

Preserving Veterans' Stories

With thousands of stories of service and sacrifice, the Veterans History Project preserves and shares the firsthand accounts of America's war veterans.

Created in 2000 by the U.S. Congress, the ongoing program is part of the American Folklife Center at the Library of Congress. The personal narratives of men and women who served in all branches of the military from World War I to present-day conflicts are being collected. Their memories help document history and provide a better understanding of the realities of war for future generations.

Veterans are encouraged to share their experiences by submitting video or audio interviews, written memoirs, letters, photos and other historical documents. Families of deceased veterans can also contribute.

To date, the project has collected 108,000 stories, making it the nation's largest archive of oral history of its kind. Some accounts have been digitized and are available for viewing online.

To learn more about the Veterans History Project and how to participate, visit LOC.gov/vets.



Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

Ocean offerings: Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too. And you just may find green bean salad with octopus on a holiday table in Hawaii.

Corn of plenty: Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

A berry good idea: Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

Praiseworthy pies: Leave plenty of room on your plate for pie — nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.



Dear Residents, Families and Friends,

November is a wonderful time to remember all the things we are thankful for. This year, I am especially thankful for the health of our community. Lewisville Estates has done a fantastic job protecting residents from Covid-19, and I hope to continue to safeguard everyone as the new Executive Director. I am also grateful to be joining such a wonderful family and look forward to getting to know everyone more.

Things have looked different this year, as we are unable to hold our normal large holiday events. Please know, our team is working to bring the best holiday activities, even on a limited basis. With these restrictions still in place, we have decided to host a car parade for our residents to enjoy. Please watch out for more information coming soon! It will be our very own Lewisville Estates Thanksgiving Day Parade.

I am so excited to be leading this amazing community full of wonderful residents, dedicated staff and supportive family members. I know this has been a difficult year on everyone, and my hope is as we begin move forward, we can encourage our residents to socialize (safely) and participate in our group activities.

Please let me know if there is anything I can do for you, and again, thank you for allowing me to lead this community.



Kolbee Kurtz
Executive Director





ASSISTED LIVING
AL#010063

NOVEMBER 2020

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

Marian Lang, 4th
Tramena Johnson, 26th (Employee)

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

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”

—Willard Scott

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DAYLIGHT SAVING TIME ENDS 1 7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>3:00 Cinema Sundays, L</p> <p>7:20 Cowboys vs. Philadelphia (NBC), L</p>	<p>Cookie Monster Birthday 2 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 2:30 Pumpkin Toss, L 4:00 Adult Coloring Club, AR</p>	<p>ELECTION DAY 3 10:00 Chair Exercise 10:45 Guess Who? 10:45 Fancy Nails, AR 2:00 100 & 214 Hallway Bingo, L 3:00 215 & 320 Hallway Bingo, L 4:00 Puzzle Mania, AR</p>	<p>4 10:00 Chair Yoga, AR 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Cart Social 3:30 Busy Hand Club, L</p>	<p>5 9:30 Grocery Orders 9:45 Chair Zumba, L 10:45 Fancy Nails, AR 2:30 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L</p>	<p>6 National Jersey Day Wear Your Favorite Jersey Day 10:00 Chair Exercise 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Jersey Friday Social Hour Cart 4:00 Name Your Game!, AR</p>	<p>7 9:30 Walking Warriors 10:30 Word of the Day 2:00 Saturday Movie and Popcorn</p>
<p>8 7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>3:25 Cowboys vs. Pittsburgh (CBS), L</p>	<p>9 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 4:00 Wonder Word Search, AR</p>	<p>10 9:45 Blood Pressure Clinic w/the Yellow Rose Hospice, L 10:00 Chair Exercise 10:45 Roll the Dice, L 2:00 100 & 214 Hallway Bingo, L 3:00 215 & 320 Hallway Bingo, L</p>	<p>VETERANS DAY 11 Veterans Day 10:00 Chair Yoga, AR 10:30 Chicken Foot, AR 1:30 Card Club, AR 2:30 Tribute to Our Veterans Social, L</p>	<p>12 9:30 Grocery Orders 9:45 Chair Zumba, L 1:45 General Store, L 2:30 Crafting w/Patty, AR 4:00 Puzzle Mania Social, LL</p>	<p>13 10:00 Chair Exercise 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Let's Connect the Dots During Our Social Hour Cart 4:00 Name Your Game!, AR</p>	<p>14 9:30 Walking Warriors 10:30 Word of the Day 2:00 Saturday Movie and Popcorn</p>
<p>15 7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>3:00 Cinema Sundays, L</p>	<p>16 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 2:30 Pumpkin Toss, L 4:00 Adult Coloring Club, AR</p>	<p>17 10:00 Chair Exercise 10:45 Guess Who? 10:45 Fancy Nails, AR 2:00 100 & 214 Hallway Bingo, L 3:00 215 & 320 Hallway Bingo, L 4:00 Puzzle Mania, AR</p>	<p>18 Apple Cider Day 10:00 Chair Yoga, AR 10:30 Puzzle Mania, AR 1:30 Card Club, AR 2:00 Snack Cart Social 3:30 Busy Hand Club, L</p>	<p>19 International Men's Day 9:30 Grocery Orders 9:45 Chair Zumba, L 10:45 Fancy Nails, AR 2:30 Crafting w/Patty, AR 4:00 Giant Crossword Puzzle, L</p>	<p>20 10:00 Chair Exercise 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Family Memories Social Hour Cart 4:00 Name Your Game!, AR</p>	<p>21 9:30 Thanksgiving Parade, ALPL 9:30 Walking Warriors 10:30 Word of the Day 2:00 Saturday Movie and Popcorn</p>
<p>22 7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>3:25 Cowboys vs. Minnesota (FOX)</p>	<p>23 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:30 Fun Afternoon Game 4:00 Wonder Word Search, AR</p>	<p>24 Celebrate Your Unique Talent Day 10:00 Chair Exercise 10:45 Roll the Dice, L 2:00 100 & 214 Hallway Bingo, L 3:00 215 & 320 Hallway Bingo, L</p>	<p>25 International Hat Day 10:00 Chair Yoga, AR 10:45 Chicken Foot, AR 1:30 Card Club, AR 2:00 Snack Cart Social 2:30 Thanksgiving Social Hour Cart, L</p>	<p>THANKSGIVING 26 10:00 Thanksgiving Wonder Word Search, L 3:30 Cowboys vs. Washington (FOX), L 4:00 Puzzle Mania Social, LL</p>	<p>27 10:00 Chair Exercise 10:15 Coffee and Checkers, L 10:15 1:1 Session w/Patty 1:30 Wonder Word Search, AR 2:30 Birthday Bash 4:00 Name Your Game!, AR</p>	<p>28 Rockefeller Christmas Tree Lighting 9:30 Walking Warriors 10:30 Word of the Day 2:00 Saturday Movie and Popcorn</p>
<p>29 7:30 In Search of the Lord's Way (Kdfid Channel 7), L</p> <p>8:30 New Covenant Baptist Church, L</p> <p>3:00 Cinema Sundays, L</p>	<p>30 9:30 Exercise w/Legacy, AR 10:00 "The Prize Is Right" and Snack Social, L 1:00 Bible Study w/the Yellow Rose Hospice, L 2:30 Peach Cobbler on a Jar Cart Social</p>					