

Alexis Estates

Gracious Retirement Living

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

NOVEMBER 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

Cops and Cars Carnival

On Saturday, September 28th, we had a Carnival here at Alexis Estates! We raised over \$700 and donated it to the Allen Public Safety Fund. We had officers here from Allen PD who enjoyed visiting with many of our residents. We had a Classic Car Show and the residents had the opportunity to vote on their favorite car. The top three were given awards; they all had a great time talking about their cars with the residents. On the other side of the community we had sno-cones and a dunking booth. Both of the Managers (Jamie and Patti) were getting dunked by residents, staff and family members throughout the event. We even had our Maintenance Manager Trevor take a turn in the booth.

(Continued inside)



This group is ready for a carnival.



Cops and Cars Carnival (Continued)

He got dunked by a few residents and staff as well. Inside, we had numerous rooms filled with Carnival games presented by many Home Health Agencies and vendors that we work with regularly. We also had our dining room transformed into carnival booths filled with delicious carnival food. We had the standard hot dogs and hamburgers but also had a nacho bar, corn dogs and mini corn bites, among others. No carnival is complete without funnel cake! We had that too and it was enjoyed by everyone. We had quite a few people from Allen that came to enjoy the festivities and a lot of our residents' family members as well. We had a great time and the Allen Police Department was extremely appreciative!



There was a line of residents at the dunking booth to dunk Manager Jamie.



Our dining room was transformed into food carnival booths.



Allen PD showed up to look at the classic cars and eat lunch with our residents.



One of the classic car winners

Our Community Garage Sale

On a warm Saturday in October, Lynn, Jamie, Patti and many helpful residents headed to Garage 10 for our first annual Garage Sale! We had a great turnout and raised over \$1,200 to go towards activities for our residents. Thank you to everyone that donated items and another big thank-you to those that bought them! Bring on the fun!



We Have a New Resident

We have a new resident who happens to be a great listener! It's Larry! Larry resides in the Activity Room on Lynn's (Activity Coordinator) desk. Come by and say "hi" to Larry. But don't give him a piece of candy from the bowl next to him, no matter how much he begs!



Larry



Entertainment at Home

We love when entertainers come to Alexis Estates to perform for us. Two of our entertainers this month drew quite the crowds and had us singing and dancing. One of our singers,



Carol Tatum plays the harp



Anne Hinson sings for us

Anne Hinson, got two of our residents (Jim Scano and Don Westlund) out of their chairs and by her side. She began singing good ol' Elvis Presley and encouraged our guys to play "air guitar." Never ones to disappoint, our friends obliged and began "jamming" on their air guitars! They really got into the groove and the residents were loving it! They were great sports and got a big round of applause when the song was over. Thanks for the music, gentlemen! Another entertainer we thoroughly enjoyed was Carol Tatum, who is a harpist. Her music was lovely and we all agreed that she is extremely talented. She played songs we know and were able to sing along to. We were impressed to hear her play Elvis Presley, Celine Dion, some musicals and show tunes. She also played a song she had created herself, which left us all clapping and complimenting her on her amazing talent. The entertainers we bring in to Alexis Estates always have such a great attitude and leave us all in a great mood. Keep on singing!

Thanksgiving Fun Facts

- Harry Truman was the first to receive a ceremonial turkey from the National Turkey Federation — and he had it for dinner. John F. Kennedy was the first to let a Thanksgiving turkey go, followed by Richard Nixon who sent his turkey to a petting zoo. George H.W. Bush is the President who formalized the turkey pardoning tradition in 1989.
- There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana and North Carolina.
- The average number of calories consumed on Thanksgiving is 4,500.
- The tradition of football on Thanksgiving began in 1876 with a game between Yale and Princeton. The first NFL games were played on Thanksgiving in 1920.
- More than 54 million Americans are expected to travel during the Thanksgiving holiday this year. That's up 4.8% from last year.



NOVEMBER 2019

Birthdays

James McCratic, 10th
Annette Armstrong, 10th
Peg Caldwell, 12th
Eduth Ransom, 16th
Cheves Hilton, 20th
Wanda Farmer, 21st
Jolene McDonald, 21st
Bill Wickman, 22nd
Quincy Armstrong, 22nd
Herb Jacobson, 28th
Jane Woods, 29th
Shel Ratliff, 30th
Sue Sutphin, 30th
Ellen Eige, 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

“May your thoughts turn to gratitude this holiday season and carry on throughout the next year.”
—James A. Murphy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<div>DAYLIGHT SAVING TIME ENDS3</div> <div>8:30 Bus Pick-Up, Allen Baptist Church, Lobby</div> <div>10:30 Rosary, CH</div> <div>11:00 Catholic Communion, CH</div> <div>2:00 Praise & Worship, CH</div> <div>3:15 LCR, AR</div>	<div>4</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Blood Pressure Check, AR</div> <div>10:30 Trip to Walmart, B</div> <div>1:45 Ten Cent Bingo, AR</div> <div>2:00 Bible Study with Doyle, CH</div> <div>3:00 Chair Volleyball, AR</div> <div>4:00 Brain Games with Lisa, AR</div> <div>7:00 Game of "42," DRA</div>	<div>ELECTION DAY5</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>11:00 Bible Study, CH</div> <div>2:00 Bean Bag Baseball, AR</div> <div>3:00 Money Talk with Brian, AR</div> <div>4:30 Wii Bowling, AR</div> <div>7:00 Movie Night, MT</div> <div>7:00 Poker Game, AR</div>	<div>6</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Exercise with Monarch, AR</div> <div>10:00 Bunco, DRA</div> <div>11:00 Catholic Comm., CH</div> <div>1:45 Bingo with Prizes, AR</div> <div>4:00 Happy Hour, DR</div> <div>7:00 Sermons on Tape, CH</div> <div>7:00 Poker Game, AR</div>	<div>7</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>10:55 Construction Update, AR</div> <div>11:00 Manager/Resident Mtg., AR</div> <div>2:00 Tony Macaroni Performs, AR</div> <div>3:00 Chair Volleyball, AR</div> <div>7:00 Movie Night, MT</div>	<div>8</div> <div>Wear Red Day</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Yoga with Caleb, AR</div> <div>10:00 Ask a Nurse, AR</div> <div>11:00 Lunch Outing</div> <div>1:30 Trip to Walmart, B</div> <div>3:00 Bean Bag Baseball, AR</div> <div>7:00 Poker Game, AR</div>	<div>9</div> <div>9:30 Exercise Class with Tracy, AR</div> <div>10:00 Fill the Bus, B</div> <div>11:10 Wii Bowling, AR</div> <div>12:00 Private Party, AR</div> <div>1:45 \$2 Bingo, DRA</div> <div>3:00 Movie Matinee, MT</div>
<div>10</div> <div>8:30 Bus Pick-Up, Allen Baptist Church, Lobby</div> <div>10:30 Rosary, CH</div> <div>11:00 Catholic Communion, CH</div> <div>2:00 Praise & Worship, CH</div> <div>3:15 LCR, AR</div> <div></div>	<div>VETERANS DAY11</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Blood Pressure Check, AR</div> <div>10:30 Trip to Walmart, B</div> <div>1:45 Ten Cent Bingo, AR</div> <div>2:00 Bible Study with Doyle, CH</div> <div>3:00 Chair Volleyball, AR</div> <div>4:00 Brain Games with Lisa, AR</div> <div>7:00 Game of "42," DRA</div>	<div>12</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>11:00 Bible Study, CH</div> <div>2:00 Bean Bag Baseball, AR</div> <div>3:15 Creative Arts, AR</div> <div>4:30 Wii Bowling, AR</div> <div>7:00 Movie Night, MT</div> <div>7:00 Poker Game, AR</div> <div></div>	<div>13</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:15 Tai Chi with Carole, AR</div> <div>10:00 Bunco, DRA</div> <div>11:00 Catholic Comm., CH</div> <div>1:45 Bingo with Prizes, AR</div> <div>4:00 Happy Hour, DR</div> <div>7:00 Sermons on Tape, CH</div> <div>7:00 Poker Game, AR</div>	<div>14</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>10:55 Construction Update, AR</div> <div>11:00 Activity/Resident Meeting, AR</div> <div>1:30 Trip to Walmart, B</div> <div>3:00 Chair Volleyball, AR</div> <div>7:00 Movie Night, MT</div>	<div>15</div> <div>Wear Red Day</div> <div>8:30 Outing: Log Cabin Village, Ft. Worth, B</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Yoga with Caleb, AR</div> <div>10:00 Ask a Nurse, AR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>7:00 Poker Game, AR</div>	<div>16</div> <div>10:00 Fall Festival/ Vendor Fair, AR</div> <div>3:00 Movie Matinee, MT</div> <div>3:15 Open Games, AR</div> <div>7:00 Blackjack with Brian, AR</div> <div></div>
<div>17</div> <div>8:30 Bus Pick-Up, Allen Baptist Church, Lobby</div> <div>10:30 Rosary, CH</div> <div>11:00 Catholic Communion, CH</div> <div>2:00 Praise & Worship, CH</div> <div>3:15 LCR, AR</div>	<div>18</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Blood Pressure Check, AR</div> <div>10:30 Trip to Walmart, B</div> <div>10:30 First Baptist Choir, DR</div> <div>1:45 Ten Cent Bingo, AR</div> <div>2:00 Bible Study with Doyle, CH</div> <div>3:00 Chair Volleyball, AR</div> <div>4:00 Brain Games with Lisa, AR</div> <div>7:00 Game of "42," DRA</div>	<div>19</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>11:00 Bible Study, CH</div> <div>2:00 Bean Bag Baseball, AR</div> <div>3:00 Andy Corridori Performs, AR</div> <div>4:30 Wii Bowling, AR</div> <div>7:00 Movie Night, MT</div> <div>7:00 Poker Game, AR</div>	<div>20</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Exercise with Monarch, AR</div> <div>10:00 Bunco, DRA</div> <div>11:00 Catholic Comm., CH</div> <div>1:45 Bingo with Prizes, AR</div> <div>4:00 Happy Hour, DR</div> <div>6:45 Harris Jewelry, AR</div> <div>7:00 Sermons on Tape, CH</div> <div>7:00 Poker Game, AR</div> <div></div>	<div>21</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>10:55 Construction Update, AR</div> <div>11:00 Chef/Resident Meeting, AR</div> <div>2:00 Auction, AR</div> <div>3:00 Chair Volleyball, AR</div> <div>7:00 Movie Night, MT</div> <div>7:00 Dementia Support Group, CH</div> <div></div>	<div>22</div> <div>Wear Red Day</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Yoga with Caleb, AR</div> <div>10:00 Ask a Nurse, AR</div> <div>11:00 Lunch Outing</div> <div>1:30 Trip to Walmart, B</div> <div>3:00 Bean Bag Baseball, AR</div> <div>7:00 Poker Game, AR</div> <div></div>	<div>23</div> <div>9:30 Exercise Class with Tracy, AR</div> <div>11:10 Wii Bowling, AR</div> <div>1:45 \$2 Bingo, AR</div> <div>3:00 Movie Matinee, MT</div> <div>3:15 Open Games, AR</div> <div>7:00 Blackjack with Brian, AR</div>
<div>24</div> <div>8:30 Bus Pick-Up, Allen Baptist Church, Lobby</div> <div>10:30 Rosary, CH</div> <div>11:00 Catholic Communion, CH</div> <div>2:00 Praise & Worship, CH</div> <div>3:15 LCR, AR</div>	<div>25</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>10:00 Blood Pressure Check, AR</div> <div>10:30 Trip to Walmart, B</div> <div>1:45 Ten Cent Bingo, AR</div> <div>2:00 Bible Study with Doyle, CH</div> <div>3:00 Chair Volleyball, AR</div> <div>4:00 Brain Games with Lisa, AR</div> <div>7:00 Game of "42," DRA</div>	<div>26</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>11:00 Bible Study, CH</div> <div>2:00 Bean Bag Baseball, AR</div> <div>3:15 Creative Arts, AR</div> <div>4:30 Wii Bowling, AR</div> <div>7:00 Movie Night, MT</div> <div>7:00 Poker Game, AR</div>	<div>27</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Exercise, AR</div> <div>10:00 Bunco, DRA</div> <div>11:00 Catholic Comm., CH</div> <div>1:45 Bingo with Prizes, AR</div> <div>4:00 Happy Hour, DR</div> <div>7:00 Sermons on Tape, CH</div> <div>7:00 Poker Game, AR</div>	<div>THANKSGIVING DAY28</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Exercise, AR</div> <div>12:00 Harpist Will Play, DR</div> <div>12:30 Thanksgiving Meal, DR</div> <div>7:00 Movie Night, MT</div> <div></div>	<div>29</div> <div>Wear Red Day</div> <div>8:30 Outing: Arboretum, B</div> <div>8:45 Let's Walk Together, Lobby</div> <div>9:30 Chair Yoga with Caleb, AR</div> <div>10:00 Ask a Nurse, AR</div> <div>3:00 Bean Bag Baseball, AR</div> <div>7:00 Poker Game, AR</div> <div></div>	<div>30</div> <div>9:30 Exercise Class with Tracy, AR</div> <div>10:00 Coffee & Donuts with Managers, AR</div> <div>11:10 Wii Bowling, AR</div> <div>1:45 \$2 Bingo, AR</div> <div>3:00 Hot Dogs with Brian, AR</div> <div>3:00 Movie Matinee, MT</div> <div>3:15 Open Games, AR</div> <div>7:00 Blackjack with Brian, AR</div> <div></div>



Upcoming Events

November 1st: Outing to Choctaw Casino

November 9th: Fill the Bus for Allen Outreach

November 11th: Veterans Day

November 16th: Fall Festival/Vendor Fair

November 28th: Thanksgiving

The Pumpkin Pie Tradition

For many, Thanksgiving dinner isn't complete without a slice of pumpkin pie, the traditional holiday dessert.

Pumpkins are native to North America and were taken to Europe by explorers. In the 1600s, French and English cooks began using the orange squash in early pie recipes.

Native Americans and the Pilgrims probably included pumpkin at the first Thanksgiving, most likely as a savory dish. The early colonists would also hollow out pumpkins, fill them with sweet, spiced milk, and cook them over a fire.

Several generations later, in 1796, the first American cookbook, Amelia Simmons' "American Cookery," offered two recipes for "pompkin pudding," in which a custard-like filling was baked in a crust. This became the basis for the pie we know today.

Thanksgiving was declared a national holiday in 1863, but Americans had already made pumpkin pie a tradition of the annual meal. By the 1920s, canned pumpkin was a grocery staple, saving cooks time by eliminating the laborious process of cooking the squash.



Thanksgiving by the Numbers

The first Thanksgiving festivities took place over three days in the autumn of 1621 and included 50 Pilgrims and 90 members of the Wampanoag tribe. Here are some more holiday facts to share over your feast.

- About 95% of American households say they celebrate Thanksgiving.
- A majority of those people spend the day with family. "Friendsgiving," which is sharing a Thanksgiving meal with friends, is also popular.
- The American Automobile Association predicts an estimated 50 million people will travel at least 50 miles to reach their holiday destination.
- Nearly 90% of those celebrating Thanksgiving eat turkey, whether roasted or deep-fried, according to the National Turkey Federation. The average weight of a bird bought for the meal is 16 pounds.
- The Butterball Turkey Talk-Line answers more than 100,000 calls each November and December from people needing cooking advice.
- Three-quarters of those surveyed said they enjoyed Thanksgiving leftovers more than the actual meal.
- The first Macy's Thanksgiving Day Parade took place in New York City in 1924. Today, the parade attracts 3.5 million spectators along its 2.5-mile route, and another 50 million people watch it on television.





October Was Breast Cancer Awareness Month

In October, we had “Wear Pink Day” every Friday to support Breast Cancer Awareness. Our servers wore pink aprons in support as well. Many of our residents have been touched by this horrible disease, or know someone that has, and expressed their thanks for the support.



Gary Sterett and Nona Rhoton

Alexis Estates Greeters

On most days, as you are coming and going from our community, you can find John and Elizabeth Guest sitting on the bench at the front door. They are always so welcoming, have smiles on their faces and can easily brighten your day with one of their funny stories. If you see them, say “hi” and be ready to laugh with them. Thanks for brightening our day, John and Elizabeth!



Alexis Estates 
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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