Ways to Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

Make it part of your daily routine — Dietitians recommend drinking water at several specific points during the day: After you wake up, with meals, before and after exercise, and when taking medication.

Pick a cup and fill 'er up — An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use.

Sip through a straw — Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

Adjust the temp — Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature.



U.S. Military Helmets Through History (Continued)

World War II soldiers wore the M1 helmet, which extended farther down the head and had a steel shell and adjustable liner, similar to construction hard hats. Its sturdiness prompted troops to nickname it the "steel pot." The M1 went on to be the



standard-issue helmet during the Korean and Vietnam wars.

Layers of puncture-resistant Kevlar provided a more lightweight yet effective shield against battlefield hazards for troops during the 1980s and '90s.

Since 2003, U.S. ground forces have worn the ACH, or advanced combat helmet, but officials are continually testing new options to provide the most state-of-the-art military helmet.

Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century.

Although bananas are considered fruits, botanically



they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.

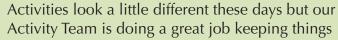


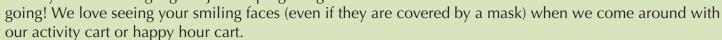




Dear Residents, Families and Friends

First, I would like to give a special thank you to all Lewisville Estates' residents and families for their patience and understanding during this trying time. The staff are truly grateful for all the kind words of encouragement that we have received from residents and families. These words of encouragement have helped as we work together to get through this. And we will get through this, together!





Please remember that we should all be wearing a mask if you are outside of your apartment or even when you answer your door. Also, we now have iPads and laptops set up for FaceTime visits or TeleDoc appointments. For more information, please see the Front Desk.

This has truly been a team effort. I want to say "Thank you!" to the entire staff. The Dining staff, our Caregivers, Housekeepers, our Concierge team, Activity Team, Night Monitors, Office staff and Maintenance staff have all gone above and beyond!

Erin Montgomery
Executive Director

U.S. Military Helmets Through History

A crucial piece of equipment for a soldier in battle is their helmet.

The U.S. Army first issued helmets when America entered World War I in 1917. Modeled after the British Army's Brodie helmet, the headgear resembled an upside-down metal bowl with a brim and chinstrap. The steel helmet helped protect the tops of soldiers' heads, but the face and sides of the head were left exposed.

(Continued on back.)





ASSISTED LIVING AL#010063

JUNE 2020

Locations

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

Birthdays

Virginia Villarreal, 6th Charles Curtis, 9th Anne Collins, 15th Nita Pond, 23rd James Ringerberger, 27th

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

"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."

-Vivian Greene

Hospice, L

Bingo w/the Yellow Rose, AR

2:00 Sassy Senior

Rob Harrison, L

3:00 Cinema Sundays, L

Communion

3:30 Trivia, L

SUNDAY TUESDAY FRIDAY MONDAY WEDNESDAY THURSDAY SATURDAY 5 D Day 9:30 Senior Fitness, AR 2 3 National Safe Day 9:30 Exercise w/ 9:30 Tone Those **Banana Split Day** Legacy, AR 9:30 Beauty Salon 9:30 Chair Exercise, L 9:30 Beauty Salon Bones, AR **Donut Day** 10:00 "The Prize Is Right" Is Open 10:00 Christian Service Is Open 10:00 Post Office/Bank, O 9:30 Senior Fitness, AR and Snack Social, L 10:00 Therapy Dog w/Rev. Mark, L 10:30 Puzzle Mania, AR 9:30 Chair Exercise, L Word of the Day, L 12:45 Bible Study w/Laura 10:30 10:30 Catholic 10:15 1:1 Session w/Sarah 1:30 Card Club, AR 10:30 Word of the Day 1:00 Bible Study w/ 1:30 Wonder Word **Communion** 1:30 Memories and the Yellow Rose 2:00 Snack Attack Search, AR 1:00 Fancy Nails 10:45 Guess Who? Music, L Hospice, L 2:00 Banana Split Bingo, L 2:00 Saturday 1:30 Movie & Snack, L 2:30 Art Expression, AR 2:00 Sassy Senior Bingo w/ Social Hour, L 3:30 White Board Game Bingo, AR 2:30 Puzzle Mania, AR the Yellow Rose, AR 4:00 Giant Crossword 4:00 Name Your Game!, AR of Choice, L 3:30 Roll the Dice, L Adult Coloring Club, AR 3:30 Trivia, L Puzzle, L 10 9 Iced Tea Day **National Flip Flop Day** 9:30 Exercise w/ 9:30 Senior Fitness, AR 9:30 Beauty 7:30 In Search of the Legacy, AR 9:30 Beauty Salon Is Open 9:30 Tone Those 9:30 Senior Fitness, AR Salon Is Open Lord's Way (Kdfid 9:45 Blood Pressure 9:30 Chair Exercise, L 10:00 "The Prize Is Right" Bones, AR 10:15 Coffee and 9:30 Chair Exercise, L Clinic w/the Yellow and Snack Social, L Channel 7), L 10:00 Christian Service 10:00 Post Office/Bank, O Checkers, L Rose Hospice, L 10:30 Word of the Day 10:30 Word of the Day, L 8:30 New Covenant w/Rev. Mark, L 10:30 Chicken Foot, AR 12:45 Bible Study w/Laura 10:00 Therapy Dog 1:00 Bible Study w/the 1:00 Fancy Nails 10:30 Catholic Communion **Baptist Church, L** 1:30 Card Club, AR 10:15 1:1 Session w/Sarah 1:30 Wonder Word Yellow Rose Hospice, L 10:45 Roll the Dice, L 2:00 Saturday Search, AR 2:00 Church Service w/ 2:00 Snack Attack 12:45 General Store, L 2:00 Sassy Senior Bingo w/ 1:30 Popcorn/Movie, L Bingo, AR 2:00 Flip Flop Your Way Rob Harrison, L Bingo, L the Yellow Rose, AR 2:30 Art Expression, AR 2:00 Fancy Nails & Hand 3:30 Giant Crossword to Social Hour, L 4:00 Wonder Word Massage, AR 3:30 Iced Tea and 3:00 Cinema Sundays, L 3:30 Trivia, L Puzzle, L Search, AR 4:00 Name Your Game!, AR Trivia Social, L FLAG DAY SUMMER BEGINS 15 16 17 9:30 Exercise w/ **Wear Blue Day** 9:30 Chair Exercise, L 9:30 Tone Those Legacy, AR 9:30 Senior Fitness, AR 9:30 Beauty Salon 7:30 In Search of the 9:30 Senior Fitness, AR Bones, AR 10:00 Christian Service 10:00 "The Prize Is Right" 12:45 Bible Study 9:30 Beauty Salon Is Open Is Open Lord's Way (Kdfid 10:00 Post Office/Bank, O w/Rev. Mark, L and Snack Social, L 10:00 Therapy Dog w/Laura Channel 7), L 9:30 Chair Exercise, L 10:30 Puzzle Mania, AR 10:15 1:1 Session w/Sarah 10:30 Word of the Day, L 10:30 Catholic Communion 1:30 Wonder Word 8:30 New Covenant 10:30 Word of the Day 1:00 Bible Study w/ 1:30 Card Club, AR 1:30 Memories and 10:45 Guess Who? Search, AR Baptist Church, L the Yellow Rose 1:00 Fancy Nails Music, L 2:00 Snack Attack 1:30 Movie & Snack, L 2:00 Father's Day Hospice, L 2:00 Church Service w/ 2:00 Saturday 2:30 Art Expression, AR Bingo, L 2:30 Puzzle Mania, AR Celebration, L 2:00 Sassy Senior Bingo w/ Rob Harrison, L Bingo, AR 3:30 White Board Game 4:00 Giant Crossword 3:30 Trivia, L 4:00 Name Your the Yellow Rose, AR 3:00 Cinema Sundays, L 3:30 Roll the Dice, L of Choice, L Puzzle, L 4:00 Adult Coloring Club, AR Game!, AR FATHER'S DAY 21 24 25 23 **26** 9:30 Senior 9:30 Exercise w/ **National Hydration Day** 9:30 Beauty Fitness, AR Legacy, AR 7:30 In Search of the 9:30 Senior Fitness, AR **National Crafts Week** Salon Is Open 9:30 Tone Those "The Prize Is Right" 10:15 Coffee and 9:30 Beauty Salon Is Open Lord's Way (Kdfid 9:30 Chair Exercise, L Bones, AR 9:30 Chair Exercise, L and Snack Social, L Checkers, L 10:00 Therapy Dog Channel 7), L 10:30 Word of the Day 10:00 Post Office/ 10:00 Christian Service 10:30 Word of the Day, L 10:30 Catholic Communion 12:45 Bible Study 8:30 New Covenant Bank, O 1:00 Bible Study w/the w/Rev. Mark, L 1:00 Fancy Nails 10:45 Roll the Dice, L w/Laura Baptist Church, L Yellow Rose Hospice, L 1:30 Card Club, AR 10:15 1:1 Session w/Sarah 2:00 Saturday 1:30 Popcorn/Movie, L 1:30 Wonder Word 2:00 Sassy Senior Bingo w/ 2:00 Church Service w/ 2:00 Snack Attack 12:45 General Store, L Bingo, AR 2:00 Fancy Nails & Hand Search, AR the Yellow Rose, AR Rob Harrison, L Bingo, L 2:30 Art Expression, AR 3:30 Giant Crossword Massage, AR 4:00 Name Your 4:00 Wonder Word 3:00 Cinema Sundays, L Search, AR 3:30 Trivia, L Puzzle, L Game!, AR 29 30 28 9:30 Exercise w/ 7:30 In Search of the Legacy, AR 9:30 Senior Fitness, AR 10:00 "The Prize Is Right" Lord's Way (Kdfid 9:30 Beauty Salon and Snack Social, L Channel 7), L Is Open 10:30 Word of the Day, L 8:30 New Covenant 1:00 Bible Study w/ 10:00 Therapy Dog Baptist Church, L the Yellow Rose 10:30 Catholic 2:00 Church Service w/

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