

A Cook-Off of Regional Chili Recipes

Every cook has their own way of making chili, and so do many states and regions in America. Which is your favorite?

Texas chili — True Texas chili, called “bowl of red” or “Texas red,” has no beans whatsoever, though some folks say tomatoes are OK. Stewed meat or ground beef is slow-simmered in a spicy sauce that’s given its signature color by whole dried chili peppers.

Cincinnati chili — Seasoned with a spice blend that includes cinnamon and cumin, the signature chili of Ohio is a tomato-based meat sauce that’s served over spaghetti and covered with shredded cheese. Add beans or onions to make it a “five-way.”

Springfield “chilli” — Illinois embraces the extra “L” in their style of stew, created in 1909 at the Dew Chilli Parlor in the state’s capital city. The original recipe consisted of spiced ground meat in tomato sauce, with no beans or diced tomatoes.

Chili verde — Travel to New Mexico to taste-test the best version of this green chili, made with smoked Hatch chili peppers, tomatillos and stewed pork.

Hoosier chili — Key ingredients make Indiana’s otherwise typical chili recipe stand out: brown sugar for extra sweetness and broken spaghetti or elbow macaroni for a hearty serving of comforting carbs.



Delicious Duos

As friends and couples share the love on Valentine’s Day, take a moment to celebrate these dynamic duos that inspire many ways to finish the phrase, “We go together like ...”

Peanut butter and jelly — The classic lunchtime sandwich first appeared in a cooking magazine in 1901 and was included in military rations during World War II. It’s estimated that the average American will eat nearly 3,000 PB&J sandwiches in their lifetime.

Milk and cookies — There’s a reason this childhood snack is popular with all ages: science! Milk’s mild taste helps tone down a cookie’s sweetness without altering the flavor, and the compounds that make milk so creamy interact with the cookie’s ingredients to make every scrumptious bite go down extra smooth.

Macaroni and cheese — It’s the comfort food that’s so beloved, there’s a Crayola color named after it! The dish was most likely invented in medieval Europe, and Thomas Jefferson is credited with bringing it to the U.S. The largest-ever serving of mac and cheese was cooked in a giant cast iron kettle and weighed 2,469 pounds.

Peas and carrots — This produce pairing most likely came about because both veggies grow best in cool temperatures, so they’re often harvested together in early summer. The colorful combo provides whopping amounts of protein, fiber and vitamins A, B, C and K.



Dear Residents, Family and Friends

Greetings from the Executive Director’s Desk
My name is Pamela Baines, and I am a native Houstonian. I discovered my calling for Senior Care at an early age. At age nine, I began providing care for elderly family members and neighbors. I have worked in all areas of a Senior Living Facility. I know how important it is for residents and families to be relieved of worry. You can be assured I take pride in my work and responsibilities. Thank you for allowing the Lewisville family to provide care for your loved one.



Rose Colors Decoded

Red roses are popular on Valentine’s Day, but the fragrant flowers are admired in any hue. Traditionally, the color of a rose holds a particular meaning.

Red: The color of romance, red roses have a simple yet heartfelt message: “I love you.” Additional symbols of a red rose include respect, passion and beauty.

White: Often seen in bridal bouquets, white roses signify reverence, loyalty and purity. Due to their quiet, solemn beauty, white roses are a popular pick for sympathy arrangements.

Yellow: The flower of friendship, yellow roses represent joy and good luck. A sunny bouquet is sometimes used to say “welcome back” or “remember me.”

Pink: Bright or dark pink roses are a common thank-you gift to show gratitude and appreciation, while blooms in a softer pink shade symbolize elegance, sweetness and grace.

Lavender: These light purple roses give an air of mystery and enchantment, and are the perfect choice for a secret admirer to send to their crush.

Orange: Bold and beautiful, orange roses carry a message of excitement and passion, and can also be used to tell someone “I’m proud of you.”



INDEPENDENT LIVING

FEBRUARY 2022

Locations

- 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

Birthdays

- Sue Buchanan, 2nd
- Stevwe Connor, 3rd
- Miguel Banales, 4th (Employee)
- Vivian Dunn, 5th
- Evelyn Schuler, 6th
- Vernon Lambert, 12th
- Elfie Wetzstein, 16th
- Becky Williams, 16th
- Marilyn Murphy, 17th
- Dolores Casal, 22nd

Transportation Schedule

- Monday, 10 a.m. Grocery Stores
- Tuesday & Thursday, 10 a.m. Walmart
- Wednesday, 10 a.m. Post Office/Bank
- Thursday, 2:30 p.m. Misc. Errands
- Friday, 9:30 a.m. Express Errands
- Friday, TBA Field Trips/Outing

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Chinese New Year 1 9:00 Walking Club, L 10:00 Balance Class w/Legacy, CR 10:00 Walmart Shopping, O 10:00 Catholic Communion, B 10:30 Activity Meeting w/Jada, TH 2:00 Question & Answer Game, CR 2:00 Chinese New Year Social, CR 3:00 Bowling w/Friends, CR	GROUNDHOG DAY 2 10:00 Exercise Class, CR 10:00 Post Office/Bank, O 10:30 Country Store 11:00 Morning Devotional, CR 2:30 Spades (Card Game), B 3:00 Dominoes Club w/ Ice Cream, CR 7:00 Movie Night, TH	9:45 Blood Pressure Clinic w/Legacy, CR 3 10:00 Strength Class w/Legacy, CR 10:00 Walmart Shopping, O 2:00 Coloring Club, B 2:30 Misc Errands, O 2:30 Uno & Friends, B 4:00 Bean Bag Toss, CR	Wear Red Day 4 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 12:00 Puzzle Time w/Friends, R66 3:30 Happy Hour, L	10:30 Coffee Club, L 5 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 6 9:00 Community Church, CR 3:00 Resident Choice Game, B	10:00 Get Fit w/Jada!, CR 7 10:00 Dollar Tree, O 10:30 Country Store 11:00 Morning Devotional, CR 12:00 Ambassadors Meeting, B 1:00 Bridge, B 2:00 Pokeno, CR 4:00 Four in a Row: Connect 4, CR	9:00 Walking Club, L 8 10:00 Balance Class w/Legacy, CR 10:00 Walmart Shopping, O 10:30 Activity Meeting w/Jada, TH 1:30 Hand & Foot, B 2:30 Town Hall Meeting, CR 4:00 Uno & Friends, B	10:00 Exercise Class, CR 9 10:00 Post Office/Bank, O 10:30 Country Store 11:00 Morning Devotional, CR 1:30 Arts & Crafts, CR 3:00 Dominoes Club w/Snacks, CR 4:30 BJ's Brewhouse (Dinner Out), O 7:00 Movie Night, TH	9:45 Blood Pressure Clinic w/Legacy, CR 10 10:00 Strength Class w/Legacy, CR 10:00 Walmart Shopping, O 2:00 Bingo, CR 2:30 Misc Errands, O 3:30 Ring Toss, CR	White Shirt Day 11 9:00 Men's Coffee Group, B 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 12:00 Coffee & Conversations, L 1:00 Adult Coloring Club, B 3:30 Happy Hour	10:30 Coffee Club, L 12 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
Super Bowl LVI 13 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Community Church, CR 3:00 Resident Choice Game, B 3:00 Super Bowl Sunday Social Hour, R66	VALENTINE'S DAY 14 10:00 Get Fit w/Jada!, CR 10:30 Country Store 10:30 Coloring Club, B 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno, CR 4:00 The Outburst Game!, CR	9:00 Walking Club, L 15 10:00 Balance Class w/Legacy, CR 10:00 Walmart Shopping, O 10:00 Catholic Communion, B 10:30 Activity Meeting w/Jada, TH 2:00 Bucket Toss w/ Something Inside, CR 3:00 "Try It You'll Strike It", CR 4:00 Story Time, CR	10:00 Exercise Class, CR 16 10:00 Post Office/Bank, O 10:30 Country Store 11:00 Morning Devotional, CR 2:30 Spades (Card Game), B 3:00 Dominoes Club w/Ice Cream, CR 7:00 Movie Night, TH	9:45 Blood Pressure Clinic w/Legacy, CR 17 10:00 Strength Class w/Legacy, CR 10:00 Walmart Shopping, O 2:30 Misc Errands, O 3:30 That's Amore (Main Event), CR	9:00 Men's Coffee Group, B 18 10:00 Bible Study, CR 10:15 Babe's Chicken, O 3:30 Happy Hour, L	10:30 Coffee Club, L 19 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 20 9:00 Community Church, CR 3:00 Resident Choice Game, B	PRESIDENTS DAY 21 10:00 Get Fit w/Jada!, CR 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno, CR 3:30 Hand & Foot, B 4:00 Uno & Ice Cream, B	9:00 Walking Club, L 22 10:00 Balance Class w/Legacy, CR 10:00 Walmart Shopping, O 10:30 Activity Meeting w/Jada, TH 1:30 Hand & Foot, B 3:00 Lima Bean Auction!, CR	Pink Shirt Day 23 9:00 Food Forum, DR 10:00 Exercise Class, CR 10:00 Post Office/Bank, O 10:30 Country Store 11:00 Morning Devotional, CR 2:00 The Whisper Game, CR 3:00 Dominoes Club w/Snacks, CR 7:00 Movie Night, TH	9:45 Blood Pressure Clinic w/Legacy, CR 24 10:00 Strength Class w/Legacy, CR 10:00 Walmart Shopping, O 2:30 Misc Errands, O 3:00 Charades, CR 3:00 Uno w/Ice Cream, B 4:00 Connect 4, CR	9:00 Men's Coffee Group, B 25 10:00 Bible Study, CR 10:30 Get Fit w/Jada, CR 12:00 Puzzle Time w/Friends, R66 3:30 Happy Hour, L	10:30 Coffee Club, L 26 11:00 Trivia in the Lobby, L 2:30 Movies and Popcorn, TH
8:30 In Search of the Lord's Way (KDFID Channel 7), R66 27 9:00 Community Church, CR 3:00 Resident Choice Game, B	10:00 Get Fit w/Jada!, CR 28 10:30 Country Store 11:00 Morning Devotional, CR 1:00 Bridge, B 2:00 Pokeno, CR 3:30 Bean Bag Toss, CR					