

Understanding Cholesterol

Keeping cholesterol levels within an ideal range is essential for good health. That's why it's important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it's also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.

There are two types of cholesterol, and the levels of both can be measured with a blood test. Low-density lipoprotein, or LDL, is the "bad" kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the "good" type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels. It is important to get regular checkups and consult your physician if you have any questions or concerns.



Bursting With Blossoms

A sure sign of spring is the beautiful blossoming of many trees. Here are a few varieties that put on a seasonal show:

Dogwood — Native to North America, the dogwood is famous for its stunning springtime display of white or pink blooms, making it a popular landscaping tree since America's earliest days. Both George Washington and Thomas Jefferson had dogwoods planted at their estates.

Japanese flowering cherry — This tree is the star of the National Cherry Blossom Festival in Washington, D.C., as well as other spring celebrations around the world. Its branches display delicate pink-white flowers that bloom for just a short time early in the season.

Magnolia — Prized for their large, fragrant flowers in shades of white, pink, red, purple and yellow, magnolias are often associated with the South, but varieties are grown in every region.

Eastern redbud — Dainty clusters of magenta blooms attract butterflies and birds to the redbud, which grows primarily in the eastern half of the U.S.

Arts and Crafts!

Come and join us every Thursday afternoon for fun arts and crafts.



The Lewisville Estates Lifestyle

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

LEWISVILLE ESTATES SENIOR LIVING AT EASE
Like Us!

APRIL 2019

Dear Residents, Families and Friends

Each spring around the world, people celebrate the Spring Equinox, Passover or Easter. These holidays have crossover symbolisms. Everything about spring symbolizes freshness and new beginnings. We wish for our residents to have a fresh outlook on life and all the opportunities it holds, to become active and vibrant with the new beginnings of spring and to live each day to the fullest. No matter if the symbol of Easter to use is a chocolate bunny or the cross on your wall, please remember this is a time of new beginnings in life.

In March, we celebrated Employee Appreciation and received so many "Thank You's" from residents! The employees would like to say thank you to each and every one of you for all the kind words that were said!

April will be filled with new and enriching events; check out the calendar for more details. We will be celebrating Community Spirit month with both staff and residents, and we would love for you and your families to join in the festivities. Lewisville Estates will be hosting our Main Event: Vaudeville in Paris on April 9. Some of the outings this month will include Winstar Casino, Chili's and Mama's Daughter's Diner. We welcome all new residents to join in on the fun and hope to see you all participating in new activities this month.

We hope this warmer weather brings a "spring" to your step! Lewisville Estates is excited for what this new season brings and hopes you are too!

Regards,
Erin Montgomery
Executive Director



ASSISTED LIVING
AL#010063
APRIL 2019

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

- Lillian Boyko, 1st
- Barbara Goodwin, 8th
- Dorothy Cagle, 20th
- Nastasya Shannon, 21st (Employee)
- Henry Tomecek, 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

Friday, TBA
Field Trips/Outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Community Spirit Month April Fools' 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Adult Coloring Club, AR	2 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	3 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/Cliff of Lifeway Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 4:00 Trivia, L	4 9:00 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club, L 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	5 Wear Jersey Day 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to Mama's Daughter Diner, O 1:00 Bible Study w/Laura 2:00 You Had Me at Pizza Social Hour, L 4:00 Name Your Game!, AR	6 9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	8 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Shopping at Big Lots, O 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Wonder Word Search, AR	9 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 9:45 Blood Pressure Clinic w/Life Way Hospice, L 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Popcorn/Movie, L 3:00 Game of Choice, L 6:00 Vaudeville in Paris (Main Event), L	10 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/Cliff of Lifeway Hospice, L 1:00 Chicken Foot (Dominoes), AR 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 3:00 Town Hall Meeting, L 4:00 Spelling Bee, L	11 9:00 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Giant Crossword Puzzle, L 2:30 Art Expression, AR 3:30 Ring Toss of Fire, L	12 Walk on Your Wild Side Day Wear Mix Match Clothes Day 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Let's Walk on the Wild Side Social Hour, L 4:00 Name Your Game!, AR	13 9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
14 PALM SUNDAY 7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	15 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Adult Coloring Club, AR	16 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Movie & Snack, L 2:00 Fancy Nails & Hand Massage, AR 3:00 Game of Choice, L	17 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/Cliff of Lifeway Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 4:00 Trivia, L	18 9:00 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Storytelling Club, L 1:30 Easter Egg Hunt, L 2:30 Art Expression, AR 4:00 Rowdy Ring Toss, L	19 GOOD FRIDAY PASSOVER BEGINS AT SUNDOWN Twin Day 9:30 Senior Fitness, AR 10:30 Wonder Word Search, AR 11:00 Out to Chili's, O 1:00 Bible Study w/Laura 2:00 Spring Fling Social Hour, L 4:00 Name Your Game!, AR	20 9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
21 EASTER 7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	22 EARTH DAY 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Out to Tom Thumb, O 2:00 Sassy Senior Bingo w/Lifeway, AR 4:00 Wonder Word Search, AR	23 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 1:00 Popcorn/Movie, L 2:00 Social Hour w/ Legacy, L 3:00 Game of Choice, L	24 9:30 Tone Those Bones, AR 10:00 Post Office/Bank, O 10:00 Bible Study w/Cliff of Lifeway Hospice, L 1:30 Card Club, AR 2:00 Snack Attack Bingo, AR 4:00 Spelling Bee, L	25 9:00 Chair Exercise, L 9:45 Christian Service w/Rev. Mark, L 10:00 Shopping at Walmart, O 1:00 Giant Crossword Puzzle, L 2:30 Art Expression, AR 3:30 Ring Toss of Fire, L	26 Wear Your Favorite Superhero Shirt Day 9:30 Senior Fitness, AR 10:00 "Family Feud," L 10:30 Wonder Word Search, AR 1:00 Bible Study w/Laura 2:00 Birthday Bash, L 4:00 Name Your Game!, AR	27 9:30 Word of the Day! 9:30 Beauty Salon Is Open 9:30 Chair Exercise, L 10:30 Wonder Word Search, AR 2:00 Saturday Bingo, AR 3:30 Resident Choice of Game, L
7:30 The Truth in Love (TV Channel 7), L 8:30 New Covenant Baptist Church, L 8:30 In Search of the Lord's Way (TV KTXA Channel 12), L 2:00 Church Service w/ Rob Harrison, L 3:00 Cinema Sundays, L	29 9:30 Exercise w/Legacy, AR 10:00 The Prize is Right and Snack Social, L 10:00 Dollar Tree, O 2:00 Sassy Senior Bingo w/Lifeway, AR	30 9:30 Senior Fitness, AR 9:30 Beauty Salon Is Open 10:00 Shopping at Walmart, O 10:30 Catholic Communion 3:00 Game of Choice, L				