



Get Your Fill of Fiber

Fiber is famous for keeping the body's digestive system working, but it also has a powerful effect on other vital functions, helping you live longer and stay healthier.

Controls blood sugar — Eating foods high in fiber — whole grains, vegetables, fruits and nuts — slows the absorption of sugar and carbohydrates into the bloodstream. Blood sugar levels rise gradually instead of spiking and crashing, which also affects your energy level.

Lowers cholesterol — The type of fiber found in foods such as oats and beans attaches to cholesterol in your intestine and keeps it from being absorbed, contributing to heart health.

May reduce inflammation — Studies suggest that people who eat a diet full of fiber have reduced levels of chronic inflammation, which is linked to arthritis and certain cancers.

Helps control weight — High-fiber foods tend to be low in calories and help you feel full faster and longer.

Guidelines recommend older women fill up on at least 21 grams of fiber each day, and 30 grams for older men.

Doctors say getting your daily amount from a variety of foods that are naturally rich in fiber, rather than supplements, is best. Top sources include black beans, peas, raspberries, oatmeal and popcorn.

A World of Comfort Foods

Warm and filling, comfort foods make us happy and often remind us of home. Enjoy a taste of some go-to favorites from around the globe:

Pierogies — These Polish dumplings can have different savory fillings, including potatoes, cheese, sauerkraut or ground meat, and are typically served with sour cream and fried onions.

Soupe a l'oignon — A bowl of French onion soup features caramelized onions in a rich beef stock, covered with a blanket of toasted bread and melted cheese.

Cha siu bao — A dish from southern China, these soft, doughy steamed buns are filled with slightly sweet barbecued pork.

Picadillo — This simple hash of ground beef and tomatoes is popular in Latin American cultures. The iconic Cuban version includes olives and raisins and is paired with rice and beans.

Irio — In Kenya, this mash of potatoes, corn and green peas is so essential that its name literally means "food." It's often eaten as a main dish or served as a side to roasted meat.

Khichdi — Often compared to risotto, this one-pot Indian recipe of rice and lentils is flavored with warm spices such as cumin and turmeric.

Moussaka — A classic casserole from Greece, moussaka is made of layers of sautéed eggplant, potatoes, ground meat, tomatoes and onions, all topped with cheese and a creamy white sauce.



The Lewisville Estates Lifestyle

Assisted Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvillesseniorliving.com

Like Us!

JANUARY 2021

Dear Residents, Families and Friends

Happy New Year, 2021! I think we can all agree we are excited to see what this new year has in store! 2020 was a different year than we expected, but we are so excited for a fresh start with this new year. A very sincere Thank You to each family and resident who donated to our Employee Appreciation Fund. Donations were beyond our expectations, and our staff are very grateful.

Covid-19 cases are still very present in Denton county. We can all play our part to keep Lewisville Estates safe. We ask that you only leave the community for necessary medical appointments. Please remember to wear a mask if you are outside of your apartment and when you answer your door. Also, please remember to wash your hands often and thoroughly. Please let the front office know if you start to experience any symptoms or if you don't feel well.

As we begin 2021, may we remain thankful for all we do together to enhance the lives of those who are so precious to us. We are dedicated to enhancing quality of life for all our residents.

Erin Montgomery
Business Office Director



Kick-Start Your Day

How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.

Wake up to music: Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

Stay offline: If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

Make your bed: This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks.





ASSISTED LIVING
AL#010063

JANUARY 2021

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa

Birthdays

- Olivia Ozor, 4th (Employee)
- John Mark West, 8th (Employee)
- Pauline Morrow, 12th
- Michelle Louro, 15th
- Melinda Najdek, 23rd (Employee)
- Neka England, 23rd (Employee)
- Leticia Tot, 26th (Employee)

Transportation Schedule

Monday, 10 a.m.
Grocery Stores

Tuesday & Thursday, 10 a.m.
Walmart

Wednesday, 10 a.m.
Post Office/Bank

Friday, TBA
Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					NEW YEAR'S DAY 1 10:00 New Year Wonderword Search, L 1:30 Wonder Word Search, AR 3:00 Rose Bowl Game 4:00 Name Your Game!, AR	2 9:30 Walking Warriors 10:30 Word of the Day 2:00 Saturday Movie and Popcorn
3 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L	4 National Trivia Day 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:30 Trivia w/a Twist, L 4:00 Adult Coloring Club, AR	5 Golden Globes 10:00 Chair Zumba 10:45 Fancy Nails, AR 2:00 100 & 214 Group a Bingo, L 3:00 215 & 320 Group B Bingo, L 4:00 Puzzle Mania, AR	6 Three Kings Day 10:00 Chair Yoga, AR 10:30 Puzzle Mania, AR 2:30 Three Kings Cake Cart Social 3:30 Busy Hand Club, L	7 9:30 Grocery Orders 9:45 Chair Zumba, L 10:45 Fancy Nails, AR 2:30 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L	8 Elvis' Birthday Celebration Week 10:00 Chair Zumba 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Jail House Rock Social Hour Cart 4:00 Name Your Game!, AR	9 9:30 Walking Warriors 10:30 Word of the Day 2:00 Saturday Movie and Popcorn
10 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L	11 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 4:00 Wonder Word Search, AR	12 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:45 Roll the Dice, L 2:00 100 & 214 Group a Bingo, L 3:00 215 & 320 Group B Bingo, L	13 10:00 Chair Yoga, AR 10:30 Chicken Foot, AR 2:30 Snack Cart Social 4:00 Trivia, L	14 9:30 Grocery Orders 9:45 Chair Zumba, L 1:45 General Store, L 2:30 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL	15 10:00 Chair Zumba 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 What Is Popping Social Hour Cart 4:00 Name Your Game!, AR	16 9:30 Walking Warriors 10:30 Word of the Day 2:00 Saturday Movie and Popcorn
17 National Activity Professional Week 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L	18 MARTIN LUTHER KING JR. DAY 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 4:00 Adult Coloring Club, AR	19 10:00 Chair Zumba 10:45 Fancy Nails, AR 2:00 100 & 214 Group a Bingo, L 3:00 215 & 320 Group B Bingo, L 4:00 Puzzle Mania, AR	20 Hot Tea Month 10:00 Chair Yoga, AR 10:30 Puzzle Mania, AR 2:30 Hot Tea Social Cart 3:30 Busy Hand Club, L	21 9:30 Grocery Orders 9:45 Chair Zumba, L 10:45 Fancy Nails, AR 2:30 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L	22 10:00 Chair Zumba 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Let It Snow Social Hour Cart 4:00 Name Your Game!, AR	23 9:30 Walking Warriors 10:30 Word of the Day 2:00 Saturday Movie and Popcorn
24 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L	25 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 4:00 Wonder Word Search, AR	26 10:00 Chair Zumba 10:45 Roll the Dice, L 2:00 100 & 214 Group a Bingo, L 3:00 215 & 320 Group B Bingo, L	27 Oatmeal Month 10:00 Chair Yoga, AR 10:45 Volleyball Balloon, L 2:30 Snack Cart Social 4:00 Snowball Toss Game, L	28 9:30 Grocery Orders 9:45 Chair Zumba, L 1:45 General Store, L 2:30 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL	29 National Puzzle Day 10:00 Chair Zumba 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Birthday Bash 4:00 Name Your Game!, AR	30 9:30 Walking Warriors 10:30 Word of the Day 2:00 Saturday Movie and Popcorn
31 Grammy Awards 7:30 In Search of the Lord's Way (Kdfid Channel 7), L 8:30 New Covenant Baptist Church, L 3:00 Cinema Sundays, L 6:00 Grammy Awards 2021, L						