

Health and Wellness: Low Vision

What is low vision? Low vision is a visual impairment that interferes with a person's ability to perform daily activities. One in three people over the age of 65 has a vision reducing eye disease. 69 percent of blind individuals are over the age of 80.

There are several eye diseases that cause visual impairment in older adults.

1. Age related macular degeneration: atrophy of the retina, resulting in blurred vision, image distortion, central scotoma (blind spot) and difficulty with reading.
2. Glaucoma: optic nerve damage resulting in visual field loss.
3. Cataracts: lens opacities that interfere with vision function, resulting in blurred vision or inability to adjust to glare.
4. Diabetic Retinopathy: impaired retinal circulation due to damage to the tiny blood vessels that bring oxygen and nutrients to the retina. This results in blurred vision, floaters, visual field loss, and poor night vision.

Some difficulties due to visual loss include: increased fall risk, depression, social isolation and dependence with daily activities. How can you prevent visual loss/disease? Regular eye exams by your optometrist/ophthalmologist, smoking cessation, control of cholesterol, blood sugars and hypertension will all assist in maintaining good eye health.

Low vision interventions may include:

- Surgery
- Medication
- Occupational therapy to maximize existing skills and to teach new ways to complete tasks such as learning to use an undamaged part of the retina to read. An occupational therapist can also suggest changes to the environment and introduce adaptive equipment to compensate for vision loss.
- Physical therapy to learn techniques for safe mobility at home and in the community. A physical therapist can also provide balance training.

If you have any questions, please contact your physician or Legacy Healthcare Services.

Fun Arts & Crafts

Come and Join us every Tuesday for a fun arts and crafts class



Stocking decorations



Necklaces and earring class



Making snow globes



Dear Residents, Families and Friends:

Happy New Year, 2017! Gratitude is a word that comes to mind when reviewing this month's activities. As we hope to live a life of grace and gratefulness, it is important to thank those who have been so good to us! It is also with gratitude that we thank you for entrusting your loved ones to us as a partnership in care. We are much more successful in bringing love and joy to those we serve when we join together.



December was a lovely month full of holiday activities. Many school groups caroled throughout our community; what a festive month with all the trees and wreaths throughout the community! A special thank you to all the vendors who participated in the holiday spirit. January will also be a busy month filled with many outings in the community and we will be putting on our Pirate hats for the Gasperilla Party.

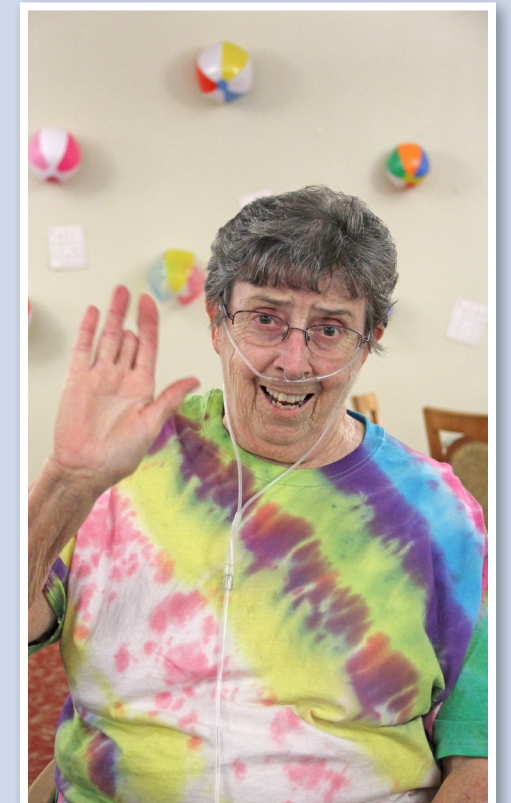
A very sincere thanks to each family and resident who donated to our Employee Appreciation Fund. Donations were beyond our expectations. We held a fun-filled party where employees received your gifts, and our staff was very appreciative.

As we begin 2017, may we remain thankful for all we do together to enhance the lives of those who are so precious to us. We are dedicated to enhancing quality of life for all our residents. We wish each of you a Happy and Healthy New Year. May 2017 be the best year yet!

— Jessica Hazelton, EXECUTIVE DIRECTOR

Resident of the Month

Our L.E.A.P. (Life Enrichment Activities Program) would like to recognize Judy Shultz. Judy likes to participate in different activities like bingo, social, outings, Arts and crafts and special events. Thank you, Judy, for all you do and for helping others when they need it. We are so happy you are part of our family here at Lewisville Estates.





INDEPENDENT LIVING

JANUARY 2017

Locations

- Activity Room, AR
- AL Parking Lot, ALPL
- Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- Fitness Room, F
- Flagpole, FP
- Garden, G
- Library, LL
- Lobby, L
- Outing, O
- Route 66, R66
- Theater, TH

Transportation Schedule

- Monday
10 a.m.
Albertsons
- Tuesday
10 a.m.
Walmart
- Thursday
2 p.m.
Walmart
- Friday
TBA
Field Trips/Outing

“An essential aspect of creativity is not being afraid to fail.”
—Edwin Land

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NEW YEAR'S DAY 1 9:00 Bible Study, CR 12:00 Cowboys Vs. Philadelphia, R66 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/ Jacque of A.R.T., CR 2 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:30 Community Pep Rally, B 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 3 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, AR 6:00 Card Games, B	Trivia Day 4 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Bible Study, B 3:30 Trivia Time, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 5 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 3:15 Cooking Demo with Chef Art, DR 6:00 Card Games, B	9:30 Walking Warriors w/Kelley of Lake Village, B 6 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Elvis' Birthday Celebration Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 7 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
9:00 Bible Study, CR 8 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/ Jacque of A.R.T., CR 9 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:30 Legacy Health Chat, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 10 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Town Hall Meeting, CR 3:30 New Year's Resolution Social w/Sunshine, CR 6:00 Card Games, B	9:30 Exercise w/ Jacque of A.R.T., CR 11 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 4:00 Ring Toss of Fire, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 12 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 3:30 Winter Social w/Jacque, B 6:00 Card Games, B	9:30 Walking Warriors w/Kelley of Lake Village, B 13 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Olive Garden, O 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Hot Tea Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 14 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
9:00 Bible Study, CR 15 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	MARTIN LUTHER KING JR DAY 16 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 17 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, AR 6:00 Card Games, B	Popcorn Day 18 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Bible Study, B 3:30 Popcorn & Game Time, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 19 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 6:00 Gasperilla Party (Big Event), DR 6:00 Card Games, B	Cheese Lovers Day 20 9:30 Walking Warriors w/Kelley of Lake Village, B 10:00 Coffee & Snacks Friday Social, L 10:30 Live Well Strength w/Legacy, CR 10:30 Blood Pressure Clinic w/Encompass 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Wine and Cheese Happy Hour, L 6:00 Card Games, B	9:30 Walking Warriors 21 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
9:00 Bible Study, CR 22 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	Pie Day 23 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Ring Toss of Fire, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 24 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, AR 6:00 Card Games, B	9:30 Exercise w/ Jacque of A.R.T., CR 25 10:00 Post Office/Bank, O 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:30 Book Club, LL 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	9:30 Balance Class w/Legacy, CR 26 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:15 Bible Study w/Pastor Frances, CR 12:30 Singalong, O 2:00 Shopping at Walmart, O 3:30 Baby It's Cold Outside Social w/Encompass, B 6:00 Card Games, B	9:30 Walking Warriors w/Kelley of Lake Village, B 27 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 10:30 Live Well Strength w/Legacy, CR 11:00 Out to Cici's Pizza, O 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Birthday Bash, L 6:00 Card Games, B	9:30 Walking Warriors 28 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
9:00 Bible Study, CR 29 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/ Jacque of A.R.T., CR 30 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Tic Tac Toss, B 6:00 Card Games, B	9:30 Chair Yoga Class, CR 31 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:30 Rosary Service, B 2:30 Art Expression, AR 6:00 Card Games, B	Birthdays Victoria Jackson, 1st (Employee) Vernon "Bud" Gillem, 7th Hortencia Reyes, 3rd (Employee) Diane Piechowski, 8th Nan Robinson, 4th Charlene Guess, 9th Jessica Hazelton, 5th (Employee) Helen Mercatante, 14th Laverne Eckley, 5th Luciano Go, 18th (Employee) Khadeeja Bah, 6th Jo Andres, 19th			Socorro "Coco" Ruiz, 21st (Employee) Jim Amitage, 22nd Paula Ellsworth, 27th Howard Guess, 31st George Seely, 31st