

## Resident of the Month

Our L.E.A.P (Life Enrichment Activity Program) would like to recognize Cecilia Burch!

Cecilia is full of fun with a wonderful sense of humor. She lived in Iowa City, Iowa, the same time I did! I love sharing Iowa memories with her.

Cecilia is proud of her very supportive, loving family.

Join her any time for cards, puzzles, music and laughter.

We are so happy to have Cecilia at Lewisville Estates!



## Reading for a Cause

Each May, Get Caught Reading Month is celebrated as a way to encourage people of all ages to read. How heartwarming would it be to get caught doing a kind deed at the same time? Here are some ways you can use your love of books to give back to others:

Read to kids. Many preschools and elementary schools welcome volunteers to read a story to a class of eager listeners. Or consider being a mentor to a child who is learning to read; he or she can practice and gain confidence by reading to you.

Read to friends and family. Maybe your neighbor loves literature, but her vision isn't what it used to be. Pay her a visit to read a novel together. Simply reading a newspaper to someone can bring great companionship.



Joni with Home Helpers sharing a story.



## Mother's Day

M-O-T-H-E-R

"M" is for the million things she gave me,  
 "O" means only that she's growing old,  
 "T" is for the tears she shed to save me,  
 "H" is for her heart of purest gold;  
 "E" is for her eyes, with lovelight shining,  
 "R" means right, and right she'll always be,

Put them all together, they spell

"MOTHER," A word that means the world to me.

— Howard Johnson (c. 1915)



## National Wait Staff Day: May 21



AnnAliza serves your meal with a smile and will even dance with you!

## The Lady With the Lamp

Every year, special recognition is given to nurses during National Nurses Week. The observance begins on May 6, National Nurses Day, and ends on May 12, the birthday of Florence Nightingale, who revolutionized the nursing profession.

Born in 1820 to British parents who were traveling in Florence, Italy, Nightingale was named for the city of her birth. As a child, she excelled academically, and in her teen years aspired to become a nurse.

At that time, nursing was not the skilled occupation it is now, and hospitals were disorganized and usually unsuccessful in treating the sick. Determined to change this, Nightingale received nursing training in Germany and France, then worked at a women's hospital in London.

In 1854, during the Crimean War, Nightingale was asked to organize a team of nurses and travel to Turkey to care for soldiers at a British camp hospital. Here she became known as the "Lady With the Lamp," due to her nighttime checks on the sick and wounded. Her methods of improving hygiene and providing a personal touch to patients helped reduce the camp's death rate by two-thirds.

Following the war, Nightingale used her knowledge and experience to improve health care. She wrote over 200 books and pamphlets on health-related issues, including 1859's "Notes on Nursing," a practical guide that is still published today.



Our Nurse Melinda!

## Dear Residents, Families and Friends,

At Lewisville Estates, we strive to keep you active and healthy. Please join us for exercise class, mind joggers and fresh air in the courtyard.

We begin this month with a Kentucky Derby Party. Many Residents have decorated or purchased hats for the occasion, and the entire day promises to bring you back to the Kentucky days! We will be hosting our annual Mother's

Day Tea Party on May 12, and we encourage you to invite your loved ones! As always, we have many fun and exciting events this month: Cinco de Mayo Social and Outings to Applebee's, Fossil Rim Wildlife Park, KFC and a picnic in the park.

We hope Mother Nature allows good weather for our outdoor events. A Night in Greece will be our Main Event on May 9. Please check the calendar or see Dawn for more details.

Happy May,

*Erin Montgomery,*

BUSINESS OFFICE DIRECTOR





ASSISTED LIVING

AL#010063

MAY 2017

## 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. Grocery Stores
- Tuesday 10 a.m. Walmart
- Wednesday 10 a.m. Post Office/Bank
- Thursday 2 p.m. Walmart
- Friday TBA
- Field Trips/Outing

## Birthdays

- Katherine Screeton, 16th
- Landy Bierman, 16th
- Betty Daughtry, 18th
- Jim Hawes, 30th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>MAY DAY 1</b> 9:00 Word of the Day!, L <b>9:30 Shopping at Winco, O</b> <b>9:30 Exercise With Legacy, AR</b> <b>10:15 Story, Joke or Quote to Share, L</b> <b>1:00 Making Life Easier w/Joni of Home Helpers, AR</b> <b>3:00 Resident Choice of Chat or Game!, AR</b>	<b>National Teachers Day! 2</b> 9:00 Word of the Day!, L <b>9:30 Shopping at Walmart, O</b> <b>9:30 Catholic Communion</b> 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L 10:00 What Would Miss Manners Say?, L 1:00 Art Expression, AR <b>2:30 Bible Study w/Laura, L</b> 3:00 Celebrate Our Teachers!, L	<b>Beauty Salon Is Open 3</b> 9:00 Word of the Day!, L <b>9:45 Tone Those Bones w/ Erin (Rehab Trust), AR</b> <b>1:00 What's the May "Buzz?," L</b> 2:00 Sassy Senior Bingo, AR 3:00 Bible Study w/ Rob Harrison, L <b>4:00 Ambassador Meeting, AR</b>	<b>Beauty Salon Is Open 4</b> 8:00 <b>Beauty Salon Is Open</b> 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L <b>10:00 Christian Service w/ Rev. Christal Fisher, L</b> 1:00 Storytelling Club <b>1:30 Shopping at Walmart, O</b> <b>2:00 Scrapbooking Club, AR</b> 3:00 Balloon Volleyball, L	<b>Cinco De Mayo! 5</b> 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L <b>10:00 Ready, Set, Grow Club, ALC</b> 10:30 Lunch Outing to Applebee's!, O 1:00 Painting With Mary!, AR 2:00 Cinco De Mayo Social Hour!, L 3:00 Get Those Derby Hats On!, L	<b>Kentucky Derby Race 6</b> 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L 1:00 "Run for the Roses" History!, L <b>3:00 Saturday Bingo, AR</b>
<b>7</b> <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Puzzle Mania, AR</b> <b>5:30 Cinema Sundays, L</b>	<b>8</b> 9:00 Word of the Day!, L <b>9:30 Shopping at Winco, O</b> <b>9:30 Exercise With Legacy, AR</b> <b>10:15 Story, Joke or Quote to Share, L</b> <b>1:00 Making Life Easier w/Joni of Home Helpers, AR</b> <b>3:00 Resident Choice of Chat or Game!, AR</b>	<b>9</b> 9:00 Word of the Day!, L <b>9:30 Shopping at Walmart, O</b> <b>9:30 Catholic Communion</b> 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L 1:00 Art Expression, AR <b>2:30 Bible Study w/ Laura, L</b> 3:00 Greek Mythology, L 6:00 <i>A Night in Greece!</i> , L	<b>10</b> <b>Beauty Salon Is Open</b> 9:00 Word of the Day!, L <b>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</b> 2:00 Sassy Senior Bingo, AR <b>3:00 Town Hall Meeting, L</b> 3:30 Bible Study w/ Rob Harrison, L	<b>11</b> <b>8:00 Beauty Salon Is Open</b> 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L <b>10:00 Christian Service w/ Rev. Christal Fisher, L</b> 1:00 Storytelling Club <b>1:30 Shopping at Walmart, O</b> <b>2:00 Scrapbooking Club, AR</b> 3:00 Balloon Volleyball, L	<b>12</b> 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L 10:00 Mother's Day Tea, L 1:00 Painting With Mary!, AR 2:00 Celebrate Mothers Social Hour!, L 3:00 TV's Favorite Moms!, L	<b>13</b> 8:30 Fossil Rim Wildlife Park, O 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L 1:00 Courtyard Chat, ALC <b>3:00 Saturday Bingo, AR</b>
<b>MOTHER'S DAY 14</b> <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Puzzle Mania, AR</b> <b>5:30 Cinema Sundays, L</b>	<b>15</b> 9:00 Word of the Day!, L <b>9:30 Shopping at Winco, O</b> <b>9:30 Exercise With Legacy, AR</b> <b>10:15 Story, Joke or Quote to Share, L</b> <b>1:00 Making Life Easier w/Joni of Home Helpers, AR</b> <b>3:00 Resident Choice of Chat or Game!, AR</b>	<b>16</b> 9:00 Word of the Day!, L <b>9:30 Shopping at Walmart, O</b> <b>9:30 Catholic Communion</b> 9:30 Get a "Jump" on Your Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L 1:00 Art Expression, AR <b>2:30 Bible Study w/Laura, L</b> <b>3:00 Giant Crossword Puzzle Challenge!, L</b>	<b>17</b> <b>Beauty Salon Is Open</b> 9:00 Word of the Day!, L <b>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</b> 2:00 Sassy Senior Bingo, AR 3:00 Bible Study w/ Rob Harrison, L	<b>18</b> <b>8:00 Beauty Salon Is Open</b> 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L <b>10:00 Christian Service w/ Rev. Christal Fisher, L</b> 1:00 Storytelling Club <b>1:30 Shopping at Walmart, O</b> <b>2:00 Scrapbooking Club, AR</b> 3:00 Balloon Volleyball, L	<b>19</b> <b>Nascar Day!</b> <b>National Pizza Party Day!</b> 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L <b>10:00 Ready, Set, Grow Club, ALC</b> 10:30 Lunch Out to KFC!, O 1:00 Painting With Mary!, AR 2:00 Pizza Party Social Hour!, L 3:00 "Rev" Those Engines Trivia!, L	<b>20</b> 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L 1:00 Courtyard Chat, ALC <b>3:00 Saturday Bingo, AR</b>
<b>21</b> <b>National Wait Staff Day!</b> <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Puzzle Mania, AR</b> <b>5:30 Cinema Sundays, L</b>	<b>22</b> 9:00 Word of the Day!, L <b>9:30 Shopping at Winco, O</b> <b>9:30 Exercise With Legacy, AR</b> <b>10:15 Story, Joke or Quote to Share, L</b> <b>1:00 Making Life Easier w/Joni of Home Helpers, AR</b> <b>3:00 Resident Choice of Chat or Game!, AR</b>	<b>23</b> 9:00 Word of the Day!, L <b>9:30 Shopping at Walmart, O</b> <b>9:30 Catholic Communion</b> 9:30 Get a "Jump" on Your Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L 1:00 Art Expression, AR <b>2:30 Bible Study w/Laura, L</b> <b>3:00 Giant Crossword Puzzle Challenge!, L</b>	<b>24</b> <b>Beauty Salon Is Open</b> 9:00 Word of the Day!, L <b>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</b> 2:00 Sassy Senior Bingo, AR 3:00 Bible Study w/ Rob Harrison, L	<b>25</b> <b>Eat More Fruits &amp; Vegetables Day!</b> <b>8:00 Beauty Salon Is Open</b> 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L <b>10:00 Christian Service w/ Rev. Christal Fisher, L</b> 1:00 Storytelling Club <b>1:30 Shopping at Walmart, O</b> <b>2:00 Scrapbooking Club, AR</b> 3:00 Picnic and Games in the Courtyard!, ALC	<b>26</b> <b>RAMADAN BEGINS AT SUNSET</b> 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L <b>10:00 Ready, Set, Grow Club, ALC</b> 1:00 Painting With Mary!, AR 2:00 Birthday Bash Social Hour, L 3:00 Do You Ever "Wig" Out?, L	<b>27</b> <b>International Jazz Day!</b> 9:00 Word of the Day!, L 9:30 Get a "Jump" on Your Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L 1:00 Courtyard Chat, ALC 2:00 Sounds of Louis Armstrong!, AR <b>3:00 Saturday Bingo, AR</b>
<b>28</b> <b>8:30 New Covenant Baptist Church, L</b> <b>2:00 Bible Study w/ Rob Harrison, L</b> <b>3:00 Puzzle Mania, AR</b> <b>5:30 Cinema Sundays, L</b>	<b>MEMORIAL DAY 29</b> 9:00 Word of the Day!, L <b>10:15 Story, Joke or Quote to Share, L</b> <b>3:00 Resident Choice of Chat or Game!, AR</b>	<b>30</b> 9:00 Word of the Day!, L <b>9:30 Shopping at Walmart, O</b> <b>9:30 Catholic Communion</b> 9:30 Get a "Jump" on Your Day!, L 9:30 Get a "Jump" on Your Day!/Mind Joggers!, L 1:00 Art Expression, AR <b>2:30 Bible Study w/Laura, L</b> <b>3:00 Giant Crossword Puzzle Challenge!, L</b>	<b>31</b> <b>Beauty Salon Is Open</b> 9:00 Word of the Day!, L <b>9:45 Tone Those Bones w/Erin (Rehab Trust), AR</b> 2:00 Sassy Senior Bingo, AR 3:00 Bible Study w/ Rob Harrison, L	