

## The Buzz on Bee Species

They're some of the best-known pollinators, essential to helping crops and flowers grow. Here's the buzz about some common types of bees:

**Honeybee:** The world's most famous bee species, honeybees are prized for the sweet, golden honey they produce from nectar. To feed their hives, honeybees collect pollen in special "baskets" on their legs.

**Bumblebee:** Though larger and fuzzier than honeybees, bumblebees also live in groups and make honey, although not on a large enough scale for harvesting. Bumblebees move so quickly that they make a buzzing sound, which vibrates pollen off of flowers and onto their bodies.

**Sweat bee:** These tiny bees are attracted to salt found in perspiration, so they tend to buzz around people. Solitary and peaceful, they come in many colors, including metallic blue and green.

**Leafcutter bee:** You may have seen a female leafcutter bee hard at work trimming away pieces of foliage, which she uses to build a nest for her eggs. These solitary bees are efficient pollinators, since the pollen they carry on their bellies, not their legs, easily falls off from plant to plant.



## Employee of the Month!

Lewisville Estates would like to recognize Maria Santillana, our Resident Care Coordinator, as our September Employee of the Month. Maria is always helping our residents, staff and families. Maria always has a smile on her face and a contagious laugh. Maria, we are so lucky to have you as part of our Lewisville Estates Family!



## In Remembrance of 9/11

Described as "a tribute to the past and a place of hope for the future," the 9/11 Memorial in New York City honors all who lost their lives on Sept. 11, 2001.

Built on the site of the former World Trade Center complex, the memorial's focal points are two reflecting pools that sit where the north and south towers once stood. Water cascades 30 feet over the pools' black granite walls, creating massive waterfalls.

Inscribed on the bronze railings surrounding each pool are the names of the 2,983 victims of the 9/11 terror attacks and the Feb. 26, 1993, bombing of the World Trade Center.

A park with over 400 trees surrounds the memorial and includes a special symbol of resilience, the Survivor Tree. The damaged pear tree was found during the cleanup at ground zero and rehabilitated.

The memorial was dedicated in 2011, on the 10th anniversary of 9/11. In 2014, the underground 9/11 Memorial Museum opened and displays thousands of artifacts and multimedia exhibits.



## Dear Residents, Families and Friends

As summer comes to an end, I hope we can all look back on it as time well spent making memories. We had a great month of August with Root Beer Floats, the Pirate Gala, and my personal favorite, National Banana Split Day. We also welcomed lots of new staff members and Directors into our family. Ms. Lynnsay Browne, LVN, joined us all the way from New



York to become our new Assisted Living Director. She has two children: Vincent is 8 and daughter, Anastasia, is 6. They love to travel! She has visited 33 states and the D.C. area. If you haven't met yet, please stop by her Office and help yourself to a snack! We were happy to be able to promote from within: Ms. Jada Howard is now our new Independent Activity Director. It's an exciting time here at Lewisville Estates! September has many more exciting things in store, especially the week of Sept. 13-17, when we will be observing National Assisted Living Week. Be sure to check your activity calendar as well as weekly flyers to see what exciting outings and events are scheduled for each month! Also remember to check out our Facebook and Instagram for weekly picture updates.



Happy September!  
Jennifer True  
Executive Director







ASSISTED LIVING  
AL#010063

# SEPTEMBER 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

- Mary Dykes, 11th
- Yulliza Moya, 16th (Employee)
- Dorothy Bradburry, 23rd

## 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
			<b>Random Acts of Kindness Day</b> <b>10:00 Chair Yoga, L</b> 10:30 Puzzle Mania, AR <b>2:00 Snack Cart Social</b> 3:30 Outdoor Walking 4:00 Name 5 Things, L	9:30 Grocery Orders <b>10:00 Walmart Shopping, O</b> <b>10:00 Chair Zumba, L</b> 10:45 Fancy Nails, AR <b>2:00 Crafting w/ Patty, AR</b> 4:00 Giant Crossword Puzzle, L	<b>Wear Your Favorite College Colors</b> <b>10:00 Chair Exercise, L</b> 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 College Memories Social Hour, L</b> 4:00 Name Your Game!, AR	<b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> <b>3:15 Saturday Movie and Popcorn</b>
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b>	<b>LABOR DAY</b> <b>ROSH HASHANAH BEGINS AT SUNSET</b> <b>National Read a Book Day</b> 10:30 "The Prize Is Right" and Snack Social, L 2:00 Labor Day Wonder Word Search, L 3:00 Fun Afternoon Game, L 4:00 Adult Coloring Club, AR	<b>10:00 Exercise w/ Jacque, L</b> 10:00 Catholic Communion 10:45 Fancy Nails, AR <b>2:00 Fun Bingo Afternoon, DR</b> 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	<b>10:00 Chair Yoga, L</b> 10:45 Name That Tune, AR <b>2:00 Snack Cart Social</b> <b>2:30 Scrapbooking Club, AR</b> 4:30 Wonder Word Search, L	9:30 Grocery Orders <b>10:00 Walmart Shopping, O</b> <b>10:00 Chair Zumba, L</b> 10:45 Balloon Volleyball, L <b>1:45 General Store, L</b> <b>3:30 Denim &amp; Diamond (Main Event), L</b> <b>7:20 Cowboys Vs Tampa Bay (Nbc), L</b>	<b>Wear Your Favorite Hat Day</b> <b>10:00 Chair Exercise, L</b> 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>2:00 Let's Get This Party Poppin During Social Hour, L</b> <b>3:30 Men's Workshop, AR</b> 4:00 Name Your Game!, AR	<b>PATRIOT DAY</b> <b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> 3:15 Saturday Movie and Snack, L
<b>Grandparents Day</b> 7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b>	<b>Assisted Living Week</b> <b>10:00 Exercise w/Legacy, L</b> 10:30 "The Prize Is Right" and Snack Social, L <b>11:30 Assisted Living Open Ceremony, DR</b> <b>1:30 Bible Study w/the Yellow Rose Hospice, L</b> <b>3:00 Storytelling w/Cookies &amp; Lemonade, L</b> 4:00 Wonder Word Search, AR	<b>9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L</b> <b>10:00 Exercise w/ Jacque, L</b> 10:45 Roll the Dice, L <b>2:00 Fun Bingo Afternoon, DR</b> 3:30 Bean Bag Toss, L 4:15 Trivia, L	<b>YOM KIPPUR BEGINS AT SUNSET</b> <b>10:00 Chair Yoga, L</b> 10:30 Puzzle Mania, AR <b>2:00 Snack Cart Social</b> <b>2:30 Special Outdoor Social, L</b> 3:00 Mexican Train, AR 3:30 Outdoor Walking 4:00 Name 5 Things, L	9:30 Grocery Orders <b>10:00 Walmart Shopping, O</b> <b>10:00 Chair Zumba, L</b> 10:45 Fancy Nails, AR <b>2:00 Crafting w/ Patty, AR</b> <b>2:00 Special Crafts, AR</b> 4:00 Giant Crossword Puzzle, L	<b>Hispanic Heritage Month</b> <b>Wear Your Favorite Denim</b> <b>Showing How Much You Care</b> <b>10:00 Chair Exercise, L</b> <b>10:00 Out to Olive Garden, O</b> 10:30 1:1 Session w/Patty 1:30 Wonder Word Search, AR <b>1:45 Closing Ceremony, L</b> <b>2:00 Time for Chips &amp; Salsa During Our Social Hour</b> 4:00 Name Your Game!, AR	<b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> <b>3:15 Saturday Movie and Popcorn</b>
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b> <b>3:25 Cowboys Vs Los Angeles (Cbs), L</b>	<b>10:00 Exercise w/Legacy, L</b> 10:30 "The Prize Is Right" and Snack Social, L <b>1:30 Bible Study w/ the Yellow Rose Hospice, L</b> 3:00 Fun Afternoon Game, L <b>3:00 Lima Bean Auction, L</b> 4:00 Adult Coloring Club, AR	<b>World Alzheimer's Day</b> <b>10:00 Exercise w/ Jacque, L</b> 10:00 Catholic Communion 10:45 Fancy Nails, AR <b>2:00 Fun Bingo Afternoon, DR</b> 3:30 Word of the Day, L 4:00 Puzzle Mania, AR	<b>AUTUMN BEGINS</b> <b>10:00 Chair Yoga, L</b> 10:45 Name That Tune <b>2:00 Snack Cart Social</b> <b>2:30 Scrapbooking Club, AR</b> 4:30 Wonder Word Search, L	9:30 Grocery Orders <b>10:00 Walmart Shopping, O</b> <b>10:00 Chair Zumba, L</b> 10:45 Balloon Volleyball, L <b>1:45 General Store, L</b> <b>2:00 Crafting w/ Patty, AR</b> 4:00 Puzzle Mania Social, LL	<b>Birthday Bash, L</b> <b>Crazy Socks Day</b> <b>10:00 Chair Exercise, L</b> 10:30 1:1 Session w/Patty <b>11:30 Out to Olive Garden, O</b> 1:30 Wonder Word Search, AR 4:00 Name Your Game!, AR	<b>10:00 Exercise Class w/Elise, L</b> 10:30 Word of the Day <b>2:00 Saturday Fun Activity, L</b> 3:15 Saturday Movie and Snack, L
7:30 In Search of the Lord's Way (Kdfid Channel 7), L <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Chicken Foot, AR</b> <b>3:00 Cinema Sundays, L</b>	<b>National Scarf Day</b> <b>10:00 Exercise w/Legacy, L</b> 10:30 "The Prize Is Right" and Snack Social, L <b>1:30 Bible Study w/the Yellow Rose Hospice, L</b> 3:00 Fun Afternoon Game, L 4:00 Wonder Word Search, AR <b>7:15 Cowboys Vs Philadelphia (ESPN), L</b>	<b>10:00 Exercise w/ Jacque, L</b> 10:45 Roll the Dice, L <b>2:00 Fun Bingo Afternoon, DR</b> 3:30 Bean Bag Toss, L 4:15 Trivia, L	<b>National Coffee Day</b> <b>10:00 Chair Yoga, L</b> 10:45 Connect Four, L <b>2:00 Snack Cart Social</b> <b>3:00 Activity Meeting w/Patty &amp; Hot Coffee, L</b>	9:30 Grocery Orders <b>10:00 Walmart Shopping, O</b> <b>10:00 Chair Zumba, L</b> <b>2:00 Crafting w/ Patty, AR</b>		