

Dear Family, Friends

and Residents:

Happy New Year 2016! Gratitude is a word that comes to mind when reviewing this month's activities. As we hope to live a life of grace and gratefulness, it is important to thank those who have been so good to us! It is also with gratitude that we thank you for entrusting your loved ones to us as a partnership in care. We are much more successful in bringing love and joy to those we serve when we join together.

December was a festive month with all the trees and wreaths throughout the community! A special thank you to all the vendors that participated in the spirit. January will also be a busy month filled with many outings in the community, and we will be "Putting on the Ritz: A Roaring '20s Party."

A very sincere thanks to each family and resident who donated to our Employee Appreciation Fund. Donations were beyond our expectations. We held a fun-filled party where employees received your gifts, and our staff was very appreciative.

As we begin 2016, 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. We wish each of you a Happy and Healthy New Year!

## Legacy Healthcare On Health & Wellness: Low Vision

Low vision is a visual impairment that interferes with a person's ability to perform daily activities. One in three people over the age of 65 has a vision reducing eye disease. 69% of blind individuals are over the age of 80.

Here are some eye diseases that cause visual impairment.

- 1. Age related macular degeneration: blurred vision, image distortion, blind spots and difficulty with reading.
- 2. Glaucoma: optic nerve damage resulting in visual field loss.
- 3. Cataracts: lens opacities interfering with vision function, causing blurred vision or inability to adjust to glare.
- 4. Diabetic Retinopathy: impaired retinal circulation due to damage to the tiny blood vessels that bring oxygen and nutrients to the retina. This can cause blurred vision, floaters, visual field loss and poor night vision.

Some difficulties due to visual loss include: increased fall risk, depression, social isolation and dependence with daily activities.

How can you prevent visual loss/disease? Regular eye exams by your optometrist/ophthalmologist, smoking cessation, control of cholesterol, blood sugars and hypertension will all assist in maintaining good eye health.

— Jessica

EWISVILLE **'STATES** Senior Living at Ease ASSISTED LIVING

**SUNDAY** 

2:00 Bible Study w/

3:00 Dominoes, AR

Rob Harrison, L

AL#010063

#### **JANUARY 2016**

Locations

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

#### **Transportation** Schedule

Monday 10 a.m. Albertsons

Tuesday 10 a.m. Walmart

Wednesday 10 a.m. Post Office/Bank

> Thursday 2 p.m. Walmart

Thursday 10 a.m. **Miscellaneous Errands** 

Friday TBA Field Trips/Outing Friday 2 p.m. Express Errands

### **Birthdays**

Carol "Jean" Barker, 6th Kathy Payne, 11th Sherry Shields, 20th LaNelle Sarine, 31st

3 6 4 5 8:00 Beauty Salon Is Open 9:45 Exercise 9:30 Catholic Communion 9:45 Tone Those 8:30 New Covenant 10:00 Christian Service w/ & Service, DR Bones w/Erin Extreme!, AR **Baptist Church**, L Rev. Christal Fisher, L 10:00 Shopping at Walmart, O (Rehab Trust), AR 10:00 Shopping at 1:30 Millionaire Exercise, AR 10:00 Craft Club: Snowflake 9:30 Sit and Be Fit, L 10:00 Post Office/Bank Outing, O Albertsons, O Wreaths, AR 2:00 Shopping at Walmart, 10:15 Snack Attack, L 1:00 Games w/Friends, AR 1:30 Gold Chair Exercise, AR 10:15 Walking Club 2:15 Men's Coffee Group, B 2:00 Bible Study w/ 2:00 Bible Study w/ 2:30 Bible Stories Reading Club, L 3:30 Blackjack 21 Card 1:30 Today in History, L Rob Harrison, L 3:00 Learn To Play Poker, AR Rob Harrison, L Games, AR 3:30 Bingo for Chocolate, AR 3:30 Bingo for Chocolate, AR 3:30 Small Group Time 4:00 If You Were Me. 3:00 Dominoes, AR 4:00 Winning Is a Good Thing!, L 4:00 A Day in the Life, L 4:00 What's Happening?, L You Would ..., L 8:30 New Covenant 10 11 12 13 8:00 Beauty Salon Is Open 9:45 Tone Those Bones w/ 9:45 Exercise 9:30 Catholic Communion 10:00 Christian Service Erin (Rehab Trust), AR Baptist & Service, DR Extreme!, AR w/Rev. Christal Fisher, L 10:00 Post Office/Bank Outing, O 10:00 Shopping at Walmart, O Church, L 1:30 Millionaire Exercise, AR 10:00 Shopping at 1:30 Gold Chair Exercise, AR 10:15 Snack Attack, L 2:00 Shopping at Walmart, O 9:30 Sit and Be Fit, L Albertsons, O 2:30 Bible Stories Reading Club, L 10:30 Lunch @ Red Robin 2:15 Men's Coffee Group, B (Group 1), O 10:15 Walking Club 3:00 Learn To Play Poker, AR 1:00 Games w/Friends, AR 2:15 Staying Warm Chat 2:00 Bible Study w/Rob Harrison, L 3:30 Small Group Time 1:30 Today in History, L From Senior Select, AR 2:00 Bible Study w/ 3:00 Town Hall Meeting, L 4:00 What's Happening?, L 3:30 Bingo for Chocolate, AR 3:30 Blackjack 21 Card Games, Rob Harrison, L 5:45 Family Night: Puttin' 3:30 Bingo for Chocolate, AR 4:00 If You Were Me, You 4:00 A Day in the Life, L on the Ritz, L 4:00 Winning Is a Good Thing!, L 3:00 Dominoes, AR Would ..., L 17 MARTIN LUTHER KING 18 9:30 Catholic 19 20 8:30 New Covenant 9:45 Tone Those Bones w/ 8:00 Beauty Salon Is Open IR. DAY Communion Erin (Rehab Trust), AR Baptist 10:00 Christian Service & Service, DR 9:45 Exercise Extreme!, AR 10:00 Post Office/Bank Outing, O Church, L w/Rev. Christal Fisher, L 10:00 Shopping at Walmart, O 10:00 Shopping at 10:15 Snack Attack, L 1:30 Millionaire Exercise, AR 9:30 Sit and Be Fit, L 1:30 Gold Chair Exercise, AR 10:15 Health Talk by Albertsons, O 2:00 Shopping at Walmart, O 2:30 Bible Stories 1:00 Games w/Friends, AR **Encompass**, L 10:15 Walking Club 2:15 Men's Coffee Group, B Reading Club, L 2:00 Bible Study w/ 2:00 Bible Study w/ 3:30 Blackjack 21 Card Game 1:30 Today in History, L Rob Harrison, L 3:00 Learn to Play Poker, AR 4:00 If You Were Me, You Rob Harrison, L 3:30 Bingo for Chocolate, AR 3:30 Bingo for Chocolate, AR 3:30 Small Group Time Would ..., L 4:00 Winning Is a Good Thing!, L 3:00 Dominoes, AR 4:00 A Day in the Life, L 4:00 What's Happening?, L 25 9:30 Catholic 26 27 8:30 New Covenant 24 9:45 Exercise 9:45 Tone Those 8:00 Beauty Salon Is Open Communion Baptist Extreme!, AR Bones w/Erin 10:00 Christian Service w/ & Service, DR Church, L (Rehab Trust), AR Rev. Christal Fisher, L 10:00 Shopping at 10:00 Shopping at Walmart, O 10:00 Post Office/Bank Outing, O 1:30 Millionaire Exercise, AR 9:30 Sit and Be Fit, L Albertsons, O 1:30 Gold Chair Exercise, AR 10:15 Snack Attack, L 2:00 Shopping at Walmart, O 10:15 Walking Club 2:30 Bible Stories 1:00 Games w/Friends, AR 2:00 Bible Study w/ 2:15 Men's Coffee Group, B Reading Club, L 1:30 Today in History, L 2:00 Bible Study w/ Rob Harrison, L 3:30 Blackjack 21 Card Game 3:00 Learn to Play Poker, AR 3:30 Bingo for Chocolate, AR Rob Harrison, L 3:30 Bingo for Chocolate, AR 4:00 If You Were Me, You 3:30 Small Group Time Would ..., L 4:00 A Day in the Life, L 4:00 Winning Is a Good Thing!, L 3:00 Dominoes, AR 4:00 What's Happening?, L 31 8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L

TUESDAY

MONDAY

WEDNESDAY

THURSDAY





FRIDAY				SATURDAY	
25	NEW Y	EAR'S DAY 1		2	
			9:30	Sit Down	
	Hann	v Novy Voovl		& Tone Up, L	
		y New Year!	10:30	Word Find Challenge	
4	10:00	Tournament of Roses Parade	1:30	Games w/Staff, AR	
TA		(Rose Bowl)	2:00	Dominoes, AR	
			3:00	Fun Flicks, L	
7	9:45	Exercise 8		9	
		Extreme, AR	0.20		
,		Farkel Fridays, AR	9:30	Sit Down &	
0	2:00	Weekly Social	10.20	Tone Up, L	
		Featuring Cowboy Bob, L		Word Find Challenge	
	3:30	Board Game		Dominoes, AR	
	5.50	Bonanza, AR	3:00	Fun Flicks, L	
	4:00	Weekly Wrap Up, L			
14	Arbor [			16	
	9:45	Exercise	9:30	Sit Down	
		Extreme, AR		& Tone Up, L	
	10:30	Lunch @ Red Robin	10:30	Word Find Challenge	
	2:00	<b>(Group 2), O</b> Polka Polka Social	1:30	Games w/Staff, AR	
ł	2100	feat. Les Huey, L	2:00	Dominoes, AR	
;, AR	3:30		3:00	Fun Flicks, L	
	4:00	Weekly Wrap Up, L			
21		22		23	
	9:45	Exercise	0.30	Sit Down &	
		Extreme, AR	9.50	Tone Up, L	
C	10:00	Farkel Fridays, AR	10.30	Word Find Challenge	
	3:30	Board Game		Dominoes, AR	
es, AR		Bonanza, AR		Fun Flicks, L	
	4:00	Weekly Wrap Up, L	5.00	r un r neks, E	
28	9:45	Exercise 29		30	
		Extreme, AR	9:30	Sit Down &	
	1:30	Weekly Social	2.50	Tone Up, L	
С		Featuring Bill	10.30	Word Find Challenge	
-		Cobb, L		Dominoes, AR	
es, AR	3:30	Board Game		Fun Flicks, L	
		Bonanza, AR	5.00		
	4:00	Weekly Wrap Up, L			





## You Make the Difference! (Vendors, Partners, & Helpers)

Last month we celebrated Christmas in style with our Christmas Tree Forest! Thank you everybody for being there and making it awesome!

- ART
- ACT
- Ardent
- Encompass
- Novus
- Seasons
- North Texas HC
- Senior Select
- Zeal
- Legacy
- New Covenant
  Baptist
- The Jehovah's Witnesses
- Rev. Christal Fisher
- Rob Harrison
- Colleen Banas
- Hollymead
- Mayhill



Star Wars comes to Lewisville Estates!

- Community Care Pharmacy
- Patriot Imaging
- Senior Helpers
- New Century
- ... and Many More!

# **Resident of the Month**

It's 2016, and we are proud to honor, Honore! Honore Wong and Minnie (her dog) have been a true blessing to anyone who has met them, and we love having both a part of Lewisville Estates!



Honore at the Gaylord Texan!

# New Year! Great Entertainment! Great Fun!

Come join us for a month of fun with musical guests, a family night never to be forgotten, and a pie-in-your-face event you won't want to miss! Check out the awesome line up!

Jan. 8, at 2 p.m. — Cowboy 10:30 a.m. — Lunch at Red Robin Burgers

Jan. 12, atJan. 22, at 25:45 p.m. — Family Night:Second AndPuttin' On the Ritz featuringFace SocialRhonda MedinaIan 29 at 2

Jan. 13 and 15, at

Jan. 22, at 2 p.m. — Second Annual Pie-In-Your-Face Social

Jan. 29, at 1:30 p.m. — Bill Cobb performs

Don't forget: the podiatrist will be here Jan. 7-8!



Jane meets the Pie Guy!

# Puttin' On the Ritz: A Roaring 1920s Family Night

What did the 1920s bring us? Flappers, women's suffrage, the washing machine, vacuum cleaner and the first commercial radio station! In fact, by 1923 there were over 500 stations across the U.S. with a radio in over 12 million homes by the end of the decade!

We're celebrating this momentous time at Lewisville Estates by

throwing a Ritzy party of our own! So get to work on your Charleston, get dolled up and come join us for Puttin' on the Ritz, featuring Rhonda Medina! You won't want to be anywhere else!



