

Nail Care Tips for Everyone

You use your hands every day, but how often do you think about the health of your fingernails? Whether you get pampered regularly with manicures or just want strong, clean nails, the essentials of nail care are important for everyone to know.

Washing your hands often keeps your body healthy in many ways, including your nails. Rather than using sharp tools to clean beneath them, try a nail brush with soft bristles.

Fingernails can get dry and brittle, just like hair and skin, so one of the main ways to keep them healthy is to moisturize them often, especially after washing your hands. Gently massage the lotion or balm of your choice into your cuticles and nail beds. Resist pushing down your cuticles or trimming them, since they provide protection from infection and also minimize painful hangnails.

Similar to regular haircuts, cutting your nails on a consistent basis can prevent splitting and breaking. Use nail scissors or clippers to trim them straight across, then round the corners with a nail file while moving the file in one direction, not back and forth. If you have a medical condition like diabetes or poor circulation, professional trimming may be the better option.



A Playlist for Pops

This Father's Day, press play on these sweet songs that celebrate the bond between dads and their children.

"Color Him Father": A top 10 hit for R&B group the Winans, this upbeat track from 1969 sings the praises of a kind, hardworking stepfather to a widow's seven children.

"Father and Son": When listening to this 1970 Cat Stevens song, note when the singer-songwriter is singing in a lower register and when he goes up an octave. The deep verses are the father's side of the conversation, and the higher verses are the son's response.

"Daddy's Hands": Country singer Holly Dunn wrote this sweet tribute as a Father's Day gift for her dad. Released in 1986, it spent six months on the country charts and made Dunn a Nashville star.

"I'm Already There": This 2001 single by country group Lonestar resonated with listeners familiar with the message of a father away from home, especially those deployed in the military. The band later recorded a version that included phone calls from soldiers to their loved ones.

"Dance With My Father": Though he lost his father at age 7, Luther Vandross held on to memories of his parents happily dancing in their home. This sentimental ode struck a chord with listeners, sending the song to No. 1 on the R&B charts in 2003.



Dear Residents, Families, and Friends

First, I would like to give a special thanks to our Activity Team for all the hard work that was put into our Annual Mother's Day Tea last month! We celebrated our mothers with tea, snacks, and drinks. Thanks again to our Activities team for always making celebrations at Lewisville Estates special!



It is summer time again and we have many events planned to celebrate! We will be doing a lot of fun activities, like arts and crafts, social on the go and fun happy hours. We will be also celebrating all our dads from Lewisville Estates.

We are still seeking good neighbors to live at Lewisville Estates. If you have friends, neighbors, or family members who are interested in senior living, please have them contact Jordan Luna. Check out our Facebook page and website for weekly picture updates. Thanks for spreading the word.

Happy June,
Smitha Krishnan
Executive Director

Employee of the Month!

Lewisville Estates would like to recognize Elise Ezernack as our Employee of the Month for June! Elise is very diligent, dedicated, assiduous and has an amazing spirit. She is a star of the team who shines and inspires us every day. Elise, your good work is commendable and we're beyond proud to have you here at Lewisville Estates!



INDEPENDENT LIVING

JUNE 2022

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

Birthdays

- Leslie Nix, 5th
- Harris Bynum, 6th
- Carolyn Tucker, 10th
- Cat Westfall, 11th (Employee)
- Jane Baldwin, 15th
- Lily Bozarth, 16th
- Jean Collard, 16th
- Elizabeth Shoven, 16th (Employee)
- Lorraine Parks, 26th

Transportation Schedule

- Monday, 10 a.m. Grocery Stores
- Tuesday & Thursday, 10 a.m. Walmart
- Wednesday, 10 a.m. Post Office/Bank
- Thursday, 2:30 p.m. Misc. Errands
- Friday, 9:30 a.m. Express Errands
- Friday, TBA Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
5	6	7	1	2	3	4
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 10:00 Community Church, CR 3:00 Resident Choice Game, B	10:00 Fab, Fit & Fun w/Jada, CR 10:00 Dollar General, O 10:30 Country Store 11:00 Morning Devotional, CR 12:45 Ambassadors' Meeting, B 1:00 Bridge, B 2:00 Pokeno, CR 3:30 Shade & Lemonade Social, G	9:00 Walking Club, L 10:00 Balance Class w/Legacy, CR 10:00 Catholic Communion, B 10:00 Coloring Club, CR 10:00 Walmart Shopping, O 10:00 Dallas Arboretum & Botanical Garden, O 12:30 Puzzle Mania w/Friends, R66 2:30 Skip-Bo, B 3:30 Scrabble, B	10:00 Post Office/Bank, O 10:00 Fab, Fit & Fun w/Jada, CR 10:30 Country Store 11:00 Morning Devotional, CR 1:30 Spades (Card Game), B 3:00 Dominoes Club w/Snacks, CR	9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/Legacy, CR 10:00 Coloring Club, B 10:00 Walmart Shopping, O 2:00 Try It, You'll Strike It (Bowling), CR 2:30 Misc Errands, O 3:00 Uno, Ice Cream & Friends, B	10:00 Bible Study, CR 10:00 Men's Coffee Group, B 10:00 Foot Massage, F 12:00 Puzzle Time w/Friends, R66 1:30 Wahoo Board Game!, CR 3:30 Friday Fun Happy Hour, L	10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
12	13	14	8	9	10	11
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 10:00 Community Church, CR 3:00 Resident Choice Game, B	10:00 Fab, Fit & Fun w/Jada, CR 10:00 Tom Thumb, O 10:30 Country Store 10:30 Coloring Club, B 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno, CR 3:30 Skip-Bo, B	FLAG DAY 9:00 Walking Club, L 10:00 Balance Class w/Legacy, CR 10:00 Walmart Shopping, O 1:30 Hand & Foot, B 2:30 Town Hall Meeting, CR 3:30 Uno & Friends, B	10:00 Puzzle Mania w/Friends, R66 10:00 Post Office/Bank, O 10:00 Fab, Fit & Fun w/Jada, CR 10:30 Country Store 11:00 Morning Devotional, CR 1:30 Spades (Card Game), B 3:00 Dominoes Club w/Snacks, CR	9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/Legacy, CR 10:00 Walmart Shopping, O 2:00 Billion Dollar Bingo, CR 2:30 Misc Errands, O 3:30 Uno, Ice Cream & Friends, B	10:00 Bible Study, CR 10:00 Men's Coffee Group, B 12:00 Coffee & Conversations, L 1:00 Adult Coloring Club, B 1:30 Puzzle Mania, R66 3:30 Friday Fun Happy Hour, L	10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
19	20	21	15	16	17	18
FATHER'S DAY 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 10:00 Community Church, CR 3:00 Resident Choice Game, B	10:00 Fab, Fit & Fun w/Jada, CR 10:00 Dollar Tree, O 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Sip & Paint, CR 3:30 Hand & Foot, B 4:00 Uno & Ice Cream, B	SUMMER BEGINS 9:00 Walking Club, L 10:00 Balance Class w/Legacy, CR 10:00 Catholic Communion, B 10:00 Make Up & Nails by: Jada & Lucinda, F 10:00 Walmart Shopping, O 12:00 Puzzle Mania w/Friends, R66 2:00 Hedbanz Challenge, B 3:00 Epic Lima Bean Auction!, CR	10:00 Post Office/Bank, O 10:00 Fab, Fit & Fun w/Jada, CR 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Would You Rather? Game, B 2:00 Food Forum, DR 3:00 Dominoes Club w/Snacks, CR 7:30 Movie Night, CR	9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/Legacy, CR 10:00 Walmart Shopping, O 12:30 Hedbanz, B 2:00 Billion Dollar Bingo, CR 2:30 Misc Errands, O 3:30 Beach Volleyball, CR	10:00 Bible Study, CR 10:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Country Store, R66 10:30 Fab, Fit & Fun w/Jada, CR 12:00 Puzzle Time w/Friends, R66 12:00 Adult Coloring Club, R66 3:30 Happy Hour, L	10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
26	27	28	22	23	24	25
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 10:00 Community Church, CR 3:00 Resident Choice Game, B	10:00 Fab, Fit & Fun w/Jada, CR 10:00 Kroger, O 10:30 Country Store 10:30 Coloring Club 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Bean Bag Toss, CR 3:30 Root Beer Float Social!, L	9:00 Walking Club, L 10:00 Balance Class w/Legacy, CR 10:00 Walmart Shopping, O 12:30 Wahoo Board Game!, CR 1:30 Hand & Foot, B 2:00 Movie & Grub!, TH 3:30 Mini Golf, CR	10:00 Post Office/Bank, O 10:00 Fab, Fit & Fun w/Jada, CR 10:30 Country Store 11:00 Morning Devotional, CR 1:30 Spades, B 3:00 Dominoes Club, CR	9:45 Blood Pressure Clinic w/Legacy, CR 10:00 Strength Class w/Legacy, CR 10:00 Walmart Shopping, O 2:00 Texas Hold'em, B 2:30 Misc Errands, O 3:00 Watermelon by the Garden, G	10:00 Bible Study, CR 10:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Country Store, R66 10:30 Fab, Fit & Fun w/Jada, CR 12:00 Puzzle Time w/Friends, R66 12:00 Adult Coloring Club, R66 3:30 Happy Hour, L	10:30 Coffee Club, L 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
29	30					