



Stay Safe in the Heat

When temperatures rise, we need to take precautions to prevent heat exhaustion and heat stroke. These conditions are caused by the body overheating and can be potentially dangerous, especially for older adults. Follow these tips to stay safe and cool this summer:

Stay inside. During extreme heat, the safest place is an air-conditioned area, especially during midday hours. Stay indoors or opt for outings to cool places such as a shopping mall, library or movie theater.

Hydrate. Even if you don't feel thirsty, sip on water or juice throughout the day, and eat hydrating fruits and vegetables. Avoid caffeinated beverages, which can contribute to dehydration.

Dress appropriately. Wear lightweight, loose-fitting clothing in light colors. When outdoors, keep your head cool with a wide-brimmed hat or umbrella.

Take a break. On hot and humid days, it's best to avoid strenuous physical activity, including exercise, even if you're indoors. Rest often and take it slow.

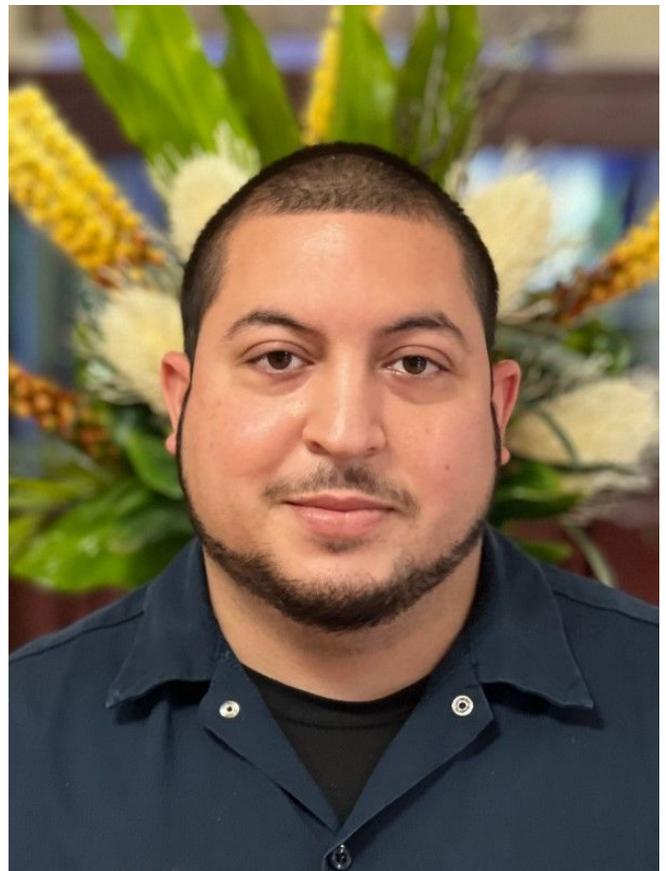
Check your meds. Some medications can affect the way the body regulates temperature. Ask your physician or pharmacist if any of your medications increase your risk of heat-related illness.



AUGUST 2022

Employee of the Month!

Lewisville Estates would like to recognize Carlos Rodriguez as our Employee of the Month for August! Carlos is very diligent, industrious, preserving and is always willing. He has an amazing spirit and shows total dedication! Carlos consistently displays a high level of motivation. Carlos, we appreciate your excellent performance and are beyond proud to have you here at Lewisville Estates!



Locations

Parking Lot	PL
Bistro	B
Community Room	CR
Dining Room	DR
Fitness Room	FR
Garden	G
Library	LL
Lobby	L
Outing	O
Route 66	R66
Theater	TH

Transportation Schedule:

- Monday, 10AM** (Grocery Stores)
- Tuesday & Thursday, 10AM** (Walmart)
- Wednesday, 10AM** (Post Office/Bank)
- Thursday, 2:30PM** (Misc. Errands)
- Friday, 9:30AM** (Express Errands)
- Friday, TBA** (Field Trips/Outings)

Happy Birthday!

- 4-Martha Murphy
- 8-Alyce Eustace
- 9-Mitch Jones
- 19-Char Bonar
- 27-Jane Brazell
- 30-Nadine Grimes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	9:00 Take a Walk around L.E. 9:45 Big Lots 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store is Open" 12:00 Puzzle Mania 2:00 Pokeno 3:30 Hand & Foot	10:00 Balance Class w/ Legacy 10:00 Catholic Communion (Bistro) 10:00 Walmart Shopping 11:00 Activity Meeting 12:00 Adult Coloring Club 2:00 "Sip & Paint" 3:30 Uno, Friends & Ice Cream	10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 2:00 Beach Volleyball 3:00 Dominos Club 4:45 Main St. Cafe	9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping 11:00 Knitting & Crochet Class 12:00 Spades Class 2:00 \$Dollar Bingo\$ 3:30 Red Light, Green Light	10:00 Bible Study 10:30 "Walk This Weigh" w/ Jada 12:00 Puzzle Mania 1:00 Coloring Contest Meeting 2:00 Hand & Foot 3:30 Epic Fun Happy Hour	10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie
7	8	9	10	11	12	13
8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	9:45 Tom Thumb 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store is Open" 1:00 Skip-Bo Crew 2:00 Mexican Bingo w/ Pamela T. 3:30 Hand & Foot	10:00 Balance Class w/ Legacy 10:00 Holy Communion 10:00 Nails & Makeup by: Jada & Lucinda 10:00 Walmart Shopping 11:00 Adult Coloring Club 12:00 Puzzle Mania 1:00 Epic Ring Toss 2:30 Town Hall Meeting 3:30 Skip-Bo Click	10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:30 County Store 11:00 Morning Devotional 12:00 Puzzle Mania 1:00 Try It, You'll Strike It (Bowling) 3:00 Dominos Club	9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping 11:00 Knitting & Crochet Class 1:30 Beach Volleyball 2:30 Mini Golf 3:30 Pizza Drive-by	10:00 Bible Study 10:30 Walk This Weigh w/ Jada 12:00 Puzzle Mania 1:00 Outburst Game 2:00 Hand & Foot 3:30 Let's Turn The Beat Up!	10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie
14	15	16	17	18	19	20
8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	9:45 Dollar Tree 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store is Open" 1:00 Scrabble 2:00 Spelling Bee 3:30 Hand & Foot 4:00 Watermelon by The Garden!	10:00 Balance Class w/ Legacy 10:00 Catholic Communion 10:00 Walmart Shopping 11:00 Adult Coloring Club 12:00 Puzzle Mania 2:00 Murder Mystery 3:00 Epic Fish Bowl Game 4:00 For a Living	10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:00 Walk This Weigh w/ Jada 10:30 County Store <i>11:00 Morning Devotional</i> 2:00 Skip-Bo Crew 3:00 Dominos Club	9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping 11:00 Knitting and Crochet Class 12:00 Puzzle Mania 3:00 "Blue Hawaii" Main Event	10:00 Bible Study 10:30 "Walk This Weigh" by Jada 11:15 Soul Man's BBQ 12:00 Take a Walk around L.E. 1:00 Spades 3:30 Root Beer Float Social	10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie
21	22	23	24	25	26	27
8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	9:45 Kroger 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store is Open" 2:00 Pokeno 3:30 Hand & Foot 4:00 Garage Sale Follow-up Meeting	10:00 Balance Class w/ Legacy 10:00 Holy Communion 10:00 Walmart Shopping 11:00 Adult Coloring 12:00 Puzzle Mania 1:00 Scrabble 2:00 Arts & Crafts 3:00 Red Light, Green Light 7:00 Bingo Night	10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:00 Walk This Weigh w/ Jada 10:30 County Store 11:00 Morning Devotional 1:00 Cornhole 2:00 4 in a Row Connect 4 3:00 Dominos Club	9:45 Blood Pressure Clinic w/ Legacy 10:00 Strength Class w/ Legacy 10:00 Walmart Shopping 11:00 "How to start a Garden Club" meeting 1:00 Chicken Foot 2:00 Musical Chairs 3:00 Movies & Grub	10:00 Bible Study 10:30 Walk This Weigh w/ Jada 12:00 Puzzle Mania 1:00 Outburst Game 2:00 Hand & Foot 3:30 Ice Cream Sundae w/ entertainment Social	10:30 The Coffee Club 11:00 Puzzle Mania 2:00 Skip-Bo Crew 2:30 Afternoon Movie
28	29	30	31			
8:30 "In Search of The Lord's Way" (KDFID Channel 7) 10:00 Community Church 1:30 Bridge 3:00 Card Game Mania	9:45 Big Lots 10:00 "Walk This Weigh" by Jada 11:00 Morning Devotional 12:00 "Country Store is Open" 1:00 Guess the Phrase 2:00 Wheel Of Fortune 3:30 Hand & Foot	10:00 Balance Class w/ Legacy 10:00 Nails & Makeup by: Jada & Lucinda 10:00 Walmart Shopping 11:00 Adult Coloring 12:00 Puzzle Mania 1:00 Scrabble 2:00 Roll the Dice 3:30 "Lima Bean Auction" (Summer Edition)	10:00 Bible Study by Richard N. (theater) 10:00 Post Office/Bank 10:30 County Store 11:00 Epic Ring Toss 2:00 Food Forum 3:00 Dominos Club			

Wild World: Bumblebee

If you see a plump, fuzzy bee flying around some flowers, you're likely looking at a bumblebee. By beating their wings more than 130 times per second, these insects create their trademark buzzing noise, which shakes pollen loose from flowers and onto nearby blossoms. This unique action is called buzz pollination, which many plants rely on to produce fruit, including tomatoes, eggplants and cranberries. Bumblebees are social like honeybees, but their colonies are much smaller and usually located underground. A bumblebee has two large eyes on the front of its head and three smaller eyes on top, useful when seeking out its favorite colors of flowers, blue and purple.



Find the Freshest Fruit

A fresh fruit salad is one of the highlights of summer cuisine. Use your senses of sight, touch and smell to select the tastiest and freshest produce.

Cantaloupes. The melons should have a sweet smell and be cream or golden in color, not green. Avoid fruits with soft spots.

Cherries. Choose those that are plump and shiny. Cherries with intact stems will stay fresh longer.

Grapes. The best specimens will be firm, plump and heavy for their size. They should be firmly attached to the stems, which should be green, not brown and dried out.

Kiwifruits. Avoid fruits that are either rock hard or mushy, instead selecting those that give slightly when pressed.

Peaches. Choose fragrant, deeply colored fruits that are just a little soft at the stem end.

Strawberries. Select small to medium-sized strawberries that are fragrant, shiny and fully red, with no white at the top. The freshest will still have green stems.

Watermelons. The ripest melon will have a large yellow spot on one side where it sat on the ground, be heavy for its size, and sound hollow when you tap it with your knuckles.



In This Photo: *Mary K. Hupfauer!*

A-maizing Sweet Corn

Sweet corn on the cob, with a dab of butter and a sprinkle of salt, is one of the classic tastes of summertime.

Corn was first cultivated by native peoples in what is now Mexico around 7,000 years ago. The grain was a staple in the diets of Native Americans, who bred different varieties and later taught European settlers to grow the crop.

Harvested while the ears are still immature, sweet corn accounts for only 1% of U.S. corn production. The rest is field corn, picked when the kernels are mature and dry, which is used primarily in livestock feed, ethanol and processed foods such as cereal and corn syrup. Though it is technically a whole grain, sweet corn is eaten around the world as a vegetable. Its tender yellow or white kernels are high in fiber. Sold fresh, canned and frozen, the versatile veggie is enjoyed on the cob and off. Sweet corn kernels are often used as an ingredient in salads, soups, casseroles and many Tex-Mex dishes.

Sweet corn consistently ranks as one of the top vegetable picks among U.S. consumers.

