

Alexis Estates

Gracious Retirement Living

680 North Watters Road • Allen, Texas 75013 • Phone (469) 854-6295 • www.seniorlivinginstyle.com

OCTOBER 2019

ALEXIS ESTATES STAFF

Managers..... JAMIE & PATTI MILLER
Assistant Managers BRIAN & TRACY LEWIS
Executive Chef LAVAR WILLIAMS
Sous Chef LORENZO MOORE
Activity Coordinator LYNN MIKESCH
Maintenance TREVOR SIMMONS
Transportation BARBARA NIX

TRANSPORTATION

Monday, 8:30 a.m.-3:30 p.m.

Tuesday, 8:30 a.m.-3:30 p.m.: Medical Appts

Wednesday, 8:30 a.m.-3:30 p.m.

Thursday, 8:30 a.m.-3:30 p.m.: Medical Appts

Friday, 8:30 a.m.-3:30 p.m.

HAWTHORN
SENIOR LIVING

Magnolia Table and Texas Ranger Museum

We made the two-hour drive to Waco! We went to the famous Magnolia Table for lunch and headed to the Texas Ranger Museum. The food did not disappoint and the museum was filled with amazing artifacts, interesting stories and numerous uniforms. It was a long day but we had a great time and learned a lot about our Texas Rangers!





Our Construction Party Was a Hit!

On August 15th, we all came together to make the best out of a bad situation — we had a party! Everyone was such a great sport and wore their hard hats throughout the event. We set up bucket loads of Legos on each table and had our friends create their own masterpieces. Some people followed the pictures provided to create fun little items such as a flower, a dog, a tree, a window, a car, etc. Others got creative and came up with great ideas! Manager Jamie and our bus driver Barbara were the judges of the final products. The winner received extra funny money so the competition was going strong! Guess who won? Everyone did! The items were so creative they couldn't come up with just one winner. We also had a relay line bouncing ping pongs into a caution-wrapped bucket — there was a lot of encouragement and fun! There was a “toss-off” between our Activity Coordinator Lynn and Manager Jamie — there was NO competition there. Jamie brought his team to a win with the majority of the ping-pong balls in the bucket! We had a mini bowling line, too — that was a lot of fun as well. We built healthy parfaits to nibble on between all the excitement. A good time was had by all!



Happy Hour at Alexis Estates

When our Home Health Company sponsors Happy Hour, we all come to visit! We had a great time sipping wine and listening to our fellow resident play the piano. We had a nice time telling jokes and sharing stories.





George W. Bush Presidential Library and Museum

We had a busload of residents that went to the George W. Bush Presidential Library and Museum. Many of us decided that the room filled with different items from 9/11 was impressive and moving. The videos they showed reminded us all of that day and we shared stories of where we were. There was a special exhibit of all the Presidents' retreats that was really fun to see! It featured Camp David, Prairie Chapel Ranch, LBJ Ranch and Walker's Point. There were several items and pictures from each of the locations. The museum had many outfits that President Bush and First Lady Laura Bush had worn at numerous events and functions. There was an exact replication of the Oval Office which we all really enjoyed seeing — it was 100% to scale and included all the pictures and knick-knacks on the shelves that he had while in office. There was even a room dedicated to the dog — including an old chewed-up basketball. We all agreed that we would go back again.



Dandy Candy Facts

Whether chocolatey, chewy or crunchy, candy is a favorite treat. Indulge in these tidbits about some popular sweets.

- About 65% of American candy brands have been around for over 50 years.
- Candy corn was originally called “chicken feed,” since it resembled the corn kernels fed to livestock.
- The Snickers bar was named after a racehorse that once belonged to the Mars family, whose company makes the candy bars.
- More than 60 million Tootsie Rolls are produced every day.
- M&M's are one of the most popular sweets requested by NASA astronauts.
- Milky Way candy bars are named for a popular 1920s malted milkshake, not for our home galaxy.
- When the 3 Musketeers bar debuted in 1932, it came in three pieces of flavored nougat — chocolate, vanilla and strawberry. Vanilla and strawberry were phased out due to World War II rationing.
- Pez candies got their name from the German word for peppermint, “pfefferminz.”



OCTOBER 2019

Birthdays

Bea Owen, 2nd
Andy Opic, 2nd
Bill Pieper, 5th
Martha Shuler, 12th
Nancy Lynch, 12th
Cheryl Farrar, 12th
Ann Ray, 21st
Jackie Ball, 30th

Locations

Activity Room, AR
Billiards Room, BR
Bus, B
Chapel, CH
Computer Center, CC
Dining Room, DR
DR Alcove, DRA
Front Lobby, Lobby
Gym, G
Library, L
Movie Theater, MT
Patio, P
TV Room, TV

“Exploring the unknown requires tolerating uncertainty.”
—Brian Greene

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY			
				8:45 Let's Walk Together, Lobby 1 9:30 Chair Exercise, AR 11:00 Bible Study, CH 2:00 Bean Bag Baseball, AR 3:15 Creative Arts, AR 4:30 Wii Bowling, AR 7:00 Movie Night, MT 7:00 Poker Game, AR		8:45 Let's Walk Together, Lobby 2 9:30 Exercise with Monarch, AR 10:00 Bunco, DRA 11:00 Catholic Comm., CH 2:00 Bingo with Prizes, AR 4:00 Happy Hour, DR 7:00 Sermons on Tape, CH 7:00 Poker Game, AR 		8:45 Let's Walk Together, Lobby 3 9:30 Chair Exercise, AR 11:00 Manager/Resident Mtg., AR 1:30 Trip to Walmart, B 3:30 Chair Volleyball, AR 7:00 Movie Night, MT		Wear Red Day 4 8:00 Trip to Choctaw, B 8:45 Let's Walk Together, Lobby 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 3:00 Bean Bag Baseball, AR 7:00 Poker Game, AR		9:30 Exercise Class with Tracy, AR 5 10:00 Coffee & Donuts with Managers, AR 10:00 Garage Sale 11:10 Wii Bowling, AR 2:00 \$2 Bingo, AR 3:00 Movie Matinee, MT  3:15 Open Games, AR			
		8:30 Bus Pick-Up, Allen Baptist Church, Lobby 6 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 LCR, AR		8:45 Let's Walk Together, Lobby 7 9:30 Chair Exercise, AR 10:00 Blood Pressure Check, AR 10:30 Trip to Walmart, B 2:00 Bible Study with Doyle, CH 2:00 Ten Cent Bingo, AR 3:00 Chair Volleyball, AR 4:00 Brain Games with Lisa, AR 7:00 Game of "42," DRA		YOM KIPPUR BEGINS AT SUNSET 8 8:45 Let's Walk Together, Lobby 9:30 Chair Exercise, AR 11:00 Bible Study, CH 2:00 Bean Bag Baseball, AR 3:15 Creative Arts, AR 4:30 Wii Bowling, AR 7:00 Movie Night, MT 7:00 Poker Game, AR		8:45 Let's Walk Together, Lobby 9 9:15 Tai Chi with Carole, AR 10:00 Bunco, DRA 11:00 Catholic Comm., CH 2:00 Flu Shot Clinic, AR 2:00 Bingo with Prizes, AR 4:00 Happy Hour, DR 7:00 Sermons on Tape, CH 7:00 Poker Game, AR		8:45 Let's Walk Together, Lobby 10 9:30 Chair Exercise, AR 10:30 Paparazzi Jewelry, Lobby 3:30 Chair Volleyball, AR 7:00 Movie Night, MT		Wear Red Day 11 8:45 Let's Walk Together, Lobby 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 11:00 Lunch Outing 1:30 Trip to Walmart, B 3:00 Bean Bag Baseball, AR 7:00 Poker Game, AR		9:30 Exercise Class with Tracy, AR 12 11:10 Wii Bowling, AR 2:00 \$2 Bingo, AR 3:00 Movie Matinee, MT  3:15 Open Games, AR	
		8:30 Bus Pick-Up, Allen Baptist Church, Lobby 13 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 LCR, AR		COLUMBUS DAY 14 8:45 Let's Walk Together, Lobby 9:30 Chair Exercise, AR 10:00 Blood Pressure Check, AR 10:30 Trip to Walmart, B 2:00 Bible Study with Doyle, CH 2:00 Ten Cent Bingo, AR 3:00 Chair Volleyball, AR 4:00 Brain Games with Lisa, AR 7:00 Game of "42," DRA		8:45 Let's Walk Together, Lobby 15 9:30 Chair Exercise, AR 11:00 Bible Study, CH 2:00 October Birthday Party, AR 3:15 Creative Arts, AR 4:30 Wii Bowling, AR 7:00 Movie Night, MT 7:00 Poker Game, AR		8:45 Let's Walk Together, Lobby 16 9:15 Tai Chi with Carole, AR 10:00 Bunco, DRA 11:00 Catholic Comm., CH 11:00 TWU Health Fair, AR 2:00 Bingo with Prizes, AR 3:00 Toney Walsh to Perform, AR 4:00 Happy Hour, DR 7:00 Sermons on Tape, CH 7:00 Poker Game, AR		8:45 Let's Walk Together, Lobby 17 9:30 Chair Exercise, AR 11:00 Chef/Resident Meeting, AR 1:30 Trip to Walmart, B 3:30 Chair Volleyball, AR 7:00 Movie Night, MT 7:00 Dementia Support Group, CH		Wear Red Day 18 8:30 Outing: Arboretum, B 8:45 Let's Walk Together, Lobby 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 3:00 Bean Bag Baseball, AR 7:00 Poker Game, AR		9:30 Exercise Class with Tracy, AR 19 10:00 Coffee & Donuts with Managers, AR 11:10 Wii Bowling, AR 2:00 \$2 Bingo, AR 3:00 Movie Matinee, MT 3:15 Open Games, AR	
		8:30 Bus Pick-Up, Allen Baptist Church, Lobby 20 10:30 Rosary, CH 11:00 Catholic Communion, CH 2:00 Praise & Worship, CH 3:15 LCR, AR		8:45 Let's Walk Together, Lobby 21 9:30 Chair Exercise, AR 10:00 Blood Pressure Check, AR 10:30 Trip to Walmart, B 2:00 Bible Study with Doyle, CH 2:00 Ten Cent Bingo, AR 3:00 Chair Volleyball, AR 4:00 Brain Games with Lisa, AR 7:00 Game of "42," DRA 		8:45 Let's Walk Together, Lobby 22 9:30 Chair Exercise, AR 10:00 Eddy's Discount Clothing, Lobby 11:00 Bible Study, CH 2:00 Bean Bag Baseball, AR 3:15 Creative Arts, AR 4:30 Wii Bowling, AR 7:00 Movie Night, MT 7:00 Poker Game, AR		8:45 Let's Walk Together, Lobby 23 9:30 Exercise with Monarch, AR 10:00 Bunco, DRA 11:00 Catholic Comm., CH 2:00 Bingo with Prizes, AR 3:30 Bean Bag Baseball, Staff Vs. Residents, AR 4:00 Happy Hour, DR 6:15 Harris Jewelry, Lobby 7:00 Sermons on Tape, CH 7:00 Poker Game, AR		8:45 Let's Walk Together, Lobby 24 9:30 Chair Exercise, AR 11:00 Jeopardy with Jamie, AR 3:30 Chair Volleyball, AR 7:00 Movie Night, MT		Wear Red Day 25 8:45 Let's Walk Together, Lobby 9:30 Chair Yoga with Caleb, AR 10:00 Ask a Nurse, AR 11:00 Lunch Outing 1:30 Trip to Walmart, B 3:00 Bean Bag Baseball, AR 7:00 Poker Game, AR		9:30 Exercise Class with Tracy, AR 26 11:10 Wii Bowling, AR 2:00 \$2 Bingo, AR 3:00 Movie Matinee, MT 3:15 Open Games, AR	
		8:30 Bus Pick-Up, Allen Baptist Church, Lobby 27 10:30 Rosary, CH 11:00 Catholic Communion, CH 12:00 Oktoberfest, DR 2:00 Praise & Worship, CH 3:15 LCR, AR		8:45 Let's Walk Together, Lobby 28 9:30 Chair Exercise, AR 10:00 Blood Pressure Check, AR 10:30 Trip to Walmart, B 2:00 Bible Study with Doyle, CH 2:00 Ten Cent Bingo, AR 3:00 Chair Volleyball, AR 4:00 Brain Games with Lisa, AR 7:00 Game of "42," DRA		8:45 Let's Walk Together, Lobby 29 9:30 Chair Exercise, AR 11:00 Bible Study, CH 2:00 Bean Bag Baseball, AR 3:15 Creative Arts, AR 4:30 Wii Bowling, AR 7:00 Movie Night, MT 7:00 Poker Game, AR		8:45 Let's Walk Together, Lobby 30 9:15 Tai Chi with Carole, AR 10:00 Bunco, DRA 11:00 Catholic Comm., CH 2:00 Bingo with Prizes, AR 4:00 Happy Hour, DR 7:00 Sermons on Tape, CH 7:00 Poker Game, AR 		HALLOWEEN 31 8:45 Let's Walk Together, Lobby 9:30 Chair Exercise, AR 2:30 Halloween Party/Costume Contest, AR 3:30 Chair Volleyball, AR 7:00 Movie Night, MT					



Activities for Breast Cancer Awareness Month

Every October, people come together to support the fight against breast cancer, and there are numerous ways to get involved.

Put on some pink — The color pink is a global symbol of breast cancer awareness. Sporting a pink ribbon and other accessories is a simple way to spark conversation about the disease. Some workplaces, schools and other groups designate a Pink Out Day, when participants make a donation and dress in pink to raise money and awareness.

Walk for a cure — Communities often host a 5K race or walk-a-thon in honor of Breast Cancer Awareness Month. These fundraising events allow people to join together and show widespread support to those battling breast cancer.

Go shopping — Many national brands and local businesses run promotions during October, when proceeds from the sales of specific items are donated to breast cancer organizations. Whether buying clothing, beauty products or baked goods, shopping can help fund the cause.

Give back — If you want to contribute money, choose charities that focus on patient support and/or research initiatives. To donate items such as blankets, hats and cards of encouragement, check with local hospitals and treatment centers to see if they accept donations for their breast cancer patients.



Feeling Puzzled?

If you're wandering through our community, you will inevitably find June and Karl working on a puzzle on the second floor. They just completed a 2,000-piece puzzle in a little over a week — way to go!

There are numerous benefits of doing jigsaw puzzles. According to www.news-journal.com, jigsaw puzzles:

- exercise the left and right sides of your brain
- improve your short-term memory
- improve your visual-spatial reasoning
- are a great meditation tool and stress reliever
- are a great way to connect with others

Also, studies show that people who do jigsaw puzzles and crossword puzzles have longer life spans with less chances of developing Alzheimer's disease, memory loss or dementia.





Welcome to Alexis Estates!



Kathy Witmer

Kathy Witmer is our new Marketing Manager. She comes to us from being an Owner/Operator at Anytime Fitness. Previously, she worked as a Senior Sales Executive at Universal Music. She has two sons and has been living in North Dallas for 45 years. Be sure to stop by and welcome Kathy to our amazing community!



All the Health Benefits of the Fall Harvest!

Fall is the season of brisk breezes and cozy sweaters, but it's also the time of harvest, and it brings an abundance of fresh foods in a beautiful array of colors that grew all summer and are now ripe and ready to enjoy.



Here are just a few fall harvest favorites and their health benefits:

Cranberries: Available October through December, these juicy red fruits are a holiday favorite. Some health benefits include:

- Antioxidants in cranberries called proanthocyanins (PACs for short) can help to prevent UTIs
- Packed full of fiber, cranberries are great for overall gut health
- The same antioxidants found in cranberries that may help prevent UTIs may also help to prevent gum disease. These antioxidants reduce bacteria's ability to stick and grow in the oral cavity which helps prevent gum disease.

Pomegranates: In season October through January, pomegranates' tough shell exterior hold delicious sweet seeds inside. Some of the best benefits of pomegranates include:

- Pomegranates are an excellent source of fiber, vitamins A, C and B as well as minerals such as calcium, potassium and iron.
- Pomegranates also pose impressive anti-inflammatory effects which may help fight arthritis and joint pain.
- There have also been studies that show that pomegranates may help improve memory and help fight against the effects of Alzheimer's.

Pumpkins: Possibly the most popular squash of the season, pumpkins are native to North America and in season September and October. Their health benefits include:

- The potassium contained in pumpkins can have a positive effect on blood pressure.
- The antioxidants found in pumpkins may help prevent degenerative damage to the eyes.
- Pumpkins are a great source of beta-carotene, a carotenoid that your body converts into vitamin A.

Root Vegetables: Here are just a couple of root veggies to savor this fall along with their health benefits:

- Carrots: known for their bright orange hue, carrots are packed with a high concentration of the antioxidant beta carotene in addition to vitamin A. Together the two help maintain healthy skin and eyes.
- Sweet Potatoes: In addition to carrying a hefty dose of vitamins A and C, sweet potatoes also help stabilize blood sugar levels.
- Beets: In addition to supporting blood circulation, they also come packed with folate, potassium, calcium, and iron.

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Gracious Retirement Living

680 North Watters Road
Allen, Texas 75013



Fall in love...
with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

469-854-6295

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