated in 1873 from a program in Boston.
- There are over 100 different nursing specialties.
- Nurses walk a lot! On average, a hospital nurse walks 4 to 5 miles during a 12-hour shift.
- For the past two decades, nursing has been voted the most-trusted profession.



The Case for Calcium

No bones about it, calcium is an essential mineral that provides support for many of the body's functions.

About 99% of the calcium in the human body is in the bones and teeth. The nutrient is required to help bones grow when we're children, and it keeps bones strong as we age. Older adults, especially women, have a higher risk of osteoporosis, which is a loss of bone density, so they need to get enough calcium to help protect their bones from weakness and breaking.



Calcium also plays a major role in heart health.

Muscles need calcium in order to contract, and the heart, the most important muscle, can't beat without it! Additionally, calcium helps blood vessels circulate blood throughout the body, allows blood to clot properly, and helps maintain blood pressure.

Because the body doesn't make calcium, we need to get it from the food we eat to keep a steady supply. Foods with high levels of calcium include dairy products such as milk, cheese and yogurt; dark, leafy greens; salmon, sardines and shellfish; tofu; white beans; almonds; and sesame seeds.

To absorb calcium, the body needs vitamin D, which comes from sunlight and some foods, including salmon, eggs and mushrooms.

Pokeno!

Come and join us for a fun game of Pokeno.



The Lewisville Estates Lifestyle

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MAY 2021

Dear Residents, Families and Friends,



My name is Jennifer True, and I am the new Executive Director here at Lewisville Estates. I am excited to share a little about myself. I was born here in Texas, grew up in Omaha, Neb., and came back to Texas just

as fast as I could. I graduated from Texas Tech with a degree in political science. I have two beautiful children, a son, Brecken, who is 6, and a daughter, Sydney, who is 4. Next month, I will tell you a little bit about my interest and hobbies.

My true passion has been serving others, and I hope to help others see how gratifying it is.

If I haven't had the pleasure to meet you yet, please come by my office and introduce yourself. I look forward to seeing you all at Friday's Happy Hour events and around the community. Please join us anytime!

Sincerely,
Jennifer True
Executive Director

Remember, Honor, Celebrate

Memorial Day pays tribute to those who have made the ultimate sacrifice while serving in the armed forces. There are many ways you can take part in honoring these heroes.

Explore their stories — Read a military memoir or watch a movie or documentary. You can listen to recordings of veterans' firsthand accounts online at StoryCorps.org.

Tune in to a TV tradition — On the night before Memorial Day, PBS stations broadcast the National Memorial Day Concert, an annual event that honors the fallen and their families with musical performances and personal stories.

Post a tribute — If you have a loved one who is a fallen hero, post a photo and story about them on social media.

Visit a memorial — Spend time at a local military monument or museum, or pay your respects at a veterans cemetery. You can also make virtual visits to many war memorials.

Pause at 3 p.m. — Stop and reflect during the National Moment of Remembrance, a one-minute pause observed at 3 p.m. local time on Memorial Day.



INDEPENDENT LIVING

MAY 2021

Locations

- 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.
Grocery Stores

Tuesday, 10 a.m.
Walmart

Wednesday, 10 a.m.
Post Office/Bank

Thursday, 10 a.m.
Walmart

Thursday, 2:30 p.m.
Misc. Errands

Friday, 9:30 a.m.
Express Errands

Friday, TBA
Field Trips/Outing

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|---|---|---|---|---|--|---|--|
| | <p>Birthdays</p> <p>Bob Vale, 8th</p> <p>Hilda Ibarra, 14th (Employee)</p> <p>John Wilkins, 20th</p> <p>Billy Bush, 20th</p> | <p>Monte Melugin, 26th</p> <p>Gene Wilkins, 27th</p> <p>Ed Volponi, 30th</p> <p>Margaret Garrett, 31st</p> |  | | | <p>MAY DAY 1</p> <p>Kentucky Derby</p> <p>National Fitness Day</p> <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p> | |
| <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>10:00 Bible Study w/ Shaddy, CR</p> <p>3:00 Resident Choice Game, B</p> <p style="text-align: right;">2</p> | <p>10:00 Chair Exercise, CR</p> <p>10:30 Howdy Stranger Social, F</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Minute to Win It, CR</p> <p style="text-align: right;">3</p> | <p>Star Wars Day</p> <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Cornhole, CR</p> <p>1:00 Color & Trivia: Star Wars Edition, CR</p> <p>3:30 Crafters Corner, CR</p> <p>4:00 Walmart Grocery Orders, B</p> <p style="text-align: right;">4</p> | <p>Cinco De Mayo</p> <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:30 Howdy Stranger Social, F</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Country Store</p> <p>1:00 Jeopardy, CR</p> <p>2:00 Dominoes Club, B</p> <p>3:00 Cinco De Mayo Pinatas!, CR</p> <p>7:00 Evening Movie, TH</p> <p style="text-align: right;">5</p> | <p>National Day of Prayer</p> <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Cornhole, CR</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>3:15 Singalong Group, CR</p> <p style="text-align: right;">6</p> | <p>Cosmopolitan Day</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Aerobic Dance Party</p> <p>11:00 Bible Study, CR</p> <p>11:00 Howdy Stranger Social, F</p> <p>2:00 Card Games, B</p> <p>3:00 Mother's Day Celebration, L</p> <p style="text-align: right;">7</p> | <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p> <p style="text-align: right;">8</p> | |
| <p>MOTHER'S DAY</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>10:00 Bible Study w/ Shaddy, CR</p> <p>3:00 Resident Choice Game, B</p> <p style="text-align: right;">9</p> | <p>10:00 Chair Exercise, CR</p> <p>10:30 Howdy Stranger Social, F</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>1:00 Paint Palooza, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Book Club, CR</p> <p style="text-align: right;">10</p> | <p>Eat What You Want Day</p> <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Cornhole, CR</p> <p>2:00 Ice Cream Social, B</p> <p>3:30 Wii Sports, F</p> <p>4:00 Walmart Grocery Orders, B</p> <p>4:00 Roll the Dice</p> <p style="text-align: right;">11</p> | <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:30 Howdy Stranger Social, F</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Country Store</p> <p>1:00 Jeopardy, CR</p> <p>3:30 Team Game, CR</p> <p>7:00 Evening Movie, TH</p> <p style="text-align: right;">12</p> | <p>National Apple Pie Day!</p> <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Cornhole, CR</p> <p>1:00 Apple Pie Social</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>3:00 Gardening Club, G</p> <p>3:30 Ring Toss, L</p> <p style="text-align: right;">13</p> | <p>Drum Month</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Aerobic Dance Party</p> <p>11:00 Bible Study, CR</p> <p>11:00 Howdy Stranger Social, F</p> <p>2:00 Card Games, B</p> <p>3:00 Drum Your Way to Happy Hour, L</p> <p style="text-align: right;">14</p> | <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p> <p style="text-align: right;">15</p> | |
| <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>10:00 Bible Study w/ Shaddy, CR</p> <p>3:00 Resident Choice Game, B</p> <p style="text-align: right;">16</p> | <p>10:00 Chair Exercise, CR</p> <p>10:30 Howdy Stranger Social, F</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Minute to Win It, CR</p> <p style="text-align: right;">17</p> | <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Cornhole, CR</p> <p>3:30 Crafters Corner, CR</p> <p>4:00 Walmart Grocery Orders, B</p> <p style="text-align: right;">18</p> | <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:30 Howdy Stranger Social, F</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Country Store</p> <p>1:00 Jeopardy, CR</p> <p>2:00 Dominoes Club, B</p> <p>7:00 Evening Movie, TH</p> <p style="text-align: right;">19</p> | <p>Out of This World — Nasa/Space Exploration</p> <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Cornhole, CR</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>3:00 Insane Engineering of the Mars Perseverance Rover, TH</p> <p>3:30 Rocket Build & Launch, B</p> <p style="text-align: right;">20</p> | <p>National Pizza Party Day</p> <p>9:00 Men's Coffee Group, B</p> <p>10:00 Aerobic Dance Party</p> <p>11:00 Bible Study, CR</p> <p>11:00 Howdy Stranger Social, F</p> <p>2:00 Card Games, B</p> <p>3:00 Let's Have a Pizza Party During Happy Hour</p> <p style="text-align: right;">21</p> | <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p> <p style="text-align: right;">22</p> | |
| <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>10:00 Bible Study w/ Shaddy, CR</p> <p>3:00 Resident Choice Game, B</p> <p style="text-align: right;">23</p> | <p>10:00 Chair Exercise, CR</p> <p>10:30 Howdy Stranger Social, F</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>1:00 Paint Palooza, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:30 Book Club, CR</p> <p style="text-align: right;">24</p> | <p>9:00 Walking Club, L</p> <p>10:00 Balance Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Cornhole, CR</p> <p>3:30 Wii Sports, F</p> <p>4:00 Walmart Grocery Orders, B</p> <p>4:00 Roll the Dice</p> <p style="text-align: right;">25</p> | <p>National Senior Health and Fitness Day</p> <p>10:00 Chair Yoga & Stretch, CR</p> <p>10:30 Howdy Stranger Social, F</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Country Store</p> <p>1:00 Jeopardy, CR</p> <p>3:30 Team Game, CR</p> <p>7:00 Evening Movie, TH</p> <p style="text-align: right;">26</p> | <p>9:45 Blood Pressure Clinic w/Legacy, CR</p> <p>10:00 Strength Class w/ Legacy, CR</p> <p>10:00 Walmart Shopping, O</p> <p>10:00 Cornhole, CR</p> <p>2:00 Billion Dollar Bingo, CR</p> <p>3:00 Gardening Club, G</p> <p>3:30 Ring Toss, L</p> <p style="text-align: right;">27</p> | <p>9:00 Men's Coffee Group, B</p> <p>10:00 Aerobic Dance Party</p> <p>11:00 Bible Study, CR</p> <p>11:00 Howdy Stranger Social, F</p> <p>2:00 Card Games, B</p> <p>3:00 Birthday Bash, L</p> <p>3:00 Comic Happy Hour, L</p> <p>3:00 Birthday Bash</p> <p style="text-align: right;">28</p> | <p>9:30 Walking Club</p> <p>10:30 Coffee Club, L</p> <p>11:00 Trivia in the Lobby, L</p> <p>2:30 Movies and Popcorn, TH</p> <p style="text-align: right;">29</p> | |
| <p>Indianapolis 500</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>10:00 Bible Study w/ Shaddy, CR</p> <p>3:00 Resident Choice Game, B</p> <p style="text-align: right;">30</p> | <p>MEMORIAL DAY</p> <p>10:00 Chair Exercise, CR</p> <p>10:30 Howdy Stranger Social, F</p> <p>11:00 Morning Devotional, CR</p> <p>1:00 Bridge, F</p> <p>2:00 Pokeno for Prizes, CR</p> <p style="text-align: right;">31</p> |  | | | | | |