

# Understanding Cholesterol

Keeping cholesterol levels within an ideal range is essential for good health. That's why it's important to understand the terms and numbers associated with managing it.

Cholesterol is a waxy, fatty substance that the human body needs to build cells. The liver makes cholesterol, and it's also found in the foods we eat, such as meat and full-fat dairy products. Too much cholesterol in the bloodstream can build up on artery walls and block blood flow, resulting in heart disease or stroke.

There are two types of cholesterol, and the levels of both can be measured with a blood test. Low-density lipoprotein, or LDL, is the "bad" kind that leads to fatty buildup in arteries. Your LDL should be less than 100 milligrams per deciliter of blood. High-density lipoprotein, or HDL, is the "good" type that is broken down by the liver. Ideally, HDL should be above 60 mg/dL. Your total blood cholesterol level is a sum of several measurements, and should be less than 200 mg/dL.

Maintaining a healthy weight, eating a diet low in saturated fat, and getting regular exercise can help keep cholesterol at target levels. It is important to get regular checkups and consult your physician if you have any questions or concerns.



## Afternoon Games

Come and join us for a fun afternoon of games and laughter on Mondays and some Wednesdays.



## Hit Ideas at the Ballpark

With baseball season in full swing, touch base with this look at some ballpark traditions.

**Presidential pitches:** It was 1892 when Benjamin Harrison became the first U.S. president to attend an MLB game. But in 1910, William H. Taft started the custom of sitting presidents throwing out a ceremonial first pitch.

**Concession stands:** Chicago's Wrigley Field, home of the Cubs, is the birthplace of permanent concession stands, which started in 1914 with a single kiosk that offered hot dogs, peanuts and popcorn.

**Numbered uniforms:** Dating back to 1916, teams had struck out with wearing small numbers on their uniform sleeves. Then in 1929, the New York Yankees had more visible 12-inch numbers sewn onto the backs of players' jerseys so fans could identify them. Other MLB teams followed their lead.

**Organ music:** The first chords of live organ music to be played at an MLB ballpark sounded out at Wrigley Field in April 1941.

**Night games:** On May 24, 1935, the lights were turned on for big league baseball's first night game, held at Crosley Field, then home of the Cincinnati Reds.

**Foul balls:** The owner of the Chicago Cubs, Charlie Weeghman, was the first team owner to allow fans to keep foul balls hit into the stands, starting in 1915. Most ballparks had ushers retrieve the balls so they could be put back into play.

A banner for Lewisville Estates Lifestyle. It features a background image of a lush garden with flowers and a wooden walkway. The text "The Lewisville Estates Lifestyle" is prominently displayed in a mix of fonts. In the top right corner, there is a logo for "LEWISVILLE ESTATES SENIOR LIVING AT EASE" and a "Like Us!" button with a Facebook icon. At the bottom, there is contact information: "Independent Living 800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvilleseniorliving.com" and the date "APRIL 2019".

## Dear Residents, Families and Friends

Each spring around the world, people celebrate the Spring Equinox, Passover or Easter. These holidays have crossover symbolisms. Everything about spring symbolizes freshness and new beginnings. We wish for our residents to have a fresh outlook on life and all the opportunities it holds, to become active and vibrant with the new beginnings of spring and to live each day to the fullest. No matter if the symbol of Easter to use is a chocolate bunny or the cross on your wall, please remember this is a time of new beginnings in life.

In March, we celebrated Employee Appreciation and received so many "Thank You's" from residents! The employees would like to say thank you to each and every one of you for all the kind words that were said!

April will be filled with new events; check out the calendar for more details. We will be celebrating Community Spirit month with both staff and residents, and we would love for you and your families to join in the festivities. Lewisville Estates will be hosting our Main Event: Vaudeville in Paris, on April 18. If you are interested in participating in the annual Senior Prom on Friday, April 12, there is limited seating, so make sure to reserve your spot ASAP. Some of the outings this month will include Winstar Casino, Chili's and Olive Garden. We welcome all new residents to join in on the fun and hope to see you all participating in new activities this month.

We hope that this warmer weather brings a "spring" to your step!

Erin Montgomery  
Executive Director





# LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

APRIL 2019

## 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

Helen Gilbert, 2nd  
Freda La Nell Kight, 3rd  
Norma Porterfield, 4th  
Trudy Dillon, 10th  
Beverly Cairns, 16th  
Mildred Lee, 17th  
Carol Bush, 17th  
Robert Richardson, 18th  
Nastasya Shannon, 21st (Employee)  
Doris Bennett, 25th (Employee)  
Linda Slattery, 26th

## 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  |
|---|--|--|---|---|---|---|
|    | <b>Community Spirit Month April Fools'</b> 1<br>9:30 <b>Exercise w/Jacque of A.R.T., CR</b><br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Dollar Tree, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, CR<br>2:30 <b>Singalong w/Karen, L</b><br>3:00 <b>Trivia Club, R66</b><br>4:00 Ring Toss, B<br>6:00 Hand & Foot Card Game, B | 2<br>9:30 <b>Chair Zumba Class w/Patty, CR</b><br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>1:00 Bridge Club, B<br>2:30 Art Expression, CR<br>6:00 Hand & Foot Card Game, B   | 3<br>8:30 <b>Out to Winstar Casino, O</b><br>9:30 <b>Exercise w/Jacque of A.R.T., CR</b><br>10:00 <b>Post Office/Bank, O</b><br>10:00 Current Events Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 <i>Sassy Senior \$1 Bingo, CR</i><br>6:00 Nickel (Card Game), B<br>6:45 Bring a Friend Movie Night, TH                                | 4<br>9:00 <b>Podiatrist Visit, F</b><br>9:30 <b>Balance Class w/Legacy, CR</b><br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br>10:15 <b>Bible Study w/Pastor Frances, CR</b><br>12:30 <b>Singalong, O</b><br>2:30 <b>Misc. Errands, O</b><br>3:00 <b>Trivia Club, R66</b><br>6:00 Mexican Train, LL                                | 5<br><b>Wear Jersey Day</b><br><b>Deep Dish Pizza Day</b><br>9:30 Walking Warriors, B<br>9:30 <b>Express Errands, O</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>1:00 Bridge Club, B<br>2:00 Wonder Word Challenge<br>3:30 <b>You Had Me at Pizza Happy Hour, L</b><br>6:00 Hand & Foot Card Game, B  | 6<br>9:30 Walking Warriors<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:30 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>6:00 Chicken Foot<br>7:00 Crazy Card Game, B  |
| 7<br>7:30 The Truth in Love (TV Channel 7), R66<br>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:00 Chicken Foot<br>6:30 Resident Card Games, B                     | 8<br>9:30 <b>Exercise w/Jacque of A.R.T., CR</b><br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Big Lots, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, CR<br>2:30 <b>Singalong w/Karen, L</b><br>4:00 Minute to Win It Games, B<br>6:00 Hand & Foot Card Game, B  | <b>Free Cone Day</b> 9<br>9:30 <b>Chair Zumba Class w/Patty, CR</b><br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>1:00 Bridge Club, B<br>2:30 <b>Town Hall Meeting, CR</b><br>3:15 <b>Ice Cream Cone Social w/Sunshine, B</b><br>6:00 Hand & Foot Card Game, B | 10<br>9:30 <b>Exercise w/Jacque of A.R.T., CR</b><br>10:00 <b>Post Office/Bank, O</b><br>10:00 Current Events Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 <i>Sassy Senior \$1 Bingo, CR</i><br>3:15 <b>Social Hour w/Legacy, B</b><br>6:00 Nickel (Card Game), B<br>6:45 Bring a Friend Movie Night, TH                                | 11<br>9:30 <b>Balance Class w/Legacy, CR</b><br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br>10:15 <b>Bible Study w/Pastor Frances, CR</b><br>12:30 <b>Singalong, O</b><br>2:00 <b>Busy Hand Club, R66</b><br>2:30 <b>Misc. Errands, O</b><br>6:00 Mexican Train, LL   | 12<br><b>Walk on your Wild Side Day</b><br><b>Wear Mix Match Clothes Day</b><br>9:30 Walking Warriors, B<br>9:30 <b>Express Errands, O</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>11:00 <b>Out to Chili's, O</b><br>3:30 <b>Let's Walk on the Wild Side Happy Hour, L</b><br>5:30 <b>Second Time Around Senior Prom (Vegas), O</b><br>6:00 Hand & Foot Card Game, B | 13<br>9:30 Walking Warriors<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:30 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>6:00 Chicken Foot<br>7:00 Crazy Card Game, B |
| <b>PALM SUNDAY</b> 14<br>7:30 The Truth in Love (TV Channel 7), R66<br>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:00 Chicken Foot<br>6:30 Resident Card Games, B | 15<br>9:30 <b>Exercise w/Jacque of A.R.T., CR</b><br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Dollar Tree, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, CR<br>2:30 <b>Singalong w/Karen, L</b><br>4:00 Egg Toss, B<br>6:00 Hand & Foot Card Game, B  | 16<br>9:30 <b>Chair Zumba Class w/Patty, CR</b><br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>1:00 Bridge Club, B<br>2:30 Art Expression, CR<br>6:00 Hand & Foot Card Game, B  | 17<br>9:30 <b>Exercise w/Jacque of A.R.T., CR</b><br>10:00 <b>Post Office/Bank, O</b><br>10:00 Current Events Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 <i>Sassy Senior \$1 Bingo, CR</i><br>3:30 <b>Book Club: Texas, LL</b><br>3:30 <b>Easter Egg Hunt, L</b><br>6:00 Nickel (Card Game), B<br>6:45 Bring a Friend Movie Night, TH | 18<br>9:30 <b>Balance Class w/Legacy, CR</b><br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br>10:15 <b>Bible Study w/Pastor Frances, CR</b><br>12:30 <b>Singalong, O</b><br>2:30 <b>Misc. Errands, O</b><br>6:00 Mexican Train, LL<br>6:15 <b>Vaudeville in Paris (Main Event), DR</b>  | 19<br><b>GOOD FRIDAY</b><br><b>PASSOVER BEGINS AT SUNDOWN</b><br><b>Twin Day</b><br>9:30 Walking Warriors, B<br>9:30 <b>Express Errands, O</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>1:00 Bridge Club, B<br>2:00 Wonder Word Challenge<br>3:30 <b>Spring Fling Happy Hour, L</b><br>6:00 Hand & Foot Card Game, B  | 20<br>9:30 Walking Warriors<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:30 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>6:00 Chicken Foot<br>7:00 Crazy Card Game, B |
| <b>EASTER</b> 21<br>7:30 The Truth in Love (TV Channel 7), R66<br>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:00 Chicken Foot<br>6:30 Resident Card Games, B      | <b>EARTH DAY</b> 22<br>9:30 <b>Exercise w/Jacque of A.R.T., CR</b><br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Out to Tom Thumb, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, CR<br>2:30 <b>Singalong w/Karen, L</b><br>4:00 Minute to Win It Games, B<br>6:00 Hand & Foot Card Game, B  | <b>Movie Theater Day</b> 23<br>9:30 <b>Chair Zumba Class w/Patty, CR</b><br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>1:00 Bridge Club, B<br>2:00 <b>Out to the Movies, O</b><br>6:00 Hand & Foot Card Game, B  | 24<br>9:30 <b>Exercise w/Jacque of A.R.T., CR</b><br>10:00 <b>Post Office/Bank, O</b><br>10:00 Current Events Coffee & Snack Wednesday Social, L<br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 <i>Sassy Senior \$1 Bingo, CR</i><br>3:30 <b>Social Hour w/Jason of Lifeway Hospice, B</b><br>6:00 Nickel (Card Game), B<br>6:45 Bring a Friend Movie Night, TH              | 25<br>9:30 <b>Balance Class w/Legacy, CR</b><br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Blood Pressure Check w/Legacy, CR<br>10:15 <b>Bible Study w/Pastor Frances, CR</b><br>12:30 <b>Singalong, O</b><br>2:00 <b>Busy Hand Club, R66</b><br>2:30 <b>Misc. Errands, O</b><br>3:00 <b>Activity Meeting and Cookies Social w/Patty, B</b><br>6:00 Mexican Train, LL | 26<br><b>Wear Your Favorite Superhero Shirt</b><br>9:30 Walking Warriors, B<br>9:30 <b>Express Errands, O</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>11:00 <b>Out to Olive Garden, O</b><br>1:00 Bridge Club, B<br>2:00 Wonder Word Challenge<br>3:30 <b>Birthday Bash, L</b><br>6:00 Hand & Foot Card Game, B  | 27<br>9:30 Walking Warriors<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:30 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>6:00 Chicken Foot<br>7:00 Crazy Card Game, B |
| 28<br>7:30 The Truth in Love (TV Channel 7), R66<br>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:00 Chicken Foot<br>6:30 Resident Card Games, B                    | 29<br>9:30 <b>Exercise w/Jacque of A.R.T., CR</b><br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Dollar Tree, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, CR<br>2:30 <b>Singalong w/Karen, L</b><br>6:00 Hand & Foot Card Game, B  | 30<br>9:30 <b>Chair Zumba Class w/Patty, CR</b><br>10:00 <b>Shopping at Walmart, O</b><br>10:00 Catholic Communion, B<br>10:30 Rosary Service, B<br>1:00 Bridge Club, B<br>2:30 Art Expression, CR<br>6:00 Hand & Foot Card Game, B  |    |   |   |   |