

A Slice of Pie History

Pies, with their sweet fillings and flaky crusts, are popular desserts at Thanksgiving dinner, but pie hasn't always been the dish we know today.

Dating back to ancient civilizations, the first pies were filled with meat, fish and other savory foods. Crusts, made from various grains, were created to hold the filling, but not eaten. The Greeks were the first to combine flour and water to make a pastry shell.

Historians say pie made its way to England in the 12th century, where it was called pye. Beef, lamb and duck often made up the filling, held together by a thick, inedible crust. At royal banquets, "surprise pies" were used to provide entertainment: Live frogs, rabbits, birds and even people were encased in baked pastry and emerged when the crust was cut open.

English settlers brought their meat pies to Colonial America. Colonists later used local berries and other fruits to make sweet pies.

As pioneers moved to the West, new pie recipes were created using regional foods. Then the 20th-century innovations of shortening, canned fillings and ready-made crusts made pie-making easier.

Contrary to popular belief, there was no pumpkin pie at the first Thanksgiving in 1621. The Plymouth Colony had no butter or wheat flour for making a crust, and ovens had not yet been built. Pumpkin pie didn't become a staple of Thanksgiving dinners until the 1800s.



Big Events!

Come and join us every month for a great time every third Thursday of the month for our Big Event in our Independent Living.



Health and Wellness — Urinary Incontinence

The topic of bladder control can be extremely sensitive, embarrassing and upsetting. About 25 million Americans have bladder control problems. For many of those people, incontinence episodes can be drastically reduced and even cured. There are typically three ways to manage incontinence: behavioral techniques, medication and surgery. Examples of behavioral interventions include bladder retraining, relaxation training, clothing adaptations, environmental changes/modification, dietary management and pelvic floor exercises. Did you know Legacy Healthcare has a continence management program that addresses many of the above mentioned behavioral techniques? This program has helped many individuals achieve positive results.

If you have any continence or wellness related questions, please contact your physician or the staff in the Therapy Department.

— Kim Mueller, OTR/RD

Legacy Healthcare, Apartment 336

Phone: 972-420-8543



Dear Residents, Family and Friends:

Happy Fall Y'all! We've had a busy and productive October. Thank you to all who participated in Breast Cancer Awareness, Cooking Demo, Halloween Party, Health Fair and the flu clinic. I know the trip to Winstar Casino was extra special! Please check your calendar for all that is happening this month!

November is all about celebrating what we are grateful for. Let us spend this month thinking about all the people who have made a difference in our lives. What did they do that created an extraordinary life experience? As a community, we can enhance others' quality of life by donating a canned food item to the box at the front entryway. Items will be donated to our local food pantry and will be available in the lobby until Nov. 22.

Get ready, the Turkey is on the way! Please join us in celebration: Thanksgiving Buffet Luncheon on Saturday, Nov. 12, at 12 p.m. Reservations must be made in advance no later than Monday, Nov. 7.

I hope this month brings you warm memories of family, food and football.

Regards,
Jessica Hazelton, EXECUTIVE DIRECTOR



Resident of the Month

Our L.E.A.P. (Life Enrichment Activities Program) would like to Recognize Lu Cinde Reeder. Lu Cinde likes to participate in different activities like Happy Hours, Socials and Outings. Thank you, Mrs. Lu Cinde, for your fun personality and awesome smile. We are so glad to have you here at Lewisville Estates.



INDEPENDENT LIVING

NOVEMBER 2016

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

Birthdays

- Jan Kirby, 4th
- Dorothy Cade, 8th
- Camine Rueli, 26th (Employee)
- Max Jones, 29th

"I am grateful for what I am and have. My thanksgiving is perpetual."

— Henry David Thoreau

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Fall Decoration Contest Begins 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Making Life Easy Program w/Home Helpers, B 2:00 Community Pep Rally, L 2:30 Art Expression, AR 6:00 Card Games, B	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 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 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 6:00 Card Games, B	9:30 Walking Warriors w/Kelley of Lake Village, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 1:45 Ear and Hearing Clinic w/Dr. Stuart, B 2:00 Express Errands, O 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
DAYLIGHT SAVING TIME ENDS 9:00 Bible Study, CR 12:00 Cowboys Vs Cleveland, R66 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	ELECTION DAY 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Making Life Easy Program w/Home Helpers, B 2:30 Town Hall Meeting, CR 3:15 Giving Thanks Social w/Sunshine, CR 6:00 Card Games, B	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 Thanksgiving Bingo, CR 3:00 High Tea Social w/Legacy, AR 3:00 Wii Games w/Max, F 3:15 Bible Study, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 10:30 Salute Our Veterans Luncheon, O 2:00 Shopping at Walmart, O 2:30 Honor Our Veterans Speak, B 6:00 Card Games, B	VETERANS DAY 8:30 Out to the Dallas Arboretum, O 9:30 Walking Warriors w/Kelley of Lake Village, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Tribute to Our Veterans Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 11:00 Thanksgiving Luncheon, DR 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 3:25 Cowboys Vs Pittsburgh, R66 6:30 Resident Card Games, B	Selfie Day 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:30 Legacy Health Chat, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Making Life Easy Program w/Home Helpers, B 2:30 Art Expression, AR 6:00 Card Games, B	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 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	Homemade Bread & Apple Cider Day 9:30 Balance Class w/Legacy, CR 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 Homemade Bread & Apple Cider Social, B 6:00 Card Games, B	9:30 Walking Warriors w/Kelley of Lake Village, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Blood Pressure Clinic w/Encompass 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Disney Birthday Celebration, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
9:00 Bible Study, CR 12:00 Cowboys Vs Baltimore, R66 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Making Life Easy Program w/Home Helpers, B 2:30 Art Expression Christmas Wreaths, AR 6:00 Card Games, B	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 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 3:15 Bible Study, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	THANKSGIVING DAY 9:00 Macy's Parade, R66 10:15 Bible Study w/Pastor Frances, CR 2:00 Thanksgiving Wonderword Search, B 3:30 Cowboys Vs Washington, R66 6:00 Card Games, B	9:30 Walking Warriors w/Kelley of Lake Village, B 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Cracker Barrel, O 1:00 Bridge, CR 2:00 Express Errands, O 3:30 I Am Thankful for Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Ring Toss of Fire, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Making Life Easy Program w/Home Helpers, B 2:30 Art Expression, AR 3:00 Minute to Win It w/Legacy, CR 6:00 Card Games, B	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 <i>Sassy Senior \$1 Bingo, CR</i> 3:00 Wii Games w/Max, F 3:30 Book Club, LL 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH 7:00 Rockefeller Christmas Tree Lighting, R66			