# **Summertime Safety**

Summertime means more time spent outdoors soaking up the sun, and unfortunately battling the sun's rays as well. Fresh air is healthy for seniors, but over exposure to the sun and heat is not. Make sure you are familiar with the following summer safety precautions related to senior health.

Dehydration is a common health risk in the summer. Not only should seniors increase their water intake during the summer, it is also vital to decrease their consumption of alcohol and caffeinated drinks. Doctors recommend seniors drink at least 8 glasses of water a day, even if they do not feel thirsty. This is especially important because seniors do not always realize they are thirsty. Food can also play a part in maintaining a healthy body temperature. Avoid foods that are high in protein, which increase metabolic heat. Sandwiches, salads, fresh fruit, and vegetables are good choices. It is also important to eat several smaller meals as opposed to a few large meals.

Seniors are highly encouraged to stay indoors during the hottest times of the day – usually between 12:00 p.m. – 4:00 p.m. If outside, seniors

should regularly apply sunscreen and wear protective, light-colored clothing. It is also important to take steady breaks from outdoor activities. If seniors must be outdoors, choose the coolest part of the day—usually between 4:00 p.m. and 7:00 am. Encourage seniors to use fans or air conditioners to maintain a cool, but comfortable environment.

Heat Exhaustion occurs when a person exercises or works in a hot environment and sweating cannot dissipate the heat generated within the body. Often dehydration occurs because the person hasn't replaced the water lost by sweating. It is important to know the signs of heat exhaustion:

- Profuse sweating,
- Weakness
- Muscle cramps,
- Headache,
- Nausea and vomiting

Finally, it is extremely important for all of us to check in with seniors on hot days to make sure they are making healthy choices in the heat!

# **Hello Residents of Lewisville Estates**

Legacy Healthcare is continuing our monthly awareness health talks, and this month is "Restless Leg Syndrome Awareness". So come join in on the discussion July 14th at 3:30 in The Bistro at the IL, or July 21st at 3:30 in the Community Room at the AL. For all those who attend, you get to fill out a quick questionnaire for another chance to win a Walmart gift card and maybe even earn some Lewisville Estates bucks for attending!

Are you fearful of falls? Have you noticed your feet just aren't clearing the ground as they once did? We are continuing in our battle with gravity, so if you have a fear of falling or questions about balance, join in on the fight. By popular demand, we will continue to meet every Tuesday in the bistro to host a balance clinic to address the risks

for falls. If you have bad ankles, knees or hips, or just know you've been relying on that walker a little more than usual, please join in. We will be meeting on **July 3rd, 10th, 17th,** and **24th** at **10:30** in the **Community Room**. Don't forget to dress for exercise, because we will be active.

Finally, for all you lucky residents in the AL, you will continue to see us every **Thursday** afternoon at **1:30** and **Friday** morning at **9:30** in the **Activity Room** for our 30-minute, head-to-toe exercise class, Stretch & Grow.

Wishing you a very safe and happy Independence Day, Michael and the Legacy Healthcare Team Suite 336 • 972-420-8543









As we kick off July and the lovely Texas torturing temperatures, don't forget we have something great to celebrate! Independence day or rather July 4th brings out all the hotdogs, popsicles, watermelon and fireworks we can bare. Although this weekend we may all be doing a lot of celebrating remember to stay hydrated, and use fireworks safely. We all know Texas is pretty dry, yet around this time of year I even see several grass fires. Even keeping a closer eye on our senior population to make sure they are getting enough fluids. Here at the community you may see us giving out Jell-O or even popsicles as different ways to stay hydrated. I hope everyone has a wonderful holiday and stays cool and safe!!

## **Current Events**

## 7/9 Men's Breakfast

Time: 7 a.m. Where: Outing

## 7/9 Town Mall Meeting

Time: 3 p.m. Where: Lobby

#### 7/17 USA A OKAY

Time: 6 p.m. Where: ILDR

#### 7/18 Mama's Diner

Time: 10:30 a.m. Where: Outing

#### 7/21 Legacy Health Talk

Time: 3:30 p.m. Where: Lobby

# **Happy Birthday!**

Wishing you all a birthday filled with sweet moments and wonderful memories to cherish always. Be sure to join us for cake at our birthday bash in the lobby, on Friday, July 25th at 2 p.m..

### **Resident Birthdays**

7/1 Betty Ueckert 7/3 Harry Simons 7/10 Edith Childers 7/25 Billie Turner Employee Birthdays 7/10 Rochelle Barton 7/14 Tanekia Calhoun 7/16 Luz Peralta 7/29 Penny Kamau





Assisted Living

# July 2014

Location Key

Activity Room - AR
AL Parking Lot - ALPL
Country Store - CS

Dining Room - DR
IL Lobby - ILL
Outing - O
Spa - SPA

Theater - TH
Lobby - L
Spa - SPA
Assisted Living Court Yard - ALCY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
$\begin{array}{cccccccccccccccccccccccccccccccccccc$		Canada Day 9:30am Catholic Communion, L 9:30am Morning Coffee, L 10am Shopping at Wal-Mart, O 10am Let's Get Crafty! AR 1:30pm Stretch & Grow, AR 2:30pm Matinee Movie & Popcorn, ILTH 3:30pm Dominoes Club, AR	9:30am Tone those Bones w/ Erin, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Trivia Brain Games, L 1:30pm Frisbee Fun, L 2:30pm Country Store Shopping, CS 3:30pm Sassy Senior Bingo, AR	8am-5pm Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Sit & Be Fit , AR 2pm Shopping at Wal-Mart, O 2:30pm Honor the Stars & Stripes, L 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR	Independence Day 9:30am Sit & Be Fit, 10:30am 4th of July Word Challenge, AR 2:30pm Stars & Stripes Movie Fun, L 3:30pm Dominoes, AR	9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with the Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
3:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 2pm Bible Study w/ Rob Harrison, <i>L</i> 8pm Dominoes, <i>AR</i>	Chocolate Day 9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Comic Reads, L 1:30pm Tai Chi w/ Erin, AR 3:30pm Sassy Senior Bingo, AR	9:30am Morning Coffee, <i>L</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Let's Get Crafty! <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>ILTH</i> 3:30pm Dominoes Club, <i>AR</i>	7am Men's Breakfast, O 9:30am Tone those Bones w/ Erin, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Trivia Brain Games, L 1:30pm Simply Cooking, AR 2:30pm Country Store Shopping, CS 3pm Town Hall Meeting, L 3:30pm Sassy Senior Bingo, AR	8am-5pm Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Sit & Be Fit , AR 2pm Shopping at Wal-Mart, O 2:30pm 3 in a Row, L 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR	Slurpee Day 9:30am Stretch & Grow w/ Legacy, AR 10:30am Red Hat Society, LL 1pm Gutter Gang Bowling, L 2pm Sunshine Slurpee's, L 3pm Resident Room Visits 3:30pm Penny Pitch Fun, L	9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
3:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 3pm Dominoes, <i>AR</i>	Travel Week: 1st stop China 9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Pamper Yourself with Rena, AR 1:30pm Tai Chi w/ Erin, AR 3:30pm Fortune Cookie Bingo, AR	Gummi Worm Day Travel Week: 2nd stop Mexico 9:30am Catholic Communion, L 9:30am Morning Coffee, L 10am Shopping at Wal-Mart, O 10am Let's Get Crafty! AR 1:30pm Stretch & Grow, AR 2:30pm Matinee Movie & Popcorn, ILTH 3:30pm Mexican Train, AR	Travel Week: 3rd stop France 9:30am Tone those Bones w/ Erin, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Travel Trivia, L 1:30pm Eiffel Tower Target Toss, L 2:30pm Country Store Shopping, CS 3:30pm Bingo France Style, AR	8am-5pm Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Sit & Be Fit , AR 2pm Shopping at Wal-Mart, O 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR 6pm USA A OKAY, ILDR	9:30am Stretch & Grow w/ Legacy, AR 10:30am Lunch at Mama's Diner, O 2pm Summer Fun Get Together, L 3pm Resident Room Visits 3:30pm Power Tower, L	9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
lational Lollipop Day :45am Baptist Church, L :30am Sit and Be Fit, L 0:30am Bible Word Search, AR pm Games with Friends, AR pm Bible Study w/ Rob Harrison, L pm Dominoes, AR	9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Mind Work, L 1:30pm Tai Chi w/ Erin, AR 3:30pm Legacy Health Talk, AR	9:30am Morning Coffee, L 10am Shopping at Wal-Mart, O 10am Let's Get Crafty! AR 1:30pm Stretch & Grow, AR 2:30pm Matinee Movie & Popcorn, ILTH 3:30pm Dominoes Club, AR	Gorgeous Grandma Day 9:30am Tone those Bones w/ Erin, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Trivia Brain Games, L 1:30pm Simply Cooking, AR 2:30pm Country Store Shopping, CS 3:30pm Sassy Senior Bingo, AR	8am-5pm Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Sit & Be Fit , AR 2pm Shopping at Wal-Mart, O 2:30pm Popcorn Toss, L 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR	9:30am Stretch & Grow w/ Legacy, AR 10:30am Bucket Bonanza, L 2pm Birthday Bash, L 3pm Resident Room Visits 3:30pm 3 in a Row, L	9:30am Sit Down & Tone Up, <i>L</i> 10:30am Word Find Challenge, <i>AR</i> 1:30pm Games with Staff, <i>AR</i> 2pm Dominoes, <i>AR</i> 3pm Fun Flicks, <i>L</i>
3:45am Baptist Church, <i>L</i> 9:30am Sit and Be Fit, <i>L</i> 10:30am Bible Word Search, <i>AR</i> 1pm Games with Friends, <i>AR</i> 3pm Dominoes, <i>AR</i>	9:30am Sit & Be Fit, AR 10am Coffee & Snack Social, L 10am Shopping at Albertsons, O 10:30am Yahtzee, AR 1:30pm Tai Chi w/ Erin, AR 3:30pm Sassy Senior Bingo, AR	9:30am Morning Coffee, <i>L</i> 10am Shopping at Wal-Mart, <i>O</i> 10am Let's Get Crafty! <i>AR</i> 1:30pm Stretch & Grow, <i>AR</i> 2:30pm Matinee Movie & Popcorn, <i>ILTH</i> 3:30pm Dominoes Club, <i>AR</i>	9:30am Tone those Bones w/ Erin, AR 10am Coffee & Snack Social, L 10am Post Office/ Bank, O 10:30am Trivia Brain Games, L 1:30pm Bean Bag Twister, L 2:30pm Country Store Shopping, CS 3:30pm Sassy Senior Bingo, AR	8am-5pm Beauty Salon, BS 10am Rev. Christal Fisher, L 10am Miscellaneous Errands, O 1:30pm Sit & Be Fit , AR 2pm Shopping at Wal-Mart, O 2:30pm Wild West Shoot Out, L 3pm Bible Study w/ Rob Harrison, L 4pm Dominoes Club, AR		* * * * * * * * * * * * * * * * * * *