

## Happy Birthday! Resident Birthdays

1- Pamela McCoy  
7- Kathleen Buie  
8- Geri Rucker  
8- Elvarene Bengé  
20- Stanley Haas  
22- Ima Jean Stephens



## Employee Birthdays

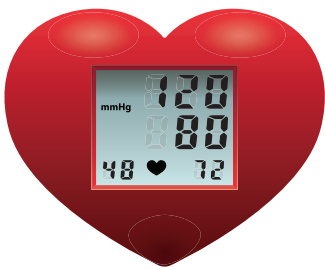
2- Patricia Skinner  
6- Calobe Fletcher  
13- Naina Thaiba  
23- Florencia Limboc  
28- Kim Riggs

May each hour and minute be filled with delight, and your birthday be perfect for you!

By Joanna Fuchs

## Hello Lewisville Estates Residents!

This month moves us all one step closer to Spring; hopefully with warmer days ahead. For the month of February, the staff of Legacy Healthcare will become more intimately involved with the activities in some way, each week. It is our initiative and our duty as your “on-site” healthcare experts, to promote healthier lifestyles, educate you about health risks and hopefully decrease your anxieties of the future ahead. Some of you have already needed a little help restoring your balance, or improving your ability to get around with less aches and pains; but for those of you who may just moved in or not had the opportunity to meet us, we are located on the third floor, Suite 336. Please feel free to stop by and say hello, whenever you find yourself nearby.



This month we will be providing complimentary wellness Blood Pressure Checks on the first and third Monday at 10:30 in the Independent Living, and leading the benefits of active movement in the 9:30 Friday Exercise Class, at the Assisted Living. If you missed us last month, we are providing monthly health talks and this month is Heart Health month. So, you can expect to learn some great information on the second most important muscle of our bodies. We are always available for you, if you ever have any questions or concerns.

Yours Truly,  
Michael Steinhelfer, PTA  
Multisite Manager  
Rehab Director LE-848/ Suite #336  
Legacy Healthcare Services, INC.  
Office: 972-420-8543  
Fax: 972-221-3070  
Cell: 469-387-5549  
Email: msteinhelfer@legacyhealthcare.net



## The Lewisville Estates Family Welcomes Jackie Bobbitt Our New Executive Director!

Jackie Bobbitt is originally from Chicago, Illinois; however, moved to Florida after college to pursue Senior Healthcare. Jackie worked with Aston Care for 8 years in developing and opening new communities across the state. In 2005, Jackie relocated to Arizona and worked as a Regional Director for Century Park Associates. Traveling has been enjoyable to Jackie as she got to see most of the Western U.S. Two years ago, Jackie embarked on a new journey to Texas. Now that her foundation is planted in the great state of Texas, she is ready to lead our

‘cruise ship’ here at Lewisville Estates. Jackie has two sisters that reside in Mississippi and Portland and one brother. She loves running, swimming, hiking and going to the gym! Hey Residents, maybe Jackie could lead an exercise class? She certainly was raised right; always eating her fruits and vegetables. (Ask her what is in her pocket?) Jackie’s door is always open! Come by and get to know her. We are excited about the future here at Lewisville Estates. Please join me in welcoming Jackie to our beautiful community.

## Retirement Never Tasted So Good: How Dining and Nutrition Can Impact Your Quality of Life

Nutrition may not be the first thing that comes to mind when you think of retirement, but it does play an enormous role in all aspects of your life. According to seniorliving.com, “Many [senior citizens] end up not eating balanced meals. [They] fix things that are easy and quick, but don’t provide the right nutrition.” Poor nutrition can lead to a mirage of other issues, including illness, weight gain, diabetes, high cholesterol, and even mental confusion and depression.

Dining at senior communities is now rivaling top restaurants with their 5 star meals! According to APlaceforMom.com, delicious, made-to-order meals were the second biggest requirement when looking at Senior Living Communities. Your quality of life, as well as your physical and mental health, depends on what you eat and how much you eat at each meal. With easy access to fully prepared, well-balanced meals, seniors are more likely to eat properly and cut out the high risks associated with poor nutrition.



# February 2014

## LOCATIONS KEY

Activity Room, AR  
AL Parking Lot, ALPL  
Bistro, B  
Community Room, CR  
Dining Room, IL

Fitness Room, FR  
Flagpole, FP  
Garden, G  
Library, LL  
Lobby, L

AL Lobby, ALL  
Outing, O  
Route 66, R66  
Theater, TH

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>						
<p>9:30am Coffee and Conversation, L 1pm Trivia Pursuit, LL 1pm Residents Choice Games, AR 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B</p> <p><b>Women Heart Week</b></p>						
<b>2</b>						
<p><b>Groundhog Day!</b> 10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet &amp; Greet, L 5:30pm Super Bowl Fun day w/ snacks and Drinks, R66 7pm Resident Comedy Hour, L</p> <p><b>Super Bowl XLVIII</b></p>	<p>9:30am Exercise w/ Jacque, CR 9:30am Walking Warriors <b>10am Albertson's, O</b> 10am Café Latte Monday Mind Games, L 10:30am Blood Pressure Checks w/ Legacy, LR 336 IL 1pm Bridge, CR 2pm Pokeno for Prizes, AR 4pm Ring of Fire Darts, L</p>	<p>9:30am Walking Warriors <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B 1:30pm Spanish Class, AR 3pm Art Expression w/ June Valentine's Cards Making, AR 4pm Rowdy Ring Toss, CR</p> <p><b>Facebook Birthday!</b></p>	<p>9:30am Exercise w/ Jacque, CR <b>10am Post Office/Bank, O</b> 10am Coffee &amp; Snack Social, L 10:30am Speaker/ Fall Prevention/Pain Management &amp; Arthritis, TH 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 3:30pm Rowdy Ring Toss, L <b>Pancake Day</b></p>	<p>9:30am Walking Warriors <b>10am Miscellaneous Errands, O</b> 10am Bible Study/Sing A Long, ALL 10:30am Wonderword Challenge, B <b>2pm Walmart, O</b> 3:30pm Happy Hour &amp; Sing Alone w/ Carol at the Piano, L 7pm Bring a Friend Movie &amp; Popcorn Night, TH <b>11-2 Gift Galore Shopping, ILL</b></p>	<p><b>Winter Olympic Begins!</b> 9:30am Sittercise, CR 10am Coffee &amp; Snack Social, L 10:30am Sign Language Class w/ Christy, AR 1pm Bridge, B 1:30pm 6 Weeks to better Brain, CR 2pm Olympic Plinko Planko, L <b>2pm Express Errands, O</b> 4pm Olympic Lewisville Derby Horse Racing, L</p>	<p>9:30am Coffee and Conversation, L 1pm Trivia Pursuit, LL 1pm Residents Choice Games, AR 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B</p>
<b>3</b>						
<b>4</b>						
<b>5</b>						
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<b>8</b>						
<b>9</b>						
<p>10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet &amp; Greet, L 7pm Resident Comedy Hour, L</p> <p><b>Random Act of Kindness Week</b></p>	<p>9:30am Exercise w/ Jacque, CR 9:30am Walking Warriors <b>10am Albertson's, O</b> 10am Café Latte Monday Mind Games, L 10:30am Blood Pressure Checks, CR 1pm Bridge, CR 2pm Pokeno for Prizes, AR 3:30pm Legacy Health Talk, B 4pm Bucket Bonanza, CR</p>	<p>9:30am Walking Warriors <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B 10:30am Wonderword Challenge, B 1:30pm Spanish Class, AR 2pm Poker, B <b>2:30pm Town Hall Meeting, CR</b> 4pm Gutter Gang Bowling, L</p>	<p><b>7am Men's Breakfast, O</b> 9:30am Exercise with Jacque, CR <b>10am Post Office/Bank, O</b> 10am Coffee &amp; Snack Social, L 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Senior Olympic Volleyball, CR</p>	<p><b>8:30am Choctaw Casino Trip, O</b> 9:30am Walking Warriors <b>10am Miscellaneous Errands, O</b> 10am Word Scramble, L 10am Bible Study/Sing A Long, ALL <b>1pm Out to the Senior Center, O</b> <b>2pm Walmart, O</b> 7pm Bring a Friend Movie &amp; Popcorn Night, TH</p>	<p>Happy Valentine's Day! 9:30am Stretch n Grow, CR 10am Coffee &amp; Snack Social, L <b>10:30 Lunch Angelina's, O</b> 1:30pm 6 Weeks to better Brain, CR 2:30pm Rowdy Ringtoss, L <b>2pm Express Errands, O</b> 3:30pm Valentine's Day Happy Hour, L</p>	<p>9:30am Coffee and Conversation, L 1pm Trivia Pursuit, LL 1pm Residents Choice Games, AR 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B</p>
<b>10</b>						
<b>11</b>						
<b>12</b>						
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<b>15</b>						
<b>16</b>						
<p>10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet &amp; Greet, L 7pm Resident Comedy Hour, L</p> <p><b>Winter Olympics End</b></p>	<p>9:30am Exercise w/ Jacque, CR 9:30am Walking Warriors 10am Albertson's, O 10am Café Latte Mon. Mind Games, L 10:30am Blood Pressure Checks w/ Legacy, LR 336 IL 1pm Bridge, CR 2pm Pokeno for Prizes, AR 4pm Olympic Award Ceremony, CR <b>President's Day</b></p>	<p>9:30am Walking Warriors <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B 10:30am Wonderword Challenge, B 11am Blood Drive, CR 1:30pm Spanish Class, AR 2pm Scrapbook Class, AR 4pm Toss Across Bean Bags, L</p>	<p>9:30am Exercise with Jacque, CR <b>10am Post Office/Bank, O</b> 10am Coffee &amp; Snack Social, L 10:30am Dominoes, B 10:30am Blood Pressure Checks, CR <b>11-2 Jewelry Shopping, ILL</b> 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 3:30pm Art Expression, AR</p>	<p>9:30am Walking Warriors <b>10am Miscellaneous Errands, O</b> 10am Bible Study/Sing A Long, ALL <b>2pm Walmart, O</b> 2pm Art Expression, AR 3:30pm Sing Alone w/ Carol at the Piano, L <b>6:30 Moonlight Serenade, CR</b> <b>Love your Pet Day</b></p>	<p>9:30am Sittercise, CR 10am Coffee &amp; Snack Social, L 10:30am Sign Language Class w/ Christy, AR 1 pm Bridge, B 1:30pm 6 Weeks to better Brain, CR 2pm Roll to Play, L <b>2pm Express Errands, O</b> 3:30 Happy Hour w/ Don &amp; Sharon</p>	<p>9:30am Coffee and Conversation, L 1pm Trivia Pursuit, LL 1pm Residents Choice Games, AR 2pm Fun Flicks and Popcorn, TH 3pm Billiards/Pool 7pm Crazy Card Games, B</p>
<b>17</b>						
<b>18</b>						
<b>19</b>						
<b>20</b>						
<b>21</b>						
<b>22</b>						
<b>23</b>						
<p>10:30am Bible Study, B 2pm Matinee Movie, TH 3pm Roll to Play, B 4pm Resident Meet &amp; Greet, L 7pm Resident Comedy Hour, L</p>	<p>9:30am Exercise w/ Jacque, CR 9:30am Walking Warriors <b>10am Albertson's, O</b> 10am Café Latte Monday, L 10:30am Blood Pressure Checks, CR 1pm Bridge, CR 2pm Pokeno for Prizes, AR 4pm Ring of Fire Darts, L <b>Cupcake Day</b></p>	<p>9:30am Walking Warriors 9:30am Tone Those Bones, CR <b>10am Walmart, O</b> 10am Catholic Communion, B 10am Rosary Service, B 10:30am Word Scramble 1:30pm Spanish Class, AR 2:30pm Scrapbook Class, AR 4pm Power Tower, L</p>	<p>9:30am Exercise with Jacque, CR <b>10am Post Office/Bank, O</b> 10am Coffee &amp; Snack Social, L 10:30am Blood Pressure Checks, CR 2pm Sassy Senior Bingo, CR 3pm Wii Games, FR 4pm Senior Volleyball, CR</p>	<p>9:30am Walking Warriors <b>10am Miscellaneous Errands, O</b> 10:30am Wonderword Challenge, B Bible Study/Sing A Long, ALL 2pm Bucket Bonanza, L <b>1pm Out to the Senior Center, O</b> <b>2pm Walmart, O</b> 6:30 Welcome Home Party, CR 7pm Bring a Friend Movie Night, TH</p>	<p>9:30am Stretch n Grow, CR 10am Coffee &amp; Snack Social, L <b>10:30am Lunch IHop, O</b> 1pm Bridge, B 1:30pm 6 Weeks to better Brain, CR 2:30 pm, L <b>2pm Express Errands, O</b> 3:30pm Birthday Bash, L</p>	
<b>24</b>						
<b>25</b>						
<b>26</b>						
<b>27</b>						
<b>28</b>						