



Independent Living
800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • www.lewisvillesseniorliving.com **March 2015**

Dear Folks,

Top O' the Mornin' to ya....yep we are getting in the swing of a whole month of Irish fun! People all over the world celebrate on the 17th day of March in honor of St. Patrick, the patron Saint of Ireland. Some cities have parades, revelers wear green, and we at Lewisville Estates, drink green beer! Get prepared for a fun month!



- We look forward to celebrating the March-spirit month in the community. Please stay posted for all the fun interactive events we have planned for you and the staff! Each week will be a different celebration.
- On March 5, we will be hosting a Spring Fling fashion show with our friends from Chico's Clothing store. Come and see our models walk the runway!
- We will be rolling out the red carpet for the Oscar Award celebration, on March 19, at 6 p.m. Please join us in your black tie attire or dress as a celebrity impersonator.

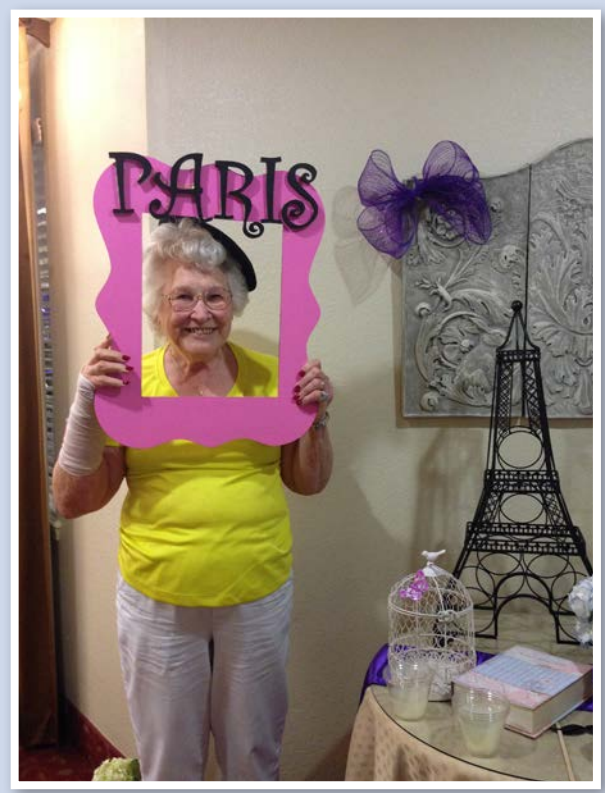
See you around campus. Thank you for all you do for Team Lewisville! You put the heart into our community!

Regards,
Jessica Hazelton
Executive Director

Resident of the Month

Our L.E.A.P (Life Enrichment Activities Program) would like to recognize Mrs. Geri Rucker.

Geris is always participating and helping with different activities and does an awesome job welcoming our new residents. Thank you Geri for making us smile and for living your life with your fun personality. We are so glad to have you as a part of our family here at Lewisville Estates.



INDEPENDENT LIVING

MARCH 2015

Locations

- Activity Room, AR
- AL Parking Lot, ALPL
- Bistro, B
- Community Room, CR
- Dining Room, DR
- 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 | Thursday
10 a.m.
Miscellaneous Errands |
| Tuesday
10 a.m.
Walmart | Thursday
2 p.m.
Walmart |
| Tuesday
10 a.m.
Shopping at Walmart | Friday
2 p.m.
Express Errands |
| Wednesday
10 a.m.
Post Office/Bank | Friday
TBA
Field Trips/Outing |

Birthdays

- Joan "Joanne" Klein, 3rd
- Janice Coffer, 4th
- Bill Manire, 4th
- Donald Cherveney, 4th
- Michael Maples, 6th (Employee)
- Marilou Richard, 7th
- Ida Ekern, 9th
- Helen Jones, 17th
- Cheryl Holliday, 20th
- Walter Mylett, 30th
- Jordan Luna, 30th (Employee)

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 Bible Study Singalong, L 1	Dr. Seuss Day 2 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	3 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:00 Rosary Service, B 10:30 Facials w/Mary Kay, AR 1:45 Spanish Class w/Patty, AR 1:45 Line Dancing w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B	4 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snacks Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 4:00 Bull's-Eye Washers, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	5 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 3:30 Spring Fling Fashion Show w/Chicos, B 6:00 Card Games, B	6 Wear Your Favorite Jersey Day 9:30 Walking Warriors 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 2:15 Hearing Aid Clinic w/Dr. Stuart, B 3:30 Sport Fans Happy Hour, L 6:00 Card Games, B	7 Lucky 7 Day 9:30 Coffee and Conversation, L 10:00 Lucky 7 Wonderword Challenge, B 1:00 Resident's Choice, Games, AR 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:00 Billiards (Pool) 7:00 Crazy Card Game, B
DAYLIGHT SAVING TIME BEGINS 8	9 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 3:30 Legacy Health Chat, B 6:00 Card Games, B	10 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Rosary Service, B 10:30 Dress Up Nalis w/ Avon, R66 2:30 Town Hall Meeting, CR 4:00 Ring Toss of Fire, B 6:00 Card Games, B	11 7:00 Men's Breakfast of Champions, O 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snacks Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Social Hour w/Community Care Pharmacy, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	12 Girl Scout Birthday 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:00 Gift Galore (Vendor), L 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 3:30 Fun Talk w/Jacque of A.R.T., B 6:00 Card Games, B	13 Wear Western Day 9:30 Walking Warriors 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 11:00 Out to Babe's Chicken, O 2:00 Express Errands, O 3:30 Saloon Happy Hour & Meet & Greet New Residents, L 6:00 Card Games, B	14 9:30 Coffee and Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:00 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 15	9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	17 ST. PATRICK'S DAY 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Catholic Communion, B 10:00 Rosary Service, B 2:30 Art Expression, AR 3:30 Iris Social w/Jacque of A.R.T., B 6:00 Card Games, B	18 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snacks Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Wii Games w/Max, F 3:15 Health Talk: Diabetes w/Jackie of Accolade, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	19 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:00 Glitz & Blitz (Vendor), L 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 6:00 Card Games, B 6:00 Oscar/Red Carpet Night, DR	20 SPRING BEGINS Wear Bright Spring Colors Day 9:30 Walking Warriors 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Spring Fling Happy Hour, L 6:00 Card Games, B	21 9:30 Coffee and Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:00 Billiards (Pool) 7:00 Crazy Card Game, B
10:00 Bible Study Singalong, L 22	9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	24 Crazy About Craft Day 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Rosary Service, B 1:45 Latin Dance w/Patty 2:30 Art Expression, AR 4:00 Ring Toss of Fire, L 6:00 Card Games, B	25 9:30 Exercise w/Jacque of A.R.T., CR 10:00 Post Office/Bank, O 10:00 Coffee & Snacks Wednesday Social, L 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Sassy Senior \$1 Bingo, CR 3:00 Alzheimer's Presentation 3:00 Wii Games w/Max, F 4:00 Tic Tac Toss, B 6:00 Card Games, B 6:45 Bring a Friend Movie Night, TH	26 9:30 Balance Class w/Legacy, CR 10:00 Misc. Errands, O 10:00 Blood Pressure Check w/Legacy, CR 10:30 Bible Study w/Pastor Frances, B 2:00 Shopping at Walmart, O 2:30 Scrapbooking Class 4:00 Popcorn Toss, B 6:00 Card Games, B	27 Wear Jeans Day 9:30 Walking Warriors 10:00 Coffee & Snacks Friday Social, L 10:30 Wonderword Challenge 1:00 Bridge, CR 2:00 Express Errands, O 3:30 Birthday Bash, L 6:00 Card Games, B 11:00 Out to Dairy Queen, O	28 9:30 Coffee and Conversation, L 1:00 Trivia Pursuit, LL 1:30 Card Games, B 2:45 Fun Flicks and Popcorn, TH 3:00 Billiards (Pool) 7:00 Crazy Card Game, B
PALM SUNDAY 29	30 9:30 Exercise w/ Jacque of A.R.T., CR 10:00 Coffee & Snacks Monday Social, L 10:00 Albertsons, O 10:30 Blood Pressure Checks w/A.R.T., CR 2:00 Pokeno for Prizes, AR 4:00 Rowdy Ring Toss, B 6:00 Card Games, B	31 9:30 Chair Yoga Class, CR 10:00 Shopping at Walmart, O 10:00 Rosary Service, B 1:45 Line Dance w/Geri, L 2:30 Art Expression, AR 6:00 Card Games, B				

Management Team Members

Executive Director: Jessica Hazelton

AL Director: Melinda Najdek

Business Office Director:
Erin Montgomery

Activity Director II: Patty Skinner

Resident Programming AL: Philip Jones

Plant Operations: Bill Williams

Dining Director: Monte Melugin

Director of Sales: Cindy Bruce

Sales Counselor: Lauren Stark

Outreach Coordinator: Liia Harmon

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Health and Wellness: Urinary Incontinence

The topic of bladder control can be extremely sensitive, embarrassing and upsetting. About 25 million Americans have bladder control problems. For many of those people, incontinence episodes can be drastically reduced and even cured. There are typically three ways to manage incontinence: behavioral techniques, medication and surgery. Examples of behavioral interventions include bladder re-training, relaxation training, clothing adaptations, environmental changes or modifications, dietary management, and pelvic floor exercises. Did you know Legacy Healthcare has an incontinence management program that addresses many of the above behavioral techniques? This program has helped many individuals achieve positive results.

If you have any incontinence or wellness related questions, please contact your physician or the staff in the Therapy Department.

—Tiffany Littlepage and the Legacy Healthcare Team

Suite 336, 972-420-8543

Bingo Time!

Come join us every Wednesday at 2 p.m. for our \$1 Sassy Senior Bingo and our Black Out Bingo on the last Wednesday of the month. Fun times guaranteed!



Happy Hour

Get your dancing shoes out to come join us during our Happy Hours on Fridays at 3:30 p.m. Also, come to the Meet and Greet with our new residents on the second Friday of every month.

