

## Ways to Drink More Water

During warm weather, it's important to drink plenty of water to prevent dehydration. Increase your intake and stay refreshed by following these tips:

**Make it part of your daily routine** — Dietitians recommend drinking water at several specific points during the day: After you wake up, with meals, before and after exercise, and when taking medication.

**Pick a cup and fill 'er up** — An insulated bottle, a colorful tumbler, a mug with a handle ... it doesn't matter what kind of drinkware you use, as long as you like it. Choose a container that is comfortable to use and suits your style.

**Sip through a straw** — Many people find it easier to drink through a straw, and you'll get more water with every sip. Plus, sipping slowly is better than guzzling, which can cause bloating.

**Adjust the temp** — Whether you like it served over ice or lukewarm, water is hydrating no matter its temperature.



## U.S. Military Helmets Through History (Continued)

World War II soldiers wore the M1 helmet, which extended farther down the head and had a steel shell and adjustable liner, similar to construction hard hats. Its sturdiness prompted troops to nickname it the "steel pot." The M1 went on to be the standard-issue helmet during the Korean and Vietnam wars.

Layers of puncture-resistant Kevlar provided a more lightweight yet effective shield against battlefield hazards for troops during the 1980s and '90s.

Since 2003, U.S. ground forces have worn the ACH, or advanced combat helmet, but officials are continually testing new options to provide the most state-of-the-art military helmet.



## Bananas for Bananas

A staple for breakfast meals and the perfect on-the-go snack, bananas are one of the world's most consumed fruits.

Bananas were cultivated thousands of years ago in Southeast Asia and reached the New World in the 16th century.

Although bananas are considered fruits, botanically they are berries. They grow upside down on giant herb plants, not trees, in tropical climates. Their familiar curved shape is the result of growing against gravity toward the sunlight. An individual banana is called a finger and a bunch is called a hand.

Worldwide, there are over 1,000 varieties of bananas, but the one most commonly found in stores and eaten fresh is the bright yellow Cavendish, due to its sweet taste and creamy texture. Bananas are rich in potassium, which can help lower blood pressure. The mineral also improves muscle function and boosts energy, and that's why many athletes eat a banana during competition and after workouts.

In the U.S., bananas are grown in Hawaii and Florida, but most of the nation's supply comes from Central and South America.



The Lewisville Estates Lifestyle

Independent Living  
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Like Us!

JUNE 2020

## Dear Residents, Families and Friends

First, I would like to give a special thank you to all Lewisville Estates' residents and families for their patience and understanding during this trying time. The staff are truly grateful for all the kind words of encouragement that we have received from residents and families. These words of encouragement have helped as we work together to get through this and we will get through this, together!

Activities look a little different these days but our Activity Team is doing a great job keeping things going! We love seeing your smiling faces (even if they are covered by a mask) when we come around with our activity cart or happy hour cart.

Please remember that we should all be wearing a mask if you are outside of your apartment or even when you answer your door. Also, we now have iPads and laptops set up for FaceTime visits or TeleDoc appointments. For more information, please see the Front Desk.

This has truly been a team effort. I want to say "Thank you!" to the entire staff. The Dining staff, our Caregivers, Housekeepers, our Concierge team, Activity Team, Night Monitors, Office staff and Maintenance staff have all gone above and beyond!

Erin Montgomery  
Executive Director



## U.S. Military Helmets Through History

A crucial piece of equipment for a soldier in battle is their helmet.

The U.S. Army first issued helmets when America entered World War I in 1917. Modeled after the British Army's Brodie helmet, the headgear resembled an upside-down metal bowl with a brim and chinstrap. The steel helmet helped protect the tops of soldiers' heads, but the face and sides of the head were left exposed.

(Continued on back.)



# LEWISVILLE STATES

SENIOR LIVING AT EASE

INDEPENDENT LIVING

JUNE 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

Lorenzo Martinez, 5th (Employee)  
Sammy Patton, 8th  
Judy Barry, 9th (Employee)  
Kenneth Call, 10th (Employee)  
Carolyn Tucker, 10th  
Cat Westfall, 11th (Employee)  
Sandra Williams, 13th (Employee)  
Anita Chaplin, 14th  
Jane Baldwin, 15th  
Lily Bozarth, 16th  
Hazel Rickerson, 23rd  
Gary Ryan, 24th

## 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
 <p>9:30 <b>Exercise w/Jacque of A.R.T., CR</b> <sup>1</sup> 10:00 Coffee &amp; Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR <b>2:30 Singalong w/Karen, L</b> 6:00 Hand &amp; Foot Card Game, B</p>	<p>9:30 <b>Exercise w/Jacque of A.R.T., CR</b> <sup>2</sup> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand &amp; Foot Card Game, B</p>	<p>9:30 <b>Exercise w/Jacque of A.R.T., CR</b> <sup>3</sup> 10:00 <b>Post Office/Bank, O</b> 10:00 Word of the Day, Coffee &amp; Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH</p>	<p><b>National Safe Day</b> <sup>4</sup> 9:30 <b>Balance Class w/Legacy, CR</b> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>2:30 Misc. Errands, O</b> 6:00 Mexican Train, LL</p>	<p><b>Banana Split Day Donut Day</b> <sup>5</sup> 10:00 Current Events Coffee &amp; Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge Club, B 2:00 Wonder Word Challenge <b>3:30 Banana Split Happy Hour, L</b> 6:00 Hand &amp; Foot Card Game, B</p>	<p><b>D Day</b> <sup>6</sup> 9:30 Walking Warriors 10:30 Coffee &amp; Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b> 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B</p>	
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 <sup>7</sup> 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B</p>	<p>9:30 <b>Exercise w/Jacque of A.R.T., CR</b> <sup>8</sup> 10:00 Coffee &amp; Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR <b>2:30 Singalong w/Karen, L</b> 6:00 Hand &amp; Foot Card Game, B</p>	<p>9:30 <b>Chair Zumba Class w/Patty, CR</b> <sup>9</sup> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR <b>3:15 Dad You Are My Hero Social w/Sunshine, CR</b> 6:00 Hand &amp; Foot Card Game, B</p>	<p><b>Iced Tea Day</b> <sup>10</sup> 9:30 <b>Exercise w/Jacque of A.R.T., CR</b> 10:00 <b>Post Office/Bank, O</b> 10:00 Word of the Day, Coffee &amp; Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> <b>3:30 Iced Tea and Trivia Social, B</b> 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH</p>	<p>9:30 <b>Balance Class w/Legacy, CR</b> <sup>11</sup> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>2:00 Busy Hand Club, R66</b> <b>2:30 Misc. Errands, O</b> <b>3:00 Social Hour w/Jacque, B</b> 6:00 Mexican Train, LL</p>	<p><b>National Flip Flop Day</b> <sup>12</sup> 10:00 Current Events Coffee &amp; Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge Club, B 2:00 Wonder Word Challenge <b>3:30 Flip Flop Your Way to Happy Hour, L</b> 6:00 Hand &amp; Foot Card Game, B</p>	<p>9:30 Walking Warriors <sup>13</sup> 10:30 Coffee &amp; Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b> 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B</p>
<p>FLAG DAY <sup>14</sup> 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B</p>	<p>9:30 <b>Exercise w/Jacque of A.R.T., CR</b> <sup>15</sup> 10:00 Coffee &amp; Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR <b>2:30 Singalong w/Karen, L</b> 6:00 Hand &amp; Foot Card Game, B</p>	<p>9:30 <b>Chair Zumba Class w/Patty, CR</b> <sup>16</sup> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand &amp; Foot Card Game, B</p>	<p>9:30 <b>Exercise w/Jacque of A.R.T., CR</b> <sup>17</sup> 10:00 <b>Post Office/Bank, O</b> 10:00 Word of the Day, Coffee &amp; Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> <b>3:30 Book Club, LL</b> <b>3:30 Nutrition Health Talk, B</b> 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH</p>	<p>9:30 <b>Balance Class w/Legacy, CR</b> <sup>18</sup> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>2:30 Misc. Errands, O</b> 6:00 Mexican Train, LL</p>	<p><b>Wear Blue Day</b> <sup>19</sup> 10:00 Current Events Coffee &amp; Snacks Friday Social, L <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge Club, B 2:00 Wonder Word Challenge <b>3:30 Father's Day Celebration, L</b> 6:00 Hand &amp; Foot Card Game, B</p>	<p>SUMMER BEGINS <sup>20</sup> 9:30 Walking Warriors 10:30 Coffee &amp; Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b> 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B</p>
<p>FATHER'S DAY <sup>21</sup> 8:30 In Search of the Lord's Way (KDFID Channel 7), R66 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B</p>	<p><b>National Crafts Week</b> <sup>22</sup> 9:30 <b>Exercise w/Jacque of A.R.T., CR</b> 10:00 Coffee &amp; Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR <b>2:30 Singalong w/Karen, L</b> 6:00 Hand &amp; Foot Card Game, B</p>	<p><b>National Hydration Day</b> <sup>23</sup> 9:30 <b>Chair Zumba Class w/Patty, CR</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand &amp; Foot Card Game, B</p>	<p>9:30 <b>Exercise w/Jacque of A.R.T., CR</b> <sup>24</sup> 10:00 <b>Post Office/Bank, O</b> 10:00 Word of the Day, Coffee &amp; Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 <i>Sassy Senior \$1 Bingo, CR</i> 6:00 Nickel (Card Game), B 6:45 Movie Night w/a Friend, TH</p>	<p>9:30 <b>Balance Class w/Legacy, CR</b> <sup>25</sup> 10:00 Blood Pressure Check w/Legacy, CR <b>10:15 Bible Study w/Pastor Frances, CR</b> <b>2:00 Busy Hand Club, R66</b> <b>2:30 Misc. Errands, O</b> <b>3:30 Social Hour w/Jason, B</b> 6:00 Mexican Train, LL</p>	<p>10:00 Current Events Coffee &amp; Snacks Friday Social, L <sup>26</sup> <b>10:30 Live Well Strength w/Legacy, CR</b> 1:00 Bridge Club, B 2:00 Wonder Word Challenge <b>3:30 Birthday Bash, L</b> 6:00 Hand &amp; Foot Card Game, B</p>	<p>9:30 Walking Warriors <sup>27</sup> 10:30 Coffee &amp; Conversation, L 1:30 Card Games, B <b>2:30 Movies and Popcorn, TH</b> 3:30 Billiards (Pool) 6:00 Chicken Foot 7:00 Crazy Card Game, B</p>
<p>8:30 In Search of the Lord's Way (KDFID Channel 7), R66 <sup>28</sup> 9:00 Bible Study, CR 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:00 Chicken Foot 6:30 Resident Card Games, B</p>	<p>9:30 <b>Exercise w/Jacque of A.R.T., CR</b> <sup>29</sup> 10:00 Coffee &amp; Snacks Monday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, CR <b>2:30 Singalong w/Karen, L</b> 6:00 Hand &amp; Foot Card Game, B</p>	<p>9:30 <b>Chair Zumba Class w/Patty, CR</b> <sup>30</sup> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:00 Bridge Club, B 2:30 Art Expression, CR 6:00 Hand &amp; Foot Card Game, B</p>				