

# LIBERTY HEIGHTS

## Gracious Retirement Living



963 West Yellow Jacket Lane • Rockwall, TX 75087 • Phone (972) 722-5129 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

### OCTOBER 2019

#### LIBERTY HEIGHTS STAFF

Manager..... TOM & MELISSA HUTTO  
Assistant Managers ...LARRY & MARY TERRELL  
Executive Chef ..... TONY PERRY  
Sous Chef ..... HUGO ARDON  
Activity Coordinator .....JULIE HART  
Maintenance ..... ED MCCARTHY  
Transportation ..... GARY TATUM

#### TRANSPORTATION

**Monday, 9 a.m.-Noon:** Shopping  
**Tuesday, 9 a.m.-2:30 p.m.:** Appointments  
**Wednesday, 10 a.m.:** Outing  
**Thursday, 9 a.m.-2:30 p.m.:** Appointments  
**Friday, 9 a.m.-Noon:** Shopping

HAWTHORN  
SENIOR LIVING

### Havana Nights Staycation!

Hola, amigos!

We had our second staycation of the summer! Our Cuban nightclub was a huge success! Broadmoor and SaveMart Pharmacy joined our party. They brought the drinks and fruit kabobs! Chef Hugo prepared delicious Cuban refreshments. We had Latin music videos playing on our TVs in the Activity Room, which really added to the ambience!

Everyone looked fantastic in their summer whites. We look forward to doing it again next year!

(Photos continue inside)



Summer whites!



It was a full house!



## Havana Nights Staycation (Continued)



*Alan and Loretta dancing!*



*Linnie and her girls*



*Dancing queens!*



*Swanky!*

## Hold the Date

Veterans Day is right around the corner! Come and celebrate with us on Monday, November 11th, at 12 p.m. in the Dining Room. We'll have a wonderful ceremony by the American Legion of Rockwall.

Veterans, if you have any items of your military uniform, please wear them!

A huge thank you to all of those who served our country!



*Thank you, Veterans!*

## What's New at Liberty Heights?

We've added Tai Chi to the calendar! Tai Chi is a Chinese martial art and system of calisthenics, consisting of sequences of very slow controlled movements. It's considered meditation in movement. Tai Chi is a mind-body exercise that focuses on breathing, meditation and relaxation. Tai Chi has really gotten popular throughout the United States.

Here are 12 amazing benefits of Tai Chi for seniors:

- Relieves physical effects of stress
- Promotes deep breathing
- Reduces bone loss in menopausal women
- Improves lower body and leg strength
- Helps with arthritis pain
- Reduces blood pressure
- Requires mind and body integration through mental imagery
- Accumulates energy by releasing endorphins rather than depleting them
- Enhances mental capacity and concentration
- Improves balance and stability by strengthening ankles and knees
- Promotes faster recovery from strokes and heart attacks
- Improves conditions like Alzheimer's, Multiple Sclerosis, Parkinson's and fibromyalgia

We've also added an activity called "Where in the World?" Everyone really enjoys travelogues, so there will be facts given and y'all will try to guess the country! We'll learn about different cultures and cuisines. Look for it on the calendar each month!



## Culinary Corner

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:** Cranberries are 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 possess 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.

## Meet Our New Maintenance Technician!

We're excited to have Ed McCarthy join our team!

Ed was born in Okinawa, Japan, on February 28th, 1965, and lived there for a few years. His dad was in the Army and they moved around a lot. Ed went to High School in El Paso. He is married and has three grown kids and two grandkids. Ed and his wife, Danyra, moved to Roysce City 14 years ago.



*Ed McCarthy*

Ed is an Army veteran. He served three years of active duty and three years in the Texas/ Army National Guard. Ed is also a second degree Mason and he's a member of the Fate Masonic Lodge.

Ed enjoys fishing and fixing things!

He and his wife have property in Chiapas, Tapachula, Mexico. They enjoy vacationing there as often as they can.

Stop and introduce yourself to Ed! He's a fantastic guy!

## Guess Who?

If you know who this person is, stop by Julie's desk in the Activity Room for funny money!



*Guess who?*

# OCTOBER 2019

## Birthdays

Mary L. Morrison, 1st  
 Delores Harrell, 2nd  
 Dan Jordan, 8th  
 Steve Goist, 11th  
 Ruby Preston, 12th  
 Joyce Whitmire, 13th  
 Don Kerr, 14th  
 Wheat Brooks, 21st  
 Terry McKinney, 23rd  
 Herb Michaelson, 24th

## Anniversaries

David and Audrey  
 McHomb, 10/27/1956

## Locations

Activity Room, Act  
 Atrium, Atrium  
 Billiard Room, Billiard  
 Bistro, Bistro  
 Card Room, Card  
 Chapel, Chapel  
 Computer Room, Computer  
 Courtyard, Courtyard  
 Dining Room, Dining  
 Front Entrance, Portico  
 Library, Library  
 Theater, Theater  
 Workout Room, Workout

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Band Stretching with Legacy, Act <b>1</b> 10:00 Country Store: 3rd Floor 11:00 Travel Film, Theater 2:30 Tech Tuesday, Computer 3:00 Bean Bag Baseball, Act 4:00 People Search Scavenger Hunt, Act <b>6:30 TX Night Out with R.P.D., Act</b> 	9:00 Radiate Exercise, Act <b>2</b> 10:30 Outing: TBA 11:00 Puzzle Solvers, Act 2:00 Bingo, Act 4:00 Singalong with B.J., Act 6:30 Movie Night, Theater 	9:00 Band Stretching with Legacy, Act <b>3</b> 11:30 History Mystery with Tom, Act 12:30 Texas Attire for \$\$, Dining 3:00 Poker, Card 3:00 Happy Hour with Broadmoor, Act 4:30 Gingerbread House Planning Mtg., Act	9:00 Radiate, Act <b>4</b> 11:30 Oceans of Lotions, Act 12:15 Wear Red and Pledge, Dining 2:00 DVD Bible Study, Theater 3:00 Smile Power Party!, Act 4:00 Tai Chi, Act 6:30 Movie Night, Theater	10:00 Donut Social, Act <b>5</b> 10:30 Ladies' Bible Study, Chapel 2:00 Bingo, Act 3:00 Movie Matinee: Resident Choice, Theater 3:00 Rummikub, Card 6:30 Movie Night, Theater
7:00 Coffee Talk, Bistro <b>6</b> 10:45 Worship Service, Act 3:00 Card Games, Card 3:00 Movie: Resident Choice, Theater 4:00 Puzzles, Card 6:30 Billiards, Billiard <b>6:30 Perry Brown Trumpet Performance!, Act</b>	9:00 Chair Yoga with Legacy, Act <b>7</b> 11:00 Healthy Choices, Act 11:30 Wellness Clinic, Act 2:00 Bingo, Act 3:00 Birthday Cake Celebration!, Bistro 3:30 Pictionary, Act 4:00 Tai Chi, Act 6:30 Movie Night, Theater	<b>YOM KIPPUR BEGINS AT SUNSET</b> <b>8</b> 9:00 Band Stretching with Legacy, Act 10:00 Country Store: 3rd Floor <b>10:00 Carter Eye Free Eye Screening, Chapel</b> 11:00 Travel Film, Theater 11:00 Tommy's Treasures Vendor, Atrium 2:00 Pokeno with Melissa, Act 3:00 Bean Bag Baseball, Act 4:00 Where in the World?, Act 	9:00 Radiate Exercise, Act <b>9</b> 10:30 Outing: TBA 11:00 Puzzle Solvers, Act 2:00 Bingo, Act 3:00 Trivia, Act 4:00 Line Dancing Practice, Act <b>6:30 Hoedown!, Dining</b>	9:00 Band Stretching with Legacy, Act <b>10</b> 10:00 Chef's Corner with Chef Tony, Bistro <b>11:45 Town Hall Meeting, Dining</b> 12:30 Wear Favorite Sports Team for \$\$, Dining <b>2:00 Bucket Ministry with Jeff Watters, Act</b> 3:00 Poker, Card 4:00 Wii Bowling, Act	9:00 Radiate, Act <b>11</b> 10:30 Someone's in the Kitchen with Mary, Bistro 12:15 Wear Red and Pledge, Dining 2:00 DVD Bible Study, Theater 3:00 What's in the Box?, Act 4:00 Tai Chi, Act 6:30 Movie Night, Theater 	10:30 Ladies' Bible Study, Chapel <b>12</b> 2:00 Bingo, Act 3:00 Movie Matinee: Resident Choice, Theater 3:00 Rummikub, Card 6:30 Movie Night, Theater 
7:00 Coffee Talk, Bistro <b>13</b> 10:45 Worship Service, Act 3:00 Card Games, Card 3:00 Movie: Resident Choice, Theater 4:00 Puzzles, Card 6:30 Billiards, Billiard 	<b>COLUMBUS DAY</b> <b>14</b> 9:00 Chair Yoga with Legacy, Act 10:30 Current Events, Act 11:30 Wellness Clinic, Act 2:00 Bingo, Act 3:30 Drumming, Act 4:00 Reminisce, Act 6:30 Movie Night, Theater 	9:00 Band Stretching with Legacy, Act <b>15</b> 10:00 Country Store: 3rd Floor 11:00 Travel Film, Theater 3:00 Bean Bag Baseball, Act 4:00 Show and Tell, Act	9:00 Radiate Exercise, Act <b>16</b> 10:30 Outing: TBA 11:00 Puzzle Solvers, Act 2:00 Bingo, Act 3:00 Show and Tell, Act 4:00 What's the Word?, Act 6:30 Movie Night, Theater	9:00 Band Stretching with Legacy, Act <b>17</b> 9:30 Seminar with Legacy, Act <b>11:00 Chef Chat, Act</b> 11:30 History Mystery with Tom, Act 12:30 Wear Pink for \$\$, Dining <b>2:00 Medicare Minute Seminar, Act</b> 3:00 Poker, Card 4:00 Pink Party, Act	9:00 Radiate, Act <b>18</b> 10:00 Wii Bowling, Act 11:30 Oceans of Lotions, Act 12:15 Wear Red and Pledge, Dining 2:00 DVD Bible Study, Theater 4:00 Tai Chi, Act 4:30 Happy Hour, Bistro 6:30 Movie Night, Theater	10:00 Donut Social, Act <b>19</b> 10:30 Ladies' Bible Study, Chapel 2:00 Bingo, Act 3:00 Movie Matinee: Resident Choice, Theater 3:00 Rummikub, Card 6:30 Movie Night, Theater
7:00 Coffee Talk, Bistro <b>20</b> 10:45 Worship Service, Act 3:00 Card Games, Card 3:00 Movie: Resident Choice, Theater 4:00 Puzzles, Card 6:30 Billiards, Billiard	9:00 Chair Yoga with Legacy, Act <b>21</b> 11:30 Wellness Clinic, Act 2:00 Bingo, Act 3:00 Pumpkin Decorating!, Act 4:00 Tai Chi, Act 6:30 Movie Night, Theater 	9:00 Band Stretching with Legacy, Act <b>22</b> 10:00 Country Store: 3rd Floor 11:00 Travel Film, Theater 2:00 Pokeno with Melissa, Act 3:00 Bean Bag Baseball, Act 4:00 Social with Legacy, Act	9:00 Radiate Exercise, Act <b>23</b> 10:30 Outing: TBA 11:00 Puzzle Solvers, Act 2:00 Bingo, Act 3:00 Trivia, Act 6:30 Movie Night, Theater 	9:00 Band Stretching with Legacy, Act <b>24</b> <b>11:00 New Neighbor Meet &amp; Greet, Act</b> 12:30 Wear Fall Colors for \$\$, Dining 3:00 Poker, Card 4:00 What's the Word?, Act 	9:00 Radiate, Act <b>25</b> 12:15 Wear Red and Pledge, Dining 2:00 DVD Bible Study, Theater 3:00 What's in the Box?, Act 4:00 Tai Chi, Act 6:30 Movie Night, Theater	10:30 Ladies' Bible Study, Chapel <b>26</b> 2:00 Bingo, Act 3:00 Movie Matinee: Resident Choice, Theater 3:00 Rummikub, Card 6:30 Movie Night, Theater
7:00 Coffee Talk, Bistro <b>27</b> 10:45 Worship Service, Act 3:00 Card Games, Card 3:00 Movie: Resident Choice, Theater 4:00 Puzzles, Card <b>4:45 NCL Girls Trick or Treat, Dining</b> 6:30 Billiards, Billiard 6:30 Gospel Singalong, Act 	9:00 Chair Yoga with Legacy, Act <b>28</b> 10:30 Current Events, Act 11:30 Wellness Clinic, Act 2:00 Bingo, Act 3:30 Drumming, Act 4:00 Tai Chi, Act 6:30 Movie Night, Theater	9:00 Band Stretching with Legacy, Act <b>29</b> 10:00 Country Store: 3rd Floor 11:00 Travel Film, Theater 3:00 Bean Bag Baseball, Act 4:00 Pumpkin Spice Social, Act	9:00 Radiate Exercise, Act <b>30</b> 10:30 Outing: TBA 11:00 Puzzle Solvers, Act 2:00 Bingo, Act 3:00 Trivia, Act 4:30 Drumming, Act 6:30 Movie Night, Theater	<b>HALLOWEEN</b> <b>31</b> 9:00 Band Stretching with Legacy, Act 12:30 Wear Halloween for \$\$, Dining 3:00 Poker, Card <b>4:00 Halloween Costume Party!, Act</b>		

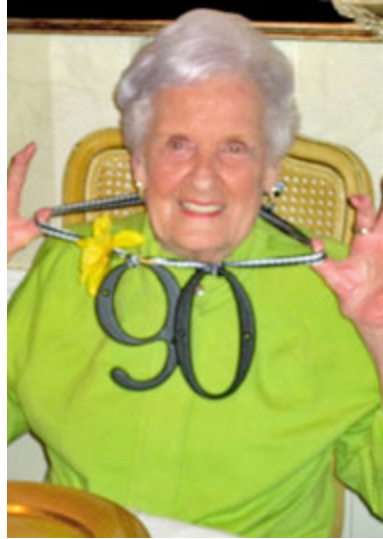


## Resident Spotlight: Phyllis Stephens

Phyllis Stephens is a humble woman and has a difficult time writing an article about herself. However, her five children (Pam, Bobbie, Joe, Pegi and Jill), find it extremely easy. We all think she's a real gem and just like any stone when cut, displays many beautiful facets. These facets shine throughout, displaying a glowing appearance both inside and out. This is the perfect way to describe our mom!

Phyllis was born in Youngstown, Ohio, on April 12th, 1923. Along with her brother and sister, she was raised by some pretty awesome parents, spending their early years in Poland, Ohio, and later in Canfield, Ohio. She graduated from Canfield High School, where she was instrumental in composing the school's alma mater. She went on to work as a bank teller for Mahoning National Bank and The Citizens Federal Savings and Loan. Mom also worked for The Canfield Auto Auction and The Canfield Fair Board. On August 7th, 1947, Phyllis Richter married Joseph Stephens, who served in the U.S. Coast Guard. They were married for 57 years! Phyllis and Joe were blessed with five children, eight grandchildren, and seven great-grandchildren!

She has always had a zest for life and all it has to offer. Starting at an early age, she became interested in many different types of hobbies and activities. She loved to play the piano, ride horses, pick berries, plant gardens (flower, fruit and vegetable) and raise chickens! She also had a talent for the arts. She loved to paint, decoupage, create beautiful counted cross-stitch pieces, and was quite talented at knitting. Her passion, however, was sewing! She was an extremely gifted seamstress and would sew anything from curtains for the church to all five children's clothing, including all four of her daughter's Prom dresses. One Halloween, she made bunny outfits for the entire family, including mommy and daddy bunnies! Can you just imagine Joe and Phyllis hopping through the neighborhood with their bunny children! The most memorable sewing moment was when mom sewed, and modeled one of her own creations in a major sewing contest. She was awarded first place!



*90th birthday party!*



*So lovely!*



*"Hoppy" Halloween!*

## It's Fall, Y'all!

It's nice to finally have cooler weather! The Texas heat is nothing to mess with. We're very grateful for air conditioning!

Traditionally, things that are associated with the fall season are pumpkin and spice everything: pumpkin lattes, pumpkin desserts of every kind, pumpkin hand soap. Apple fragrance is very popular, too. There is something so soothing about smelling those fragrances in the fall.

What are some things that you look forward to in the fall? We asked a few residents what they enjoy most about the fall season.

Vin Dillon says, "I look forward to the Dallas Arboretum each year!"

Sharon Strope enjoys the pumpkin patch.

Louise Pinto says she loves the fall colors on the trees.

John Barnes says, "Sweaters and boots!"

Margaret Carpenter enjoys the beautiful fall flowers.

Ruby Preston enjoys the nicer weather and looks forward to Thanksgiving dinner!





## Texas Jokes

Here's what the famous comedian, Jeff Foxworthy, has to say about folks from Texas:

If someone in a Lowe's store offers you assistance and they don't work there, you may live in Texas.

If you've worn shorts and a parka at the same time, you may live in Texas.

If you had a lengthy telephone conversation with someone who dialed the wrong number, you may live in Texas.

If "vacation" means going anywhere south of Dallas for the weekend, you may live in Texas.

If you measure distance in hours, you may live in Texas.

If you know several people who have hit a deer more than once, you may live in Texas.

If you install security lights on your house and garage, but leave both unlocked, you may live in Texas.

If you carry jumper cables in your car and your wife knows how to use them, you may live in Texas.

If the speed limit on the highway is 55 miles per hour and you're going 80, and everybody's passing you, you may live in Houston, Texas.

If you find 60 degrees a little chilly, you may live in Texas.

If you actually understand these jokes, and cannot wait to tell all your Texas friends, you definitely have lived in Texas!

## Good Times at Liberty Heights!

There's a lot of love at Liberty Heights! Everyone is very caring to one another and there is always a buzz in the Dining Room!

We have a blast on our outings each Wednesday. Trader Joe's is always a big hit. It's a grocery store, but has a lot of unique products there. We drove around downtown Dallas to see how much the city has changed over the years, and went to the Spectacular Follies at the Eisemann Center. Come with us next time!



Sweet Bessie



Billie with her grandkids



Cattle drive in Dallas



Go, chicken fat, go!



Jeanie's favorite saying: "I declare!"

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Gracious Retirement Living

963 West Yellow Jacket Lane  
Rockwall, TX 75087



# *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.

**972-722-5129**

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