

Connecting With Grandkids

Grandparents Day, the first Sunday after Labor Day, celebrates the relationship between generations. Whether your loved ones live near or far, there are a variety of ways to connect with them and create lasting memories.

Maintaining regular contact is the key to developing enduring bonds. This could mean making weekly visits or phone calls, or sending “just because” cards by mail. With technology such as email, text messaging, video calls and social media websites, it’s even easier to stay in touch.

People of all ages enjoy hearing stories from their older relatives. Retailers offer grandparent journals, which contain prompts to help you write about your life experiences. Your loved ones will treasure reading about those memories now and for years to come. Creating these keepsakes can be a fun hobby and help you feel closer to your family, even when you’re apart.

You’ve probably heard the saying “They may forget what you said, but they will never forget how you made them feel.” What grandchildren will value most from you is love and support. Showing interest in their lives, offering a listening ear, and saying “I love you” are all simple yet shining ways of being a great grandparent.



Honey and Health

Honey, the sweet, golden nectar produced by bees, has been treasured for thousands of years not only for its taste, but also its healing properties.

Antioxidants: Honey is full of these powerful compounds that help protect the body’s cells from damage and have been linked to a reduced risk of heart attack, stroke and some types of cancer. Dark varieties of honey, such as the kind made from buckwheat flowers, have the highest antioxidant levels.



Antibacterial properties: Ancient Egyptians used honey’s antibacterial power to heal wounds and burns, and modern-day health professionals sometimes use medical-grade honey as a wound treatment. Honey’s antiseptic qualities and ability to promote healing make it a popular ingredient in skin care products. Honey is also used in hair care products to soothe various scalp conditions.

Anti-inflammatory effects: There’s a reason why honey is often touted as a remedy for a sore throat or a cough. Multiple studies have shown honey to be a better cough suppressant than several over-the-counter medicines because of its anti-inflammatory properties. Honey’s soothing effect may also provide relief from acid reflux symptoms.

It’s important to remember that honey is still sugar and can affect blood sugar levels. Talk to your health care provider about consuming honey.



Dear Residents, Family and Friends

As another summer comes to an end, I know that we will all be looking forward to the cooler temperatures that September and the fall season will bring! We had a lot of fun celebrating summer this year with Take Me to the Ball Park, Watermelon and Ice Cream Socials, and so much more!

This September we look forward to kicking off our Walking Warriors program, outings that will include lunch at Cristina’s, Chili’s and to El Fresco for dinner, making autumn wreaths and of course, we will be Strolling Down the Strip on Sept. 19 (Main Event). Be sure to check your calendar and weekly reminders for other great activities throughout the month. Don’t forget to invite your family and friends to our Happy Hours and other events!

Thanks,
Erin Montgomery
Executive Director



Reasons to Read

Getting lost in a good book is an enjoyment for many people. More than just entertainment, reading has been shown to be good for your health.

Boosts brain power — Much like exercise for the body, reading a book is a workout for the brain. Critical thinking is required to process the text, make connections between chapters and retain information. This forges new pathways in the brain, which can help protect against cognitive decline.

Promotes sleep — A bedtime routine that includes reading with dimmed lights sends a signal to the body that it’s time to wind down. Physical books work best at night since the glare from digital devices can disrupt sleep.

Reduces stress — A page-turner often transports the reader to another world, providing a break from worries. Participants in one study began to relax after just six minutes of reading.



LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

SEPTEMBER 2019

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

Louie Zepeda, 3rd (Employee)
Bo Bozarth, 3rd
Charles Cruthird, 9th
Mary Dykes, 11th
Laura Budlong, 13th
Doris Hawkins, 15th
Betty Baughman, 19th
Bill French, 24th
Georgia Dempsey, 24th
Donna Billings, 29th

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
7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	LABOR DAY 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 2:30 Star Kids Musical, L 4:00 Trivia Club, R66 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:30 Misc. Errands, O 4:00 Trivia Club, R66 6:00 Mexican Train, LL	National Popcorn Days 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 What Is Popping Happy Hour, L 6:00 Hand & Foot Card Game, B	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) 6:00 Chicken Foot 7:00 Crazy Card Game, B
Grandparents Day 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 2:00 Movie Day w/Grandma & Grandpa, TH 3:00 Resident Choice Game 3:25 Cowboys vs. NY Giants, R66 6:00 Chicken Foot 6:30 Resident Card Games, B	National Assisted Living Week 10:00 Coffee & Snacks Monday Social, L 10:00 Big Lots, O 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Minute to Win It Games, B 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Town Hall Meeting, CR 3:15 Not My First Rodeo Social w/Sunshine, B 6:00 Hand & Foot Card Game, B	PATRIOT DAY 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 2:00 Sassy Senior \$1 Bingo, CR 3:30 Beaded Crafts w/Legacy, B 4:00 Ring Toss, B 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 3:00 Lima Bean Auction 6:00 Mexican Train, LL	9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Cristina's, O 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Friday the 13th Happy Hour, L 6:00 Hand & Foot Card Game, B	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) 6:00 Chicken Foot 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 12:00 Cowboys vs. Washington (Fox), R66 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	National Guacamole Day 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Hearing Aid Clinic, B 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:30 Healthy Bites Talk w/Becky of Klarus, B 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand & Foot Card Game, B	10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 2:00 Sassy Senior \$1 Bingo, CR 3:30 Book Club: "Southern Charm," LL 4:00 Rowdy Ring Toss, B 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:30 Misc. Errands, O 6:00 Mexican Train, LL 6:15 Strolling Down the Strip (Main Event), DR	National Hispanic Heritage Month 9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Let's Fiesta Happy Hour, L 6:00 Hand & Foot Card Game, B	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) 6:00 Chicken Foot 7:00 Crazy Card Game, B
7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 12:00 Cowboys vs. Miami (Fox), R66 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B	AUTUMN BEGINS 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar General 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 3:30 Understanding Medicare w/Legacy, B 4:00 Minute to Win It Games, B 6:00 Hand & Foot Card Game, B	9:30 Chair Zumba Class w/Patty, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 4:30 Out for Dinner to El Fresco, O 6:00 Hand & Foot Card Game, B	One Hit Wonder Day 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Current Events Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:30 Name That One Hit Wonder Song, B 6:00 Nickel (Card Game), B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 10:00 Shopping at Walmart, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Busy Hand Club, R66 2:30 Misc. Errands, O 3:00 Activity Meeting w/Chips and Salsa Social, B 6:00 Mexican Train, LL	9:30 Express Errands, O 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Chili's, O 1:00 Bridge Club, B 2:00 Wonder Word Challenge 3:30 Birthday Bash, L 6:00 Hand & Foot Card Game, B	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) 6:00 Chicken Foot 7:00 Crazy Card Game, B
ROSH HASHANAH BEGINS AT SUNSET 7:30 The Truth in Love (TV Channel 7), R66 8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B 7:00 Cowboys vs. New Orleans, R66	9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Dollar Tree, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR 2:30 Singalong w/Karen, L 4:00 Ring Toss of Fire, B 6:00 Hand & Foot Card Game, B					