



Assisted Living

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

February 2015

Dear Residents, Families and Friends

We have many fun and exciting events scheduled for this month so make sure you check the calendar!



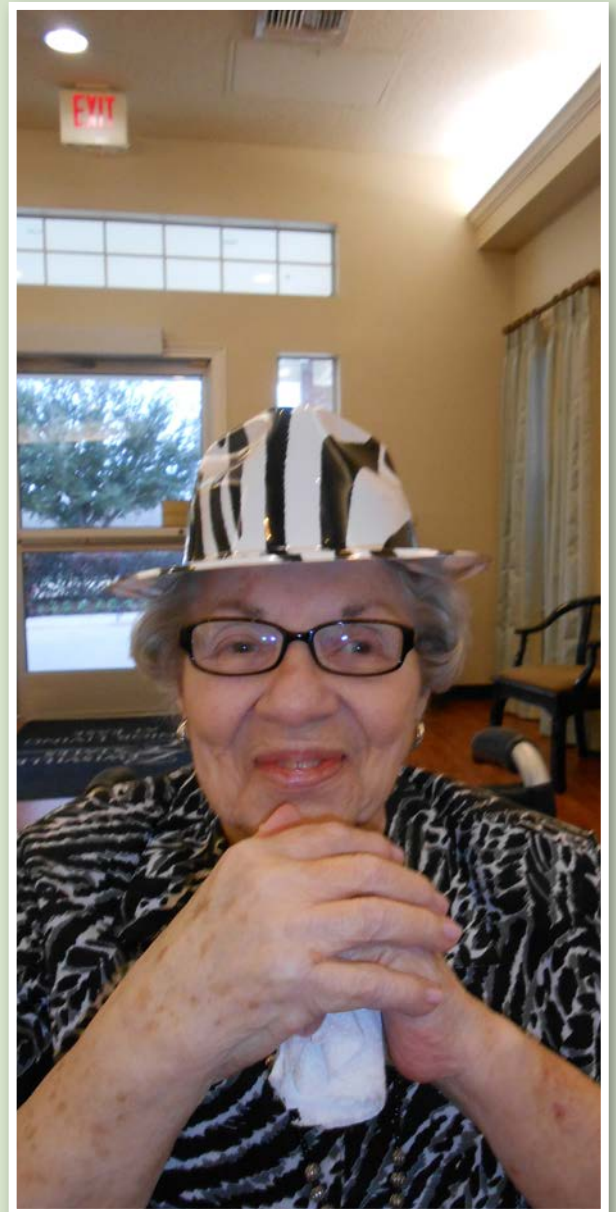
- We will be kicking off February with a Super Bowl party, so make sure you have your football gear ready to support your team of choice.
- I am excited to announce we will be starting a book club. If you have any suggestions or ideas, let us know. We are looking for volunteers to help with this club!
- Lewisville Estates will be hosting a special Valentine's Day Dinner with candles and carnations!
- Mardi Gras Ball will be held in the main dining room on Feb. 19, at 6 p.m. Join us for cocktails and live entertainment. You are welcome and encouraged to invite friends and family. RSVP at the Front Desk.
- We will have a Chili Cook-Off on Thursday, Feb. 26. This event will be for all residents, families and employees who want to show off their cooking talents.
- We will celebrate all February birthdays on the 27th at the Birthday Bash Social! Feel free to invite your loved ones to join in the celebration.

Have a great month,

Jessica Hazelton, Executive Director

Resident of the Month

Theresa Qualls



Locations

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

Transportation Schedule

- Monday 10 a.m. Albertsons
- Tuesday 10 a.m. Shopping at 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

- Robert Morris, 11th
- Margaret Guy, 12th
- Blanche Bolton, 28th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 10:30 Resident Singalong, L 1:00 Games w/Friends, AR 2:00 Bible Study w/Rob Harrison, L 3:00 Dominoes, AR 5:30 NFL Super Bowl XLIX</p>	 <p>GROUNDHOG DAY 9:30 Exercise Extreme, AR 10:00 Shopping at Albertsons, O 10:15 Morning Walk, L 1:30 Today in History, L 2:00 Coffee & Snacks, L 3:30 Bingo for Chocolate, AR</p>	 <p>The Day the Music Died 9:30 Catholic Communion 10:00 Crafty Craft Time w/Philip, AR 10:00 Shopping at Walmart, O 1:30 Sit & Stretch Exercise, AR 1:30 UNO Card Games, B 2:30 Matinee Movie & Popcorn, L 3:30 Small Group Time</p>	 <p>9:30 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Snack Attack, L 10:00 Post Office/Bank Outing, O 10:30 Hi/Lo Games, AR 2:30 Book Club, L 3:30 Bingo for Chocolate, AR</p>	 <p>8:00 Beauty Salon Is Open 9:30 Men's Coffee Group, B 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Exercise w/Michael (Legacy), AR 2:00 Shopping at Walmart, O 2:30 Bible Study w/Rob Harrison 3:30 Blackjack 21 Card Games, AR</p>	<p>Lame Duck Day 9:30 Exercise Extreme, AR 10:30 Lunch at Tierney's Cafe, O 2:00 Duck, Duck, Goose Social, L 3:30 Board Game Bonanza, AR</p>	<p>9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge, L 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L</p>
<p>8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 10:30 Resident Singalong, L 1:00 Games w/Friends, AR 3:00 Dominoes, AR</p>	<p>9:30 Exercise Extreme, AR 10:00 Shopping at Albertsons, O 10:15 Morning Walk, L 1:30 Today in History, L 2:00 Coffee & Snacks, L 3:30 Bingo for Chocolate, AR</p>	<p>Umbrella Day 9:30 Catholic Communion 10:00 Shopping at Walmart, O 10:00 Mardi Gras Crafts, AR 1:30 Sit & Stretch Exercise, AR 2:30 Matinee Movie & Popcorn, L 3:30 Small Group Time</p>	<p>7:00 Men's Breakfast Outing, O 9:30 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Snack Attack, L 10:00 Post Office/Bank Outing, O 10:30 Hi/Lo Games, AR 2:30 Book Club, L 3:00 Town Hall Meeting, L 3:30 Bingo for Chocolate, AR</p>	<p>8:00 Beauty Salon Is Open 9:30 Men's Coffee Group, B 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Exercise w/Michael (Legacy), AR 2:00 Shopping at Walmart, O 2:30 Bible Study w/Rob Harrison 3:30 Blackjack 21 Card Games, AR</p>	<p>Blame Someone Else Day 9:30 Exercise Extreme, AR 10:00 Farkel Fridays, AR 2:00 The Blame Game Social, L 3:30 Board Game Bonanza, AR</p>	<p>VALENTINE'S DAY 9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge, L 2:00 Dominoes, AR 3:00 Fun Flicks, L 5:00 Valentine's Day Dinner</p>
<p>8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 10:30 Resident Singalong, L 1:00 Games w/Friends, AR 3:00 Dominoes, AR</p>	<p>PRESIDENTS' DAY 9:30 Exercise Extreme, AR 10:00 Shopping at Albertsons, O 10:15 Morning Walk, L 1:30 Today in History, L 2:00 Coffee & Snacks, L 3:30 Bingo for Chocolate, AR</p>	<p>MARDI GRAS 9:30 Catholic Communion 10:00 Crafty Craft Time w/Philip, AR 10:00 Shopping at Walmart, O 1:30 Sit & Stretch Exercise, AR 2:30 Matinee Movie & Popcorn, L 3:30 Small Group Time 5:45 Mardi Gras Party, L</p>	<p>ASH WEDNESDAY 9:30 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Snack Attack, L 10:00 Post Office/Bank Outing, O 10:30 Hi/Lo Games, AR 2:30 Book Club, L 3:30 Bingo for Chocolate, AR</p>	<p>8:00 Beauty Salon Is Open 9:30 Men's Coffee Group, B 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Exercise w/Michael (Legacy), AR 2:00 Shopping at Walmart, O 2:30 Bible Study w/Rob Harrison 3:30 Blackjack 21 Card Games, AR</p>	<p>Cherry Pie Day 9:30 Exercise Extreme, AR 10:30 Lunch at Chili's, O 2:00 Cherry Pie Party, L 3:30 Board Game Bonanza, AR</p>	<p>9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge, L 1:30 Games w/Staff, AR 2:00 Dominoes, AR 3:00 Fun Flicks, L</p>
<p>8:30 New Covenant Baptist Church, L 9:30 Sit and Be Fit, L 10:30 Resident Singalong, L 1:00 Games w/Friends, AR 2:00 Lewisville Church of Christ, L 3:00 Dominoes, AR</p>	<p>9:30 Exercise Extreme, AR 10:00 Shopping at Albertsons, O 10:15 Morning Walk, L 1:30 Today in History, L 2:00 Coffee & Snacks, L 3:30 Bingo for Chocolate, AR</p>	<p>Nat. Tortilla Chip Day 9:30 Catholic Communion 10:00 Crafty Craft Time w/Philip, AR 10:00 Shopping at Walmart, O 1:30 Sit & Stretch Exercise, AR 2:30 Matinee Movie & Popcorn, L 3:30 Small Group Time</p>	<p>9:30 Tone Those Bones w/Erin (Rehab Trust), AR 10:00 Snack Attack, L 10:00 Post Office/Bank Outing, O 10:30 Hi/Lo Games, AR 2:30 Book Club, L 3:30 Bingo for Chocolate, AR</p>	<p>Nat. Chili Day 8:00 Beauty Salon Is Open 9:30 Men's Coffee Group, B 10:00 Christian Service w/Rev. Christal Fisher, L 1:30 Exercise w/Michael (Legacy), AR 2:00 Shopping at Walmart, O 2:30 Bible Study w/Rob Harrison 3:30 Chili Cook-Off Sampling, L</p>	<p>Polar Bear Day 9:30 Exercise Extreme, AR 10:00 Farkel Fridays, AR 2:00 Birthday Bash Social, L 3:30 Board Game Bonanza, AR</p>	<p>9:30 Sit Down & Tone Up, L 10:30 Word Find Challenge, L 2:00 Dominoes, AR 3:00 Fun Flicks, L</p>

Valentine's Day: Fun Facts and Cliché About Your Heart

1. It beats 4,000 times an hour.
2. It weighs approximately 11 ounces.
3. It takes 20 minutes for blood to travel the cardiovascular circuit.
4. It's just a little larger than your fist.
5. Each heartbeat pumps a half cup of blood.



6. Blood travels through 62,000 miles of veins, arteries and capillaries.
7. The heart has been inaccurately used as a symbol of love and generosity in songs, poetry and speech:



- (a) You can't break a heart although you can be heartbroken.
- (b) All hearts are basically the same size. Someone who is said to be bighearted is generous.
- (c) You can't wear your heart on your sleeve, although you can be obvious about feelings.
- (d) A heartache can medically be chest pains, but they are usually due to a loss of someone's love.
- (e) Since your heart is located behind your ribs, it can't feel anything. So, if something is said to be heartfelt, it is merely sentimental.



From Legacy on Health and Wellness: Energy Conservation

You may have heard the term energy conservation, but do you know what it means in regard to your body and physical capabilities? In the world of physical function, energy conservation means assessing our daily routines and finding ways to reduce the amount of effort needed to perform certain tasks, eliminating tasks and building more rest periods throughout the day.



Fatigue is a common complaint in today's society, as well as a common factor in many medical conditions. Fatigue can lead to many complications such as risk of injury, inability to complete important tasks, missing out on family and social activities, sedentary lifestyle, depression and decreased interest in once enjoyed activities.

How do we reduce fatigue and stay engaged in our daily lives?

Prioritize: Do activities in order of importance. Complete tasks required to take care of ourselves, but make time for leisure activities.

Plan: Spend time planning important activities for the day and for the week.

Pace: Take rests between activities. Taking a 10-minute rest each hour will help prevent fatigue. Rest can be sitting and reading, listening to music or lying down.

Posture: Proper posture is about using muscles within their means, without expending too much energy.

As we perform activities each day, our bodies expend energy. Bodies differ in terms of energy available to expend each day due to our health, medical conditions, diet, exercise and well-being. If we are proactive and use energy-saving techniques, we can limit fatigue and actively participate in our daily lives. The therapy team can assist you with a personalized plan, allowing you to conserve energy and accomplish more in your day!