

Keep Your Kidneys Healthy

The kidneys have an important role in the body. These two organs filter the blood, regulate the balance of certain nutrients, and produce essential hormones. National Kidney Month in March is a reminder to take care of your kidneys.

Stay hydrated — Being consistent about drinking water and other fluids helps the kidneys perform their most important job, flushing out waste and excess fluid from the bloodstream.

Maintain a healthy diet — Eating nutritious foods, including those low in sodium, may lower your risk of developing kidney problems. Some common foods that boost kidney health include apples, blueberries, red bell peppers, cabbage and fatty fish such as tuna and salmon.

Monitor blood pressure — High blood pressure is a major cause of kidney damage. Get your blood pressure checked regularly and work with your health care provider to make any needed lifestyle changes.

Exercise — Keeping fit can lower blood pressure and improve heart function, which influences kidney health.

Review medications — When taken daily, some over-the-counter pain relievers can contribute to kidney problems. Some supplements may also affect the kidneys. Talk to your doctor about all medications you are taking.

Control blood sugar — Diabetes causes the kidneys to work extra hard and can lead to kidney disease, so it's important to regularly monitor blood sugar levels and check kidney function.



Sweet Spring Flower

Violets are among the first flowers to bloom in the spring, offering cheer to all who see them.

The violet family has about 600 species, including pansies and violas, which are often sold as annual flowers, blooming for a single growing season. Many wild species of violets are perennials, popping up every year and spreading easily on lawns and in fields and forests.

Most types of violets have green heart-shaped leaves and flowers made of five petals. Depending on the variety, some of the petals will point upward and some downward. As their name suggests, many violets are purple in color, but they also are found in shades of blue, white, yellow, orange, pink and red. Many are two-toned, with patterns that give the blossoms the look of a smiling face.

Violets are said to symbolize love, loyalty, nobility and humility.



Dear Residents, Families and Friends

Top O' the Mornin' to ya! We are getting in the swing of a whole month of Irish fun! Every March 17, thousands of people march in Irish pride parades, eat green clover-shaped cookies and quaff frosty mugs of green beer in celebration of St. Patrick's Day.

Patrick was born in AD 387 just south of Hadrian's Wall in Britain, which was part of the Roman Empire (that's right, he wasn't Irish). He was captured by Irish pagans in his early teens and taken to Ireland, where he was enslaved for six years. During that time, he grew to like the spirit of the Irish. When he escaped and returned to his family, he vowed to one day return to Ireland.

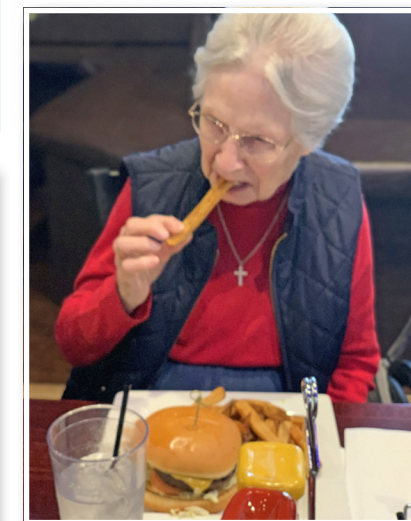
We have many fun events planned this month that will include our Mad Hatter Tea Party on March 19, at 6:15 p.m. We have our Employee Appreciation Happy Hour on March 6. Outings for March will include Hillside Café and Regal Buffet. Also, please join our daily exercise classes that take place in the Community Room (special thanks to Legacy Rehab and Advanced Rehab Trust).

Cheers,
Erin Montgomery,
Executive Director



Outings

Come and join us for a fun outing!



LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

MARCH 2020

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

Muriel Amlung, 1st
Bill Manire, 4th
Joan Fink, 5th
Coleen Ryan, 9th (Employee)
Ida Ekern, 9th
Virginia Jackson, 14th
Deanna Guidici, 16th
Debra Langley, 17th (Employee)
Kaylee Phillips, 19th
Rose Hedlund, 26th
Tom Doyle, 27th
Jordan Luna, 30th (Employee)

Transportation Schedule

Monday, 10 a.m.
Grocery Stores

Tuesday, 10 a.m.
Walmart

Wednesday, 10 a.m.
Post Office/Bank

Thursday, 10 a.m.
Walmart

Thursday, 2:30 p.m.
Misc. Errands

Friday, 9:30 a.m.
Express Errands

Friday, TBA
Field Trips/Outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:00 Chicken Foot</p> <p>6:30 Resident Card Games, B</p>	<p>Dr. Seuss Day</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Dollar Tree, O</p> <p>10:30 42 Lesson w/Ben Glass, B</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>2:30 Singalong w/Karen, L</p> <p>4:00 Dr. Seuss Games and Stories, B</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:00 Bridge Club, B</p> <p>2:30 Art Expression, CR</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:15 Cooking Demo w/ Chef Monte, DR</p> <p>6:00 Nickel (Card Game), B</p> <p>6:45 Movie Night w/a Friend, TH</p>	<p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/ Pastor Frances, CR</p> <p>12:30 Singalong, O</p> <p>2:30 Misc. Errands, O</p> <p>3:30 Horse Racing, B</p> <p>6:00 Mexican Train, LL</p>	<p>Employee Appreciation Day</p> <p>9:30 Express Errands, O</p> <p>10:00 Current Events Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>1:00 Bridge Club, B</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 Employee Appreciation Day: Happy Hour, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>Cereal Day</p> <p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:00 Puppy Chao Snack Mix w/Izzy, B</p> <p>2:30 Movies and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>6:00 Chicken Foot</p> <p>7:00 Crazy Card Game, B</p>
<p>DAYLIGHT SAVING TIME BEGINS</p> <p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:00 Chicken Foot</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Big Lots, O</p> <p>10:00 Hearing Aid Clinic, B</p> <p>10:30 42 Lesson w/Ben Glass, B</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>2:30 Singalong w/Karen, L</p> <p>4:00 Shamrock Tossing Game, B</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:00 Bridge Club, B</p> <p>2:30 Town Hall Meeting, CR</p> <p>3:15 Shake Your Shamrocks Social w/Sunshine, B</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:30 St. Patrick's Day: Trivia Social w/Legacy, B</p> <p>6:00 Nickel (Card Game), B</p> <p>6:45 Movie Night w/a Friend, TH</p>	<p>Popcorn Lovers' Day</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/Pastor Frances, CR</p> <p>12:30 Singalong, O</p> <p>2:00 Busy Hand Club, R66</p> <p>2:30 Misc. Errands, O</p> <p>3:00 I Pinch Back Social w/Jacque, B</p> <p>6:00 Mexican Train, LL</p>	<p>9:30 Express Errands, O</p> <p>10:00 Current Events Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>11:00 Out to Regal Buffet, O</p> <p>1:00 Bridge Club, B</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 Sham Rocking Happy Hour, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:30 Movies and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>6:00 Chicken Foot</p> <p>7:00 Crazy Card Game, B</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:00 Chicken Foot</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Dollar Tree, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>2:30 Singalong w/Karen, L</p> <p>4:00 Rowdy Ring Toss</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>ST. PATRICK'S DAY</p> <p>Wear Green Day</p> <p>9:30 Chair Zumba Class w/Patty, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:00 Bridge Club, B</p> <p>2:30 Art Expression, CR</p> <p>3:30 Luck of the Irish Social, B</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:30 Nutrition Health Talk: Vitamins & Minerals, B</p> <p>3:30 Book Club: New York New York, LL</p> <p>6:00 Nickel (Card Game), B</p> <p>6:45 Movie Night w/a Friend, TH</p>	<p>FIRST DAY OF SPRING</p> <p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/ Pastor Frances, CR</p> <p>10:30 42 Lesson w/Ben Glass, B</p> <p>12:30 Singalong, O</p> <p>2:30 Misc. Errands, O</p> <p>6:00 Mexican Train, LL</p> <p>6:15 Mad Hatter Tea Party (Main Event), CR</p>	<p>First Day of Spring</p> <p>9:30 Express Errands, O</p> <p>10:00 Current Events Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>1:00 Bridge Club, B</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 Spring Has Sprung Happy Hour, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:30 Movies and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>6:00 Chicken Foot</p> <p>7:00 Crazy Card Game, B</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>2:30 Gospel Music w/Andy</p> <p>3:00 Resident Choice Game</p> <p>6:00 Chicken Foot</p> <p>6:30 Resident Card Games, B</p>	<p>National Chip and Dip Day</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Out to Tom Thumb, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>10:30 42 Lesson w/Ben Glass, B</p> <p>2:00 Pokeno for Prizes, CR</p> <p>2:30 Singalong w/Karen, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:00 Bridge Club, B</p> <p>2:30 Art Expression, CR</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Word of the Day, Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 <i>Sassy Senior \$1 Bingo, CR</i></p> <p>3:30 Giant Crossword Puzzle</p> <p>6:00 Nickel (Card Game), B</p> <p>6:45 Movie Night w/a Friend, TH</p>	<p>9:30 Balance Class w/Legacy, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p>10:15 Bible Study w/ Pastor Frances, CR</p> <p>12:30 Singalong, O</p> <p>2:00 Busy Hand Club, R66</p> <p>2:30 Misc. Errands, O</p> <p>3:00 Activity Meeting w/Patty, B</p> <p>6:00 Mexican Train, LL</p>	<p>9:30 Express Errands, O</p> <p>10:00 Current Events Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>11:00 Out to Hillside Cafe, O</p> <p>1:00 Bridge Club, B</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 Birthday Bash, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee & Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p>2:30 Movies and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>6:00 Chicken Foot</p> <p>7:00 Crazy Card Game, B</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:00 Chicken Foot</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Out to Dollar General</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>2:30 Singalong w/Karen, L</p> <p>6:00 Hand & Foot Card Game, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:00 Bridge Club, B</p> <p>2:30 Art Expression, CR</p> <p>4:30 Out to Dinner, O</p> <p>6:00 Hand & Foot Card Game, B</p>				