

## Health and Wellness: Pain Management

Pain is something everyone will experience at one time or another. Often times, it's an indication something is wrong. It can range from mild and occasional to severe and constant. Pain has both physical and emotional components and can be temporary or become more chronic in nature.

When we experience pain, it can lead to many other issues including depression, decreased independence, increased medical bills and decreased quality of life. There are many causes of pain such as trauma, injury, poor posture, obesity, repetitive stress and disease processes.

The good news is there are many treatment options that can be implemented to address the pain and prevent the pain from worsening. Right here in this community, you have a team of skilled therapists who are available to evaluate and assess any pain you are experiencing. Our goal is to help people do the things they love and need to do so they have a high quality of life and can stay as independent as possible. Stop by the Legacy Healthcare Services office if you would like to discuss further. We can help develop a well-rounded treatment plan tailored specifically to your needs!

Phone: (972)-420-8543

Lewisville Estates, Ste. 336

## Resident of the Month

Our L.E.A.P (Life Enrichment Program) would like to recognize Faye Gonzalez. Dr. Faye likes to participate in different activities like our afternoon games, socials, happy hours and being a part of our big events. Thank you, Dr. Faye, for your sweet personality and great smile. We are so happy to have you here at Lewisville Estates.



## Happy Hour!

Come and Join us every Friday afternoon at 3:30 p.m. for a fun Happy Hour with plenty of dancing and fun.



**The Lewisville Estates Lifestyle**

Independent Living  
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvillesseniorliving.com

Lewisville Estates SENIOR LIVING AT EASE  
Like Us!

**AUG 2016**

## Dear Residents, Families, and Friends,

Happy August! We have many new residents and family members among us; please introduce yourselves so they can feel the warmth and family spirit we have at Lewisville Estates. I am pleased to announce that we had our big state inspection in our Assisted Living, and we earned a perfect score. We are so blessed to have dedicated and caring staff to serve our residents.

With the summer coming to an end, it's almost time for children to return to school. We will be hosting our annual back-to-school drive for our employees' children. In appreciation, a box will be placed in the lobby for collection of school supplies (pencils, notebook paper, crayons, art paper, calculator, etc). Please join us as we say "thank you" to our faithful employees in a tangible way!

We have much to celebrate and be grateful for as we have a full month of exciting activities and outings scheduled; check your calendar for more details.

Regards,  
Jessica Hazelton, EXECUTIVE DIRECTOR



## Your Body and Water

Everybody knows the human body needs water to survive. But what does water do for you, exactly?

The average adult's body is about 60 percent water, two-thirds of it contained in cells. Water plays a crucial role in the formation of cells, which are often called the building blocks of life.

Most of the human body's major systems depend on water to function. Water delivers oxygen and nutrients throughout the body, lubricates joints, flushes out waste and toxins, and regulates the body's internal temperature.

Water makes swallowing and digestion possible and also metabolizes proteins and carbohydrates into energy. In fact, just a 5 percent decrease in body fluids can cause a 30 percent drop in a person's energy level.

Adults need between 2 and 3 liters of water every day, but some of this water can come from food. Fresh fruits and vegetables are especially hydrating.



### Locations

- Activity Room, AR
- 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

### Transportation Schedule

- Monday  
10 a.m.  
Albertsons
- Tuesday  
10 a.m.  
Walmart
- Thursday  
2 p.m.  
Walmart
- Friday  
TBA  
Field Trips/Outing

### Birthdays

- Robert Stringer, 6th
- Jeanne Oden, 6th
- Cindy Bruce, 11th (Employee)
- Jack Gonz, 16th
- Doris Hunter, 16th
- Cleo Prater, 17th
- Betty Laymon, 19th
- Nancy Benner, 29th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Kids School Supply Donation Box</b> 1 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> 2 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	<b>Watermelon Day</b> 3 9:30 Exercise w/Jacque of A.R.T., CR <b>10:00 Post Office/Bank, O</b> 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F <b>3:00 Kids Musical and Watermelon Social, L</b> 3:15 Bible Study, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/ Legacy, CR</b> 4 10:00 Blood Pressure Check w/Legacy, CR 10:00 Shopping at Walmart, O <b>10:30 Bible Study w/ Pastor Frances, B</b> <b>11:00 Gift Galore (Vendor), L</b> <b>1:45 Ear and Hearing Clinic w/Dr. Stuart, B</b> <b>2:00 Misc. Errands, O</b> <b>3:30 Bucket Listers Presentation, B</b> 6:00 Card Games, B	<b>International Beer Day</b> 5 <b>9:30 Walking Warriors w/ Kelley of Lake Village, B</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Beer and Pretzel Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 6 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 7 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 8 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR <b>3:30 Legacy Health Chat, B</b> 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> 9 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B <b>2:30 Town Hall Meeting, CR</b> <b>3:15 School Memories Social w/Sunshine, CR</b> 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 10 <b>10:00 Post Office/Bank, O</b> 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F <b>4:00 What Will Be Your Legacy Social, B</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/Legacy, CR</b> 11 10:00 Blood Pressure Check w/Legacy, CR 10:00 Shopping at Walmart, O <b>10:30 Bible Study w/ Pastor Frances, B</b> <b>2:00 Misc. Errands, O</b> <b>3:30 Social Time With Jacque, B</b> 6:00 Card Games, B	<b>Worldwide Art Day</b> 12 <b>9:30 Walking Warriors w/ Kelley of Lake Village, B</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>11:00 Out to Cici's Pizza, O</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Art Presentation Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 13 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Movie Time w/Your Grandkids, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 14 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>Best Friend Day</b> 15 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR <b>4:00 Best Friend Social &amp; Music Performance, B</b> 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> 16 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 17 <b>10:00 Post Office/Bank, O</b> 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Bible Study, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	<b>9:30 Balance Class w/ Legacy, CR</b> 18 10:00 Blood Pressure Check w/Legacy, CR 10:00 Shopping at Walmart, O <b>10:30 Bible Study w/ Pastor Frances, B</b> <b>2:00 Misc. Errands, O</b> <b>3:30 Meet &amp; Greet w/Ice Cream Social, B</b> 6:00 Card Games, B <b>6:00 Beach Blanket Bing (Big Event), DR</b>	<b>9:30 Walking Warriors w/Kelley of Lake Village, B</b> 19 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge <b>10:30 Blood Pressure Clinic w/Encompass</b> 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Back to School Supply Donation Happy Hour, L</b> 6:00 Card Games, B	9:30 Walking Warriors 20 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> <b>2:45 Movie Time w/Pastor Frances, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 21 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	<b>Senior Citizen Celebration</b> 22 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Ring Toss of Fire, B 6:00 Card Games, B	<b>9:30 Chair Yoga Class, CR</b> 23 <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	<b>National Safe at Home Week</b> 24 9:30 Exercise w/Jacque of A.R.T., CR <b>10:00 Post Office/Bank, O</b> 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F <b>4:00 Safe at Home Presentation, B</b> <b>6:00 Beach Blanket Bingo (Big Event), DR</b> 6:45 Bring a Friend Movie Night, TH	<b>National Whiskey Sour Day</b> 25 <b>9:30 Balance Class w/Legacy, CR</b> 10:00 Blood Pressure Check w/Legacy, CR 10:00 Shopping at Walmart, O <b>10:30 Bible Study w/ Pastor Frances, B</b> <b>2:00 Misc. Errands, O</b> <b>3:30 Brain Games (Name That Tune) w/Encompass, B</b> 4:00 Tic Tac Toss, L 6:00 Card Games, B <b>6:00 Ladies Night Out, O</b>	<b>8:00 Out to Winstar Casino, O</b> 26 <b>9:30 Walking Warriors w/ Kelley of Lake Village, B</b> 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR <b>2:00 Express Errands, O</b> <b>3:30 Birthday Bash, L</b> 6:00 Card Games, B	9:30 Walking Warriors 27 10:30 Coffee & Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B <b>2:45 Fun Flicks and Popcorn, TH</b> 3:30 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 28 10:30 Bible Study, B 1:15 Chicken Foot, LL 3:00 Resident Choice Game 6:30 Resident Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 29 10:00 Coffee & Snacks Monday Social, L <b>10:00 Albertsons, O</b> 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 6:00 Card Games, B	<b>National Marshmallow Day</b> 30 <b>9:30 Chair Yoga Class, CR</b> <b>10:00 Shopping at Walmart, O</b> 10:00 Catholic Communion, B 10:30 Rosary Service, B 1:45 Line Dancing w/Geri, L <b>2:30 No Baking S'mores, B</b> <b>3:30 Balance Clinic w/Legacy, CR</b> 6:00 Card Games, B	9:30 Exercise w/Jacque of A.R.T., CR 31 <b>10:00 Post Office/Bank, O</b> 10:00 Coffee & Snack Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Bible Study, B <b>3:30 Book Club, LL</b> 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH			