



Assisted Living

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

January 2016

Dear Family, Friends and Residents:

Happy New Year 2016! Gratitude is a word that comes to mind when reviewing this month's activities. As we hope to live a life of grace and gratefulness, it is important to thank those who have been so good to us! It is also with gratitude that we thank you for entrusting your loved ones to us as a partnership in care. We are much more successful in bringing love and joy to those we serve when we join together.

December was a festive month with all the trees and wreaths throughout the community! A special thank you to all the vendors that participated in the spirit. January will also be a busy month filled with many outings in the community, and we will be "Putting on the Ritz: A Roaring '20s Party."

A very sincere thanks to each family and resident who donated to our Employee Appreciation Fund. Donations were beyond our expectations. We held a fun-filled party where employees received your gifts, and our staff was very appreciative.

As we begin 2016, may we remain thankful for all we do together to enhance the lives of those who are so precious to us. We are dedicated to enhancing quality of life for all our residents. We wish each of you a Happy and Healthy New Year!

— Jessica

Legacy Healthcare On Health & Wellness: Low Vision

Low vision is a visual impairment that interferes with a person's ability to perform daily activities. One in three people over the age of 65 has a vision reducing eye disease. 69% of blind individuals are over the age of 80.

Here are some eye diseases that cause visual impairment.

1. Age related macular degeneration: blurred vision, image distortion, blind spots and difficulty with reading.
2. Glaucoma: optic nerve damage resulting in visual field loss.
3. Cataracts: lens opacities interfering with vision function, causing blurred vision or inability to adjust to glare.
4. Diabetic Retinopathy: impaired retinal circulation due to damage to the tiny blood vessels that bring oxygen and nutrients to the retina. This can cause blurred vision, floaters, visual field loss and poor night vision.

Some difficulties due to visual loss include: increased fall risk, depression, social isolation and dependence with daily activities.

How can you prevent visual loss/disease? Regular eye exams by your optometrist/ophthalmologist, smoking cessation, control of cholesterol, blood sugars and hypertension will all assist in maintaining good eye health.

ASSISTED LIVING
AL#010063

JANUARY 2016

Locations

- Activity Room, AR
- AL Courtyard, ALC
- AL Parking Lot, ALPL
- Bistro, B
- Dining Room, DR
- Library, LL
- Lobby, L
- Outing, O
- Spa, Spa








Transportation Schedule

- Monday 10 a.m. Albertsons
- Tuesday 10 a.m. Walmart
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Thursday 10 a.m. Miscellaneous Errands
- Friday TBA Field Trips/Outing
- Friday 2 p.m. Express Errands

Birthdays

- Carol "Jean" Barker, 6th
- Kathy Payne, 11th
- Sherry Shields, 20th
- LaNelle Sarine, 31st

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			NEW YEAR'S DAY 1		2	
8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR	9:45 Exercise Extreme!, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 10:00 Craft Club: Snowflake Wreaths, AR 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:00 Learn To Play Poker, AR 3:30 Small Group Time 4:00 What's Happening?, L	9:45 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 2:00 Bible Study w/ Rob Harrison, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 10:00 Christian Service w/ Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	Happy New Year! 10:00 Tournament of Roses Parade (Rose Bowl)	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR	9:45 Exercise Extreme!, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:00 Learn To Play Poker, AR 3:30 Small Group Time 4:00 What's Happening?, L 5:45 Family Night: Puttin' on the Ritz, L	9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 10:30 Lunch @ Red Robin (Group 1), O 2:00 Bible Study w/Rob Harrison, L 3:00 Town Hall Meeting, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 2:15 Staying Warm Chat From Senior Select, AR 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	Arbor Day 9:45 Exercise Extreme, AR 10:30 Lunch @ Red Robin (Group 2), O 2:00 Polka Polka Social feat. Les Huey, L 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L
8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR	MARTIN LUTHER KING JR. DAY 9:45 Exercise Extreme!, AR 10:00 Shopping at Albertsons, O 10:15 Walking Club 1:30 Today in History, L 3:30 Bingo for Chocolate, AR 4:00 A Day in the Life, L	9:30 Catholic Communion & Service, DR 10:00 Shopping at Walmart, O 1:30 Gold Chair Exercise, AR 2:30 Bible Stories Reading Club, L 3:00 Learn to Play Poker, AR 3:30 Small Group Time 4:00 What's Happening?, L	9:45 Tone Those Bones w/ Erin (Rehab Trust), AR 10:00 Post Office/Bank Outing, O 10:15 Snack Attack, L 10:15 Health Talk by Encompass, L 2:00 Bible Study w/ Rob Harrison, L 3:30 Bingo for Chocolate, AR 4:00 Winning Is a Good Thing!, L	8:00 Beauty Salon Is Open 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Millionaire Exercise, AR 2:00 Shopping at Walmart, O 2:15 Men's Coffee Group, B 3:30 Blackjack 21 Card Games, AR 4:00 If You Were Me, You Would ..., L	9:45 Exercise Extreme, AR 10:00 Farkel Fridays, AR 3:30 Board Game Bonanza, AR 4:00 Weekly Wrap Up, L	9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge 2:00 Dominoes, AR 3:00 Fun Flicks, L
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8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 1:00 Games w/Friends, AR 2:00 Bible Study w/ Rob Harrison, L 3:00 Dominoes, AR						

You Make the Difference! (Vendors, Partners, & Helpers)

Last month we celebrated Christmas in style with our Christmas Tree Forest! Thank you everybody for being there and making it awesome!

- ART
- ACT
- Ardent
- Encompass
- Novus
- Seasons
- North Texas HC
- Senior Select
- Zeal
- Legacy
- New Covenant Baptist
- The Jehovah's Witnesses
- Rev. Christal Fisher
- Rob Harrison
- Colleen Banas
- Hollymead
- Mayhill



Star Wars comes to Lewisville Estates!

- Community Care Pharmacy
- Patriot Imaging
- Senior Helpers
- New Century
- ... and Many More!

Resident of the Month

It's 2016, and we are proud to honor, Honore! Honore Wong and Minnie (her dog) have been a true blessing to anyone who has met them, and we love having both a part of Lewisville Estates!



Honore at the Gaylord Texan!

New Year! Great Entertainment! Great Fun!

Come join us for a month of fun with musical guests, a family night never to be forgotten, and a pie-in-your-face event you won't want to miss! Check out the awesome line up!

Jan. 8, at 2 p.m. — Cowboy Bob performs **10:30 a.m.** — Lunch at Red Robin Burgers

Jan. 12, at 5:45 p.m. — Family Night: Puttin' On the Ritz featuring Rhonda Medina **Jan. 22, at 2 p.m.** — Second Annual Pie-In-Your-Face Social

Jan. 13 and 15, at **Jan. 29, at 1:30 p.m.** — Bill Cobb performs

Don't forget: the podiatrist will be here Jan. 7-8!



Jane meets the Pie Guy!

Puttin' On the Ritz: A Roaring 1920s Family Night

What did the 1920s bring us? Flappers, women's suffrage, the washing machine, vacuum cleaner and the first commercial radio station! In fact, by 1923 there were over 500 stations across the U.S. with a radio in over 12 million homes by the end of the decade!



We're celebrating this momentous time at Lewisville Estates by throwing a Ritzy party of our own! So get to work on your Charleston, get dolled up and come join us for Puttin' on the Ritz, featuring Rhonda Medina! You won't want to be anywhere else!