

## Hello Residents of Lewisville Estates

Legacy Healthcare is continuing our monthly awareness health talks, and this month is "Restless Leg Syndrome Awareness". So come join in on the discussion **July 14th at 3:30** in **The Bistro** at the IL, or **July 21st at 3:30** in the **Community Room** at the AL. For all those who attend, you get to fill out a quick questionnaire for another chance to win a Walmart gift card and maybe even earn some Lewisville Estates bucks for attending!

Are you fearful of falls? Have you noticed your feet just aren't clearing the ground as they once did? We are continuing in our battle with gravity, so if you have a fear of falling or questions about balance, join in on the fight. By popular demand, we will continue to meet every Tuesday in the bistro to host a balance clinic to address the risks

for falls. If you have bad ankles, knees or hips, or just know you've been relying on that walker a little more than usual, please join in. We will be meeting on **July 3rd, 10th, 17th, and 24th at 10:30** in the **Community Room**. Don't forget to dress for exercise, because we will be active.

Finally, for all you lucky residents in the AL, you will continue to see us every **Thursday** afternoon at **1:30** and **Friday** morning at **9:30** in the **Activity Room** for our 30-minute, head-to-toe exercise class, Stretch & Grow.

Wishing you a very safe and happy Independence Day, Michael and the Legacy Healthcare Team Suite 336 • 972-420-8543

## Chef's Corner Hamburger History

An excerpt from *America's Favorite Sandwich: The Hamburger*

GrubAmericana.com, August 16, 2012

Exactly when and by whom the hamburger was invented seems to depend on who is telling the story. Well known historian Frank Tolbert attributed the honors to Fletcher Davis of Henderson County, Texas. It seems "Old Dave," as he was known to most folks, owned a lunch counter in Athens where he served grilled beef patties topped with a slice of onion between two thick pieces of toasted bread as far back as the late 1880s. Tolbert also credits Davis with being the "unknown" vendor who sold hamburgers at the 1904 St. Louis World's Fair.

Other claimants of the honor include "Hamburger Charlie" Nagreen of Seymour, Wisconsin and the

Menches brothers of Akron, Ohio, in 1885; and Louis Lassen of New Haven, Connecticut, in 1895.

There is also significant evidence to suggest that it was Oscar Weber Bilby who, on July 4, 1891, at his farm in central Oklahoma, served some ground beef patties on his wife Fanny's home-made sourdough buns (the bun is an essential part of the hamburger) to friends and family. This annual cook-out became a popular Bilby tradition that continued until 1933 when Oscar and his son Leo opened a burger stand in Tulsa and which remains in operation today.

No matter which of these stories you choose to believe, the fact is the hamburger has become the country's favorite sandwich (40% of all sandwiches sold), with more than 13 billion sold each year. And if those numbers are not impressive enough, burgers consume over three-quarters of all beef served by America's food establishments.

2) I was the first woman member of a presidential cabinet, serving as secretary of labor. Who am I?

**Please take your answer to the front desk for a Prize. (First Person wins)**

## Who Am I? Quiz

1) I was Photojournalist famous for my pictures of the Great Depression and migrant labors. I worked for Farm Security Administration, documenting rural America from 1935 to 1942. Who am I?



We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation. It's also a time to not only remember America's Founding Fathers, but those who have served this nation since then to keep it free! THANK YOU TO ALL THE MEN & WOMAN WHO HAVE SERVED FOR OUR COUNTRY!

## Current Events

**7/9 Men's Breakfast**

Time: 7:30 a.m.  
Place: Outing

**7/17 USA A OKAY**

Time: 6 p.m.  
Place: Dining Room

**7/9 Medicare Seminar**

Time: 3:15 p.m.  
Place: Community Room

**7/25 Dairy Queen**

Time: 11 a.m.  
Place: Outing

**7/11 George Bush Library**

Time: 9 a.m.  
Place: Outing

**7/29 Studio Movie Grill**

Time: 2:30 p.m.  
Place: Outing

**7/14 Legacy Health Chat**

Time: 3:30 p.m.  
Place: Bistro

## Happy Birthday!

Wishing you all a birthday filled with sweet moments and wonderful memories to cherish always.



### Resident Birthdays

1 - David Griffin  
1 - Jean Hammons  
1 - Fay Gonzalez  
3 - Dorothy Ann Walthall  
10 - Helen Wilson  
22 - Raymond Windell  
23 - Jane McHugh

### Employee Birthdays

5 - Angelica Valdez  
8 - Reyna Zavala  
10 - Rochelle Barton  
14 - Tanekia Calhoun  
16 - Luz Peralta  
19 - Juliana Torres  
21 - Elvia Cantor  
29 - Penny Kamau





