



**Independent Living**

800 College Parkway • Lewisville, TX 75077 • 972-434-1727 • [www.lewisvillesseniorliving.com](http://www.lewisvillesseniorliving.com)

**October 2015**

## Dear Residents, Family, and Friends:

I am so excited to have cooler temperatures finally approaching us. Welcome to the season of pumpkin pie, pumpkin spice lattes, and of course, hot apple cider! We had a busy and productive September. We hope everyone enjoyed the Murder Mystery Dinner and Assisted Living Week. In October, we have many fall festivities, including: Halloween Dress-Up Week, a trip to the pumpkin patch, resident and employee Pumpkin Carving Contest, and Trick-or-Treating on Halloween Eve! Our main event will be held Thursday, Oct. 15: All Hallows' Eve Bash (Costume Party)! Feel free to invite family and friends! Please make sure you check your calendars for dates and times.



Since we are approaching one of my favorite holidays, I thought I would share a few Halloween facts:

- The largest pumpkin was measured was grown by Norm Craven who broke the world record in 1993 weighing in at 836 pounds.
- According to national tradition, if a person wears his or her clothes inside out and then walks backwards on Halloween, he or she will see a witch at midnight.
- The first Jack-O'-Lanterns were actually made from turnips.

Please encourage family and friends to like our Facebook page so they look at the fun events we have during the week. We will be offering a gift basket to the 400th person who likes our page!

Have a great month,  
Jessica

## Resident of the Month

Our Life Enrichment Activities Program (L.E.A.P.) would like to recognize Pearl Parker. Pearl likes to participate in different activities and be part of our big events. Pearl has been part of exercise group for years; she also enjoys our happy hours and playing cards with her friends.

Thank you Pearl for your great personality and beautiful smile. We are so happy to have you here at Lewisville Estates.



INDEPENDENT LIVING

OCTOBER 2015

## Locations

- Activity Room, AR
- AL Parking Lot, ALPL
- Bistro, B
- Community Room, CR
- Dining Room, DR
- Dog Park, DG
- 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
- 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

- Prince Gilbuela, 3rd (Employee)
- Nancy Kim, 6th
- Lorenzo Marines, 8th (Employee)
- Jane Bedford, 12th
- Emmet Musser, 13th
- Teresita Maffie, 15th (Employee)
- Nanci Hawes, 19th
- Mary Cole, 20th
- Annaliza Holtzclaw, 21st (Employee)
- LaRee Traylor, 24th
- Billy Lewis, 29th
- Elaine Hatfield, 29th
- Jean Alexander, 29th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p><b>National Chili Day</b></p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Coffee &amp; Snacks Monday Social, L</p> <p><b>10:00 Albertsons, O</b></p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Pumpkin Bowling, B</p> <p>6:00 Card Games, B</p>	<p><b>9:30 Chair Yoga Class, CR</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression Costume Mask Decoration, AR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee &amp; Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p><b>3:30 Health Talk: Prescription Safety, B</b></p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p><b>Door Decorating Contest Begins</b></p> <p><b>9:30 Balance Class w/ Legacy, CR</b></p> <p><b>10:00 Misc. Errands, O</b></p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p><b>10:30 Bible Study w/ Pastor Frances, B</b></p> <p>2:00 Shopping at Walmart, O</p> <p><b>2:30 Community Pep Rally, L</b></p> <p>6:00 Card Games, B</p>	<p><b>Wear Your Fall Sweater Day</b></p> <p>9:30 Walking Warriors</p> <p>10:00 Coffee &amp; Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p><b>1:45 Ear &amp; Hearing Clinic w/Dr. Stuart, B</b></p> <p><b>2:00 Express Errands, O</b></p> <p><b>3:30 Oktoberfest Happy Hour, L</b></p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee &amp; Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p><b>2:45 Fun Flicks and Popcorn, TH</b></p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p><b>11</b></p> <p><b>Themed Costume Week Begins</b></p> <p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>2:45 Halloween Themed Movie, TH</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p><b>COLUMBUS DAY</b></p> <p><b>Pumpkin Decorating Contest Begins</b></p> <p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Coffee &amp; Snacks Monday Social, L</p> <p><b>10:00 Albertsons, O</b></p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p><b>3:30 Legacy Health Chat, B</b></p> <p>6:00 Card Games, B</p>	<p><b>Door Decoration Contest Announcement</b></p> <p><b>9:30 Chair Yoga Class, CR</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p>10:00 Catholic Communion, B</p> <p>10:30 Dress Up Nails w/Avon, R66</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p><b>2:30 Town Hall Meeting, CR</b></p> <p>2:30 Art Expression Costume Mask Decoration, AR</p> <p><b>3:30 Monster Cupcakes &amp; Witches' Water w/Sunshine, CR</b></p> <p>6:00 Card Games, B</p>	<p><b>7:00 Men's Breakfast, O</b></p> <p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee &amp; Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p>3:00 Bible Study, B</p> <p><b>3:30 Health Talk: Dental Hygiene</b></p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p><b>9:30 Balance Class w/Legacy, CR</b></p> <p><b>10:00 Misc. Errands, O</b></p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p><b>10:30 Bible Study w/ Pastor Frances, B</b></p> <p>2:00 Shopping at Walmart, O</p> <p><b>3:30 Halloween Pictionary, L</b></p> <p>6:00 Card Games, B</p> <p><b>6:00 All Hallows' Eve Bash, DR</b></p>	<p><b>Wear Pink Day</b></p> <p>9:30 Walking Warriors</p> <p>10:00 Coffee &amp; Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p><b>2:00 Express Errands, O</b></p> <p><b>3:30 Think Pink Happy Hour, L</b></p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee &amp; Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p><b>2:45 Fun Flicks and Popcorn, TH</b></p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Coffee &amp; Snacks Monday Social, L</p> <p><b>10:00 Albertsons, O</b></p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Pumpkin Bowling, B</p> <p>6:00 Card Games, B</p>	<p><b>9:30 Chair Yoga Class, CR</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p>10:00 Catholic Communion, B</p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression Costume Mask Decoration, AR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee &amp; Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Wii Games w/Max, F</p> <p><b>3:30 Health Talk: Physical Therapy w/Encompass, B</b></p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p><b>9:30 Balance Class w/Legacy, CR</b></p> <p><b>10:00 Misc. Errands, O</b></p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p><b>10:30 Bible Study w/ Pastor Frances, B</b></p> <p>2:00 Shopping at Walmart, O</p> <p>4:00 Pumpkin Toss, B</p> <p>6:00 Card Games, B</p>	<p><b>8:30 Out to Winstar, O</b></p> <p>9:30 Walking Warriors</p> <p>10:00 Coffee &amp; Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p>1:00 Bridge, CR</p> <p><b>2:00 Express Errands, O</b></p> <p><b>3:30 Birthday Bash, L</b></p> <p>6:00 Card Games, B</p>	<p>9:30 Walking Warriors</p> <p>10:30 Coffee &amp; Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p><b>2:45 Fun Flicks and Popcorn, TH</b></p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>
<p>10:00 Bible Study Singalong, L</p> <p>10:30 Bible Study, B</p> <p>1:15 Chicken Foot, LL</p> <p>2:45 Halloween Themed Movie</p> <p>3:00 Resident Choice Game</p> <p>6:30 Resident Card Games, B</p>	<p>9:30 Exercise w/ Jacque of A.R.T., CR</p> <p>10:00 Coffee &amp; Snacks Monday Social, L</p> <p><b>10:00 Albertsons, O</b></p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Pokeno for Prizes, AR</p> <p>4:00 Witches' Hat Ring Toss, B</p> <p>6:00 Card Games, B</p>	<p><b>9:30 Chair Yoga Class, CR</b></p> <p><b>10:00 Shopping at Walmart, O</b></p> <p>10:00 Catholic Communion, B</p> <p><b>10:00 Neighborhood Walk for a Cure, L</b></p> <p>10:30 Rosary Service, B</p> <p>1:45 Line Dancing w/Geri, L</p> <p>2:30 Art Expression Costume Mask Decoration, AR</p> <p>6:00 Card Games, B</p>	<p>9:30 Exercise w/Jacque of A.R.T., CR</p> <p>10:00 Post Office/Bank, O</p> <p>10:00 Coffee &amp; Snack Wednesday Social, L</p> <p>10:30 Blood Pressure Checks w/A.R.T., CR</p> <p>2:00 Sassy Senior \$1 Bingo, CR</p> <p>3:00 Bible Study, B</p> <p>3:00 Wii Games w/Max, F</p> <p><b>3:30 Senior Book Club: Historical Fiction, B</b></p> <p>6:00 Card Games, B</p> <p>6:45 Bring a Friend Movie Night, TH</p>	<p><b>9:30 Balance Class w/Legacy, CR</b></p> <p><b>10:00 Misc. Errands, O</b></p> <p>10:00 Blood Pressure Check w/Legacy, CR</p> <p><b>10:30 Bible Study w/ Pastor Frances, B</b></p> <p>2:00 Shopping at Walmart, O</p> <p>6:00 Card Games, B</p>	<p><b>Pumpkin Decoration Winners Announcement</b></p> <p>9:30 Walking Warriors</p> <p>9:30 Chair Zumba Class, F</p> <p>10:00 Coffee &amp; Snacks Friday Social, L</p> <p>10:30 Wonderword Challenge</p> <p><b>11:00 Out to Rosas Cafe, O</b></p> <p>1:00 Bridge, CR</p> <p><b>2:00 Express Errands, O</b></p> <p>6:00 Card Games, B</p> <p><b>6:00 Trick or Treat, L</b></p>	<p><b>HALLOWEEN</b></p> <p>9:30 Walking Warriors</p> <p>10:30 Coffee &amp; Conversation, L</p> <p>1:00 Trivia Pursuit, LL</p> <p>1:30 Card Games, B</p> <p><b>2:45 Fun Flicks and Popcorn, TH</b></p> <p>3:30 Billiards (Pool)</p> <p>7:00 Crazy Card Game, B</p>

# Understanding Medicare

Medicare has been around since 1965 and is health insurance for people aged 65 and older, those with certain disabilities, and people with End-Stage Renal Disease (ESRD).

Original Medicare is run by the Federal Government and provides Part A and Part B coverage. Part A, also known as “hospital insurance” pays for services provided by an inpatient hospital, skilled nursing facility, and hospice. Part B, also known as “medical insurance”, covers 80% of doctors’ visits and outpatient care such as therapy and other medical expenses. You can also join a prescription drug plan under Medicare Part D.

Typically a person will not pay a monthly premium for Medicare Part A. However, most people will pay a standard monthly premium for Part B coverage.

Medicare Part C offers coverage provided by a Medicare Advantage Plan. Unlike original Medicare, these plans are run by private companies approved by Medicare and may offer extra coverage and prescription drugs at an extra cost. Therapy, for example, could be covered by a Medicare Advantage Plan if it is approved. These plans typically involve a co-payment to be paid by the beneficiary.

A Supplemental Insurance Plan, also known as a “Medigap” plan, covers some costs that Medicare Parts A and B don’t. Medicare Part B typically pays 80% of medical costs such as therapy. A Supplemental Insurance Plan may pay for part of or the entire remaining 20%.

Confusion about your health care coverage should not prevent you from receiving the rehab services you may need. Stop by the Legacy Healthcare Therapy Services Office today. Our rehab team can help you understand more about what is covered under your current plan.

Legacy Rehab

## Big Events!

We had an amazing time during our Vintage Circus Event. We can’t wait until our All Hallows’ Eve Bash. Also, a big thank you to all our sponsors, Advanced Rehab Trust, Margaret (Sunshine), Lake Village, Legacy, Reliant, and Encompass.



## Fun Time at Lewisville Estates!

Come and join us at Lewisville Estate for great arts and crafts, games, socials, exercise classes and much more.



Cooking Demo with Chef Monte



Ceramic painting