

## Health and Wellness: 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% of people between the ages of 65 and 74 have a diagnosis of Alzheimer's disease. Nearly 50% 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 in the therapy department.

Legacy Healthcare Services at Lewisville Estates

972-420-8543



## Resident of the Month

Our L.E.A.P. (Life Enrichment Activities Program) would like to recognize Albert Pursell. Al likes to participate in different activities like Happy Hours, special events, and outings. Thank you Al for your contagious smile and kind heart. We are very glad that you are part of our family here at Lewisville Estates.



## A Big Thank You!

... to all our vendors for making this year special with your fun socials, great arts and crafts and awesome exercise classes. Rehab Trust, Sunshine, Lake Village, Legacy, Encompass, Senior Helpers, Lewisville Library and many more!



## Dear Residents, Family, and Friends,

Lewisville Estates feels radiant with the warmth of family, visitors, and increasing holiday cheer as we wait for Christmas to get here! Please pay special attention to our December calendar as you will understand all that is done to make the season bright. Please know that we have many wonderful events leading up to the nights before Christmas: Deck the Halls door decorating contest, van excursion light tour, weekly Happy Hours, holiday crafts, and special vendors. We will be hosting our Family and Resident Christmas Tree Festival on Dec. 8, at 6 p.m. Please RSVP at the Concierge Desk. We will also have a New Year's Eve Party with champagne and entertainment on Dec. 30. Stay tuned for more details.

Happy December,  
Jessica Hazelton  
EXECUTIVE DIRECTOR



## Common Cold Myths

While there is no cure for the common cold, much folklore surrounds the illness, from how it's spread to home remedies. Here are some popular myths and the truth behind them.

The cold causes a cold — Have you ever heard someone say to bundle up or you'll get sick? People do tend to catch more colds in winter, but frigid air is not to blame. We spend more time indoors and in closer contact with others during this time, causing germs to spread more easily.

Coughs and sneezes are the only way colds are spread — Airborne germs can make others nearby sick, but studies show that hand-to-hand contact is the biggest culprit in spreading viruses.

Hand sanitizer works as well as soap — Gels are fine in a pinch, but scrubbing with soap and water is the best way to rid your hands of germs. If sanitizer is all that's available, it needs to contain at least 60 percent alcohol to be effective.

Feed a cold, starve a fever — The truth is simple: Eat if you are hungry, but don't force yourself. Staying hydrated is important when you are ill, so be sure to drink plenty of fluids.



# LEWISVILLE STATES

SENIOR LIVING AT EASE

## INDEPENDENT LIVING

### DECEMBER 2016

#### 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

"If you carry joy in your heart, you can heal any moment."

—Neale Donald Walsch

Activities Subject to Change

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|---|--|---|--|---|--|--|
| Virginia Stiff, 1st<br>Milton Traylor, 2nd<br>Erin Montgomery, 3rd (Employee)<br>Lauren Stark, 7th (Employee)<br>Edith Bryant, 7th<br>Mary Van Hoof, 8th                                    | <b>Birthdays</b><br>Darlene Schatzman, 9th<br>AL Flores, 18th<br>Jessica Ibarra, 19th (Employee)<br>Ken Weaver, 20th<br>Ellen Nelson, 20th<br>Charles Butters, 21st  | Casey Ringo, 21st (Employee)<br>Sharlet Lee, 22nd<br>Lois Kindblade, 25th<br>Marie Griffin, 27th<br>Nellie Slawson, 28th  |   | <b>Deck the Halls Contest Begins</b> 1<br>9:30 <b>Balance Class w/Legacy, CR</b><br>10:00 <b>Misc. Errands, 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>Shopping at Walmart, O</b><br>6:00 Card Games, B<br>7:25 <b>Cowboys Vs. Minnesota, R66</b>                            | 9:30 <b>Walking Warriors w/Kelley of Lake Village, B</b> 2<br>10:00 Coffee & Snacks Friday Social, L<br>10:30 Wonderword Challenge<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>1:00 Bridge, CR<br>1:45 <b>Ear and Hearing Clinic w/Dr. Stuart, B</b><br>2:00 <b>Express Errands, O</b><br>3:30 <b>Holiday Cookies Happy Hour, L</b><br>6:00 Card Games, B                             | 9:30 Walking Warriors 3<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:45 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>7:00 Crazy Card Game, B   |
| 4<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:30 Resident Card Games, B  | 5<br>9:30 Exercise w/Jacque of A.R.T., CR<br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Albertsons, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, AR<br>3:30 <b>Ice Cream Social w/Legacy, AR</b><br>6:00 Card Games, B   | 6<br>9:30 <b>Chair Yoga Class, 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 <b>Making Life Easy Program w/Home Helpers, B</b><br>2:30 <b>Stocking Decorations, AR</b><br>6:00 Card Games, B  | 7<br><b>Pearl Harbor Remembrance Day</b><br>9:30 Exercise w/Jacque of A.R.T., CR<br>10:00 <b>Post Office/Bank, O</b><br>10:00 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>3:00 Wii Games w/Max, F<br>3:15 Bible Study, B<br>3:30 Pearl Harbor Remembrance Social, B<br>6:00 Card Games, B<br>6:45 Bring a Friend Movie Night, TH | 8<br>9:30 <b>Balance Class w/Legacy, CR</b><br>10:00 <b>Misc. Errands, 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>Shopping at Walmart, O</b><br>3:30 <b>Jingle All the Way Social w/Jacque, B</b><br>6:00 Card Games, B<br>6:00 <b>Christmas Tree Forest (Big Event), DR</b> | 9<br><b>Wear Christmas Colors Day</b><br>9:30 <b>Walking Warriors w/Kelley of Lake Village, B</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 <b>Out to Babe's Chicken, O</b><br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>10:30 Wonderword Challenge<br>1:00 Bridge, CR<br>2:00 <b>Express Errands, O</b><br>3:30 <b>Hot Cocoa Happy Hour, L</b><br>6:00 Card Games, B         | 10<br>9:30 Walking Warriors<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:45 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>7:00 Crazy Card Game, B   |
| 11<br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:30 Resident Card Games, B<br>7:30 <b>Cowboys Vs. New York, R66</b>                                    | 12<br>9:30 Exercise w/Jacque of A.R.T., CR<br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Albertsons, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, AR<br>3:30 <b>Legacy Health Chat, B</b><br>6:00 Card Games, B<br>6:00 <b>Christmas Lights Tour, O</b>                | 13<br><b>12 Days of Christmas Begins</b><br>9:30 <b>Chair Yoga Class, 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 <b>Making Life Easy Program w/Home Helpers, B</b><br>2:30 <b>Town Hall Meeting, CR</b><br>3:30 <b>White Elephant Party w/Sunshine, CR</b><br>6:00 Card Games, B | 14<br><b>8:00 Out to Winstar Casino, O</b><br>9:30 Exercise w/Jacque of A.R.T., CR<br>10:00 <b>Post Office/Bank, O</b><br>10:00 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>3:00 Wii Games w/Max, F<br>6:00 Card Games, B<br>6:45 Bring a Friend Movie Night, TH   | 15<br>9:30 <b>Balance Class w/Legacy, CR</b><br>10:00 <b>Misc. Errands, 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>Shopping at Walmart, O</b><br>2:00 <b>Cookie Decoration w/Legacy, AR</b><br>6:00 Card Games, B  | 16<br><b>Wear Christmas Sweater Day</b><br>9:30 <b>Walking Warriors w/Kelley of Lake Village, B</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>10:30 <b>Blood Pressure Clinic w/Encompass</b><br>10:30 Wonderword Challenge<br>1:00 Bridge, CR<br>2:00 <b>Express Errands, O</b><br>3:30 <b>Birthday Bash, L</b><br>6:00 Card Games, B     | 17<br>9:30 Walking Warriors<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:45 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>7:00 Crazy Card Game, B   |
| 18<br>9:00 Bible Study, CR<br>12:00 <b>Cowboys Vs. Tampa Bay, R66</b><br>1:15 Chicken Foot, LL<br>3:00 Resident Choice Game<br>6:30 Resident Card Games, B                                  | 19<br>9:30 Exercise w/Jacque of A.R.T., CR<br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Albertsons, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, AR<br>4:00 Rowdy Ring Toss, B<br>6:00 Card Games, B  | 20<br><b>Sangria Day</b><br>9:30 <b>Chair Yoga Class, 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 <b>Making Life Easy Program w/Home Helpers, B</b><br>2:30 Art Expression, AR<br>6:00 Card Games, B<br>6:00 <b>Christmas Lights Tour, O</b>                                      | 21<br><b>WINTER BEGINS</b><br>9:30 Exercise w/Jacque of A.R.T., CR<br>10:00 <b>Post Office/Bank, O</b><br>10:00 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>3:00 Wii Games w/Max, F<br>3:15 Bible Study, B<br>6:00 Card Games, B<br>6:45 Bring a Friend Movie Night, TH  | 22<br>9:30 <b>Balance Class w/Legacy, CR</b><br>10:00 <b>Misc. Errands, 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>Shopping at Walmart, O</b><br>3:30 <b>Naughty or Nice Social With Encompass, B</b><br>6:00 Card Games, B  | 23<br><b>Wear Christmas Hats Day</b><br>9:30 <b>Walking Warriors w/Kelley of Lake Village, B</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 Wonderword Challenge<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>11:00 <b>Out to Mama's Daughters Diner, O</b><br>1:00 Bridge, CR<br>2:00 <b>Express Errands, O</b><br>3:30 <b>Dear Santa Happy Hour, L</b><br>6:00 Card Games, B | 24<br><b>CHRISTMAS EVE HANUKKAH BEGINS AT SUNSET</b><br><b>Egg Nog Day</b><br>9:30 Walking Warriors<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:45 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>7:00 Crazy Card Game, B |
| 25<br><b>CHRISTMAS DAY</b><br>9:00 Bible Study, CR<br>1:15 Chicken Foot, LL<br>2:45 <b>Holiday Movie: "White Christmas," TH</b><br>3:00 Resident Choice Game<br>6:30 Resident Card Games, B | 26<br><b>Candy Cane Day</b><br>9:30 Exercise w/Jacque of A.R.T., CR<br>10:00 Coffee & Snacks Monday Social, L<br>10:00 <b>Albertsons, O</b><br>10:30 Blood Pressure Checks w/A.R.T., CR<br>2:00 Pokeno for Prizes, AR<br>4:00 Candy Cane Toss, B<br>6:00 Card Games, B<br>7:30 <b>Cowboys Vs. Detroit, R66</b> | 27<br>9:30 <b>Chair Yoga Class, 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 <b>Making Life Easy Program w/Home Helpers, B</b><br>2:30 Art Expression, AR<br>6:00 Card Games, B  | 28<br>9:30 Exercise w/Jacque of A.R.T., CR<br>10:00 <b>Post Office/Bank, O</b><br>10:00 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>3:00 Wii Games w/Max, F<br>3:30 <b>Book Club, LL</b><br>6:00 Card Games, B<br>6:45 Bring a Friend Movie Night, TH  | 29<br>9:30 <b>Balance Class w/Legacy, CR</b><br>10:00 <b>Misc. Errands, 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>Shopping at Walmart, O</b><br>6:00 Card Games, B  | 30<br>9:30 <b>Walking Warriors w/Kelley of Lake Village, B</b><br>10:00 Coffee & Snacks Friday Social, L<br>10:30 Wonderword Challenge<br>10:30 <b>Live Well Strength w/Legacy, CR</b><br>1:00 Bridge, CR<br>2:00 <b>Express Errands, O</b><br>3:30 <b>A Toast of Celebration Happy Hour, L</b><br>6:00 Card Games, B  | 31<br><b>NEW YEAR'S EVE</b><br>9:30 Walking Warriors<br>10:30 Coffee & Conversation, L<br>1:00 Trivia Pursuit, LL<br>1:30 Card Games, B<br>2:45 <b>Fun Flicks and Popcorn, TH</b><br>3:30 Billiards (Pool)<br>7:00 Crazy Card Game, B<br>10:00 <b>New Year's Toast, R66</b>          |