

Multiple Generations, Many Perks

From mentoring schoolchildren to chatting with a teenage food server, intergenerational relationships and encounters provide numerous benefits for all.

Many older adults say they feel more energized after spending time with young people, whether they're volunteering together, working on a craft, playing a game or just talking. Enjoying each other's company and giving advice can boost self-esteem and provide a sense of belonging. Research shows that seniors score better on memory tests and report higher life satisfaction after interacting with younger generations.

These experiences are also rewarding for children and young adults. They thrive on receiving positive attention and nurturing support. From older mentors, who can teach them valuable lessons.

Seniors can learn about new trends and technology from their younger friends and family members, and in return pass along their history and traditions to the next generations.

Many schools, neighborhood groups and senior living communities have recognized the benefits of multigenerational relationships and are encouraging this type of meaningful interaction. Responding to growing demand, many homebuilders are designing living spaces that accommodate young families and aging adults under one roof or in the same neighborhood.



Brain Fitness

We can strengthen a healthy brain through participation in certain activities or we can diminish areas of the brain through lack of use. For example, if you learn and practice a foreign language, you most likely will become more fluent. However, if you quit using that language, your vocabulary may decrease.

Alzheimer's disease is not a normal part of the aging process. According to the Mayo Clinic only about 5 percent of people between the ages of 65 and 74 have a diagnosis of Alzheimer's disease. Nearly 50 percent of people over the age of 85 have Alzheimer's disease. According to the Alzheimer's Association, symptoms of declining brain skills include:

1. **Memory loss** — evidenced by forgetting things and frequently repeating yourself.
2. **Difficulties with abstract thinking/problem solving** — such as balancing a checkbook
3. **New problems in speaking, reading, and writing**
4. **Loss of planning and safety awareness/judgment** — poor judgment with money
5. **Difficulty performing/sequencing once routine tasks, such as cooking and laundry**
6. **Mood/personality changes** — stubbornness, withdrawal, agitation
7. **Confusion with time/place/date**

If you have memory or wellness related questions, please contact your physician or Kim Mueller in the Legacy therapy department.

Legacy Healthcare Services, 972-420-8543



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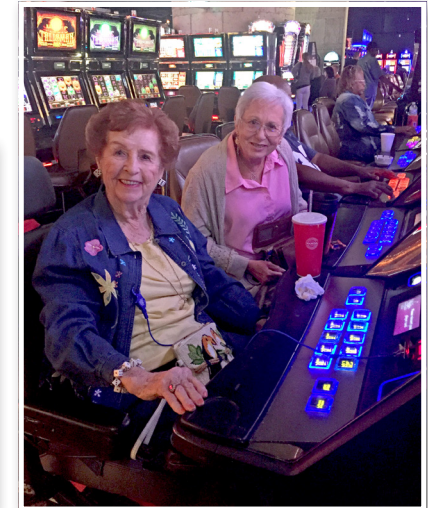
SEPTEMBER 2018

Dear Residents, Family and Friends

As summer comes to an end, I hope we can all look back on it as time well spent making memories with family and friends. We had a great month of August with root beer floats, going out for frozen yogurt and at our "Night on Broadway." Be sure to check your activity calendar as well as weekly flyers to see what exciting outings and events are scheduled for each month!

September has many exciting things in store including an Ice Cream Social on Wednesday, Sept. 5, a presentation about "Medicare and Private Duty" with Kevin From Brightstar and Thursday, Sept. 20, we will need everyone's help at our "A Taste for Wine & Murder, Murder and Mystery" Main Event. Make sure to invite your family and friends. We hope to see you all there!

Also, remember to check out our Facebook and website for weekly picture updates. Happy September!
Erin Montgomery,
Executive Director



Cooking Demo!

We love our Cooking Demo with Chef Monte! Don't forget to check our calendar for details.



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

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
- Friday, TBA Field Trips/Outing
- Friday, 2 p.m. Express Errands

“Knowledge is love and light and vision.”
—Helen Keller

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>7:30 The Truth in Love (TV Channel 7), R66 2</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>LABOR DAY 3</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:30 Labor Day Wonder Word Search, B</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:00 Star Kids Musical, L</p> <p>3:15 Trivia Club, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR 4</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>2:30 Art Expression, CR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 5</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Current Events Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:15 Bible Study, TH</p> <p>3:30 Ice Cream Social w/Evelyn, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR 6</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>1:00 Bridge Club, CR</p> <p>2:00 Misc. Errands, O</p> <p>3:30 Coloring Club, B</p> <p>6:00 Card Games, B</p> <p>6:00 Puzzle Mania and Wine Social w/Patty, R66</p>	<p>Wear Your Favorite College Colors Day 7</p> <p>9:30 Walking Warriors, B</p> <p>9:30 Express Errands, O</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 Kick Off Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 1</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 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>ROSH HASHANAH BEGINS AT SUNSET 9</p> <p>Grandparents Day</p> <p>7:30 The Truth in Love (TV Channel 7), R66</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>3:25 Cowboys vs. Carolina (Fox), R66</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 10</p> <p>10:00 Coffee & Snacks Monday Social, L</p> <p>10:00 Big Lots, O</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>1:00 Bridge Club, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:15 Trivia Club, B</p> <p>4:00 Rowdy Ring Toss, B</p> <p>6:00 Card Games, B</p>	<p>PATRIOT DAY 11</p> <p>7:30 Men's Out for Breakfast, O</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>2:30 Town Hall Meeting, CR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 12</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Current Events Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:15 Bible Study, TH</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR 13</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>1:00 Bridge Club, CR</p> <p>2:00 Misc. Errands, O</p> <p>2:30 Busy Hand Club, B</p> <p>3:00 Social Hour w/Jacque, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors, B 14</p> <p>9:30 Express Errands, O</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>11:00 Out to Cracker Barrel, O</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 Dandy Donuts Happy Hour, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 8</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 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>7:30 The Truth in Love (TV Channel 7), R66 16</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>3:25 Cowboys vs. NY Giants (NBC), R66</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 17</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>1:00 Bridge Club, CR</p> <p>1:30 Silver Singer Musical, L</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:15 Trivia Club, B</p> <p>6:00 Card Games, B</p>	<p>YOM KIPPUR BEGINS AT SUNSET 18</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>2:30 Art Expression, CR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR 19</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Current Events Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:15 Bible Study, TH</p> <p>3:30 Medicare & Private Presentation w/Kevin, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:00 Podiatry Visit, F 20</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>1:00 Bridge Club, CR</p> <p>2:00 Misc. Errands, O</p> <p>3:00 Fall Prevention Presentation w/Legacy, B</p> <p>6:00 Card Games, B</p> <p>6:00 A Taste for Wine & Murder (Main Event), DR</p>	<p>Ice Cream Cone Day 21</p> <p>9:30 Express Errands, O</p> <p>9:30 Alzheimer's Walk w/Legacy, B</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 I Scream You Scream We All Scream for Ice Cream, L</p> <p>6:00 Card Games, B</p>	<p>AUTUMN BEGINS 22</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 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>First Day of Fall 23</p> <p>7:30 The Truth in Love (TV Channel 7), R66</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>3:25 Cowboys vs. Seattle (Fox), R66</p> <p>6:30 Resident Card Games, B</p>	<p>Family Day 24</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>1:00 Bridge Club, CR</p> <p>2:00 Pokeno for Prizes, CR</p> <p>3:15 Trivia Club, B</p> <p>4:00 Rowdy Ring Toss, B</p> <p>6:00 Card Games, B</p>	<p>9:30 Chair Zumba Class w/Patty, CR 25</p> <p>10:00 Shopping at Walmart, O</p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>2:30 Scrapbooking Club, CR</p> <p>4:30 Out to Blue Goose, O</p> <p>6:00 Card Games, B</p>	<p>National Women Health & Fitness Day 26</p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Current Events Coffee & Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:15 Bible Study, TH</p> <p>3:30 Social Hour w/Jason, B</p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p>9:30 Balance Class w/Legacy, CR 27</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>1:00 Bridge Club, CR</p> <p>2:00 Misc. Errands, O</p> <p>2:30 Busy Hand Club, B</p> <p>4:00 Wine, Cheese & Crackers Social w/Patty, R66</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors, B 28</p> <p>9:30 Express Errands, O</p> <p>10:00 Coffee & Snacks Friday Social, L</p> <p>10:30 Live Well Strength w/Legacy, CR</p> <p>11:00 Out to Twisted Root, O</p> <p>2:00 Wonder Word Challenge</p> <p>3:30 Birthday Bash, L</p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors 29</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 Fun Flicks and Popcorn, TH</p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>7:30 The Truth in Love (TV Channel 7), R66 30</p> <p>8:30 In Search of the Lord's Way (TV KTXA Channel 12), R66</p> <p>9:00 Bible Study, CR</p> <p>12:00 Cowboys vs. Detroit (Fox)</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>Birthdays</p> <p>Mary Unverzagt, 4th Mary Dykes, 11th Laura Budlong, 13th Doris Hawkins, 15th</p>		<p>Shannon Pullen, 16th Betty Baughman, 19th Donna Billings, 29th</p>		