

LIBERTY HEIGHTS

Gracious Retirement Living

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

APRIL 2020

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

Easter Blessings

No Second Chance:

If there was no resurrection,
there would be no hope
for mankind.
We would have no second chance
and no peace of mind.

The love of God is
clearly seen
in the sacrifice of
His Son,
who took our
punishment and
our sin
and offered
redemption
for everyone.

Had not Jesus
died on the cross,
had His life not been sacrificed,
there would be no forgiveness of sin
and there would be no eternal life.

Jesus did no wrong and knew
no sin.
But for love's sake He died ...
so our sin debt could be paid in full.
He gave Himself to be crucified.

The good news of
salvation
comes to us by the
way of the cross.
God raised up Jesus
from the dead
so that no man
need be lost.

Oh, what love the
Father has for us,
shown by the gift

He freely gave.
So that we could have a
second chance.
God raised Jesus from the grave.



Published: April 12, 2019 © Lenora McWhorter



Meet Our Housekeepers

We are very blessed to have such wonderful Housekeepers/Servers!

They work very hard every day and they are always so pleasant to be around. When they're not cleaning apartments, they change their clothes quickly and wash up to get ready to serve the meals in the Dining Room and continue having that sweet smile on their faces!



Dee, Dayo and Petra

Here are a short bios in their own word so you can get to know them just a little better!

“Hello, my name is Petra! I grew up in Santiago which is a small town in Northern Mexico. This is where I attended school up until high school. After high school, I attended a business vocational school located in Monterrey, Mexico. Monterrey is a large city and is the state capital. After completing my courses, I graduated with an Administrative Assistant and bookkeeping diploma.

The years kept going by and I got married and we had three beautiful children: Stephanie, Eric and Judith.

Both Eric and Judith also had the opportunity to work at Liberty Heights. They both enjoyed meeting all our wonderful residents.

My hobbies are (in order of importance): Shopping, fishing (yes, I said fishing) and bike riding.

I have been living in the beautiful Rockwall area for 31 years. I have been able to see Rockwall grow from a small town to the city it is now.

I've been at Liberty Heights for over 5 years now and enjoy meeting with all our residents which I personally consider extended family!”

“Hello, my name is Donata! (AKA=Dee)

I was born in Dallas and raised in South Dallas. I have two daughters, two great son-in-laws, one granddaughter and three grandsons.

I love spending time with them and watch movies with them.

My hobbies include walking and reading.”

Adedayo AKA= Dayo!

Dayo was born and raised in Lagos, Nigeria. He moved to the United States on June 23, 2012.

Dayo has an Associate's degree in Business Administration. He attended Barking College, near London England, for his schooling.

He enjoys writing, traveling and listening to music!

Mardi Gras 2020

Laissez les bon temps rouler means “Let the good times roll!”

Our Mardi Gras Celebration at Liberty Heights was très bien!

Our staff paraded around the Dining Room at dinnertime, passing out tons of colorful beads, moon pies, and candy!

We had a fantastic entertainer in the afternoon and had Blue Bell ice cream that was Mardi Gras flavored!



Bennie picking out her beads



Mardi Gras performance

Weird Science

We're starting something new at Liberty Heights! We've added an activity called “weird science” where we will be demonstrating different scientific experiments. Have you ever heard of “oobleck?” Here's the recipe:

Mix 1 part water with 1.5 to 2 parts cornstarch. You may wish to start with one cup of water and one and a half cups of cornstarch, then work in more cornstarch if you want a more ‘solid’ oobleck. It will take about 10 minutes of mixing to get nice homogeneous oobleck.

It's the coolest thing! When you touch it, it feels like a solid. When you grab a handful, it slips right out of your hand!

It would be fun to make with your grandkids or great-grandkids!



Guess Who?

Take a guess! Who is in this photo?

If you know the answer, stop by Julie's Desk in the Activity Room for funny money!



Keep 'em Clean!

Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness.

As you touch people, surfaces and objects throughout the day, you accumulate germs on your hands. You can infect yourself with these germs by touching your eyes, nose or mouth, or spread them to others. Although it's impossible to keep your hands germ-free, washing your hands frequently can help limit the transfer of bacteria, viruses and other microbes.

Also, wash your hands when they are visibly dirty, sticky or grimy.

Please make sure to disinfect your walker/cane on a daily basis. Don't forget to disinfect your cell phone daily. You won't believe how dirty those can be!

Always wash your hands before:

- Preparing food or eating
- Treating wounds or caring for a sick person
- Inserting or removing contact lenses

Always wash your hands after:

- Preparing food
- Using the toilet, changing a diaper or cleaning up a child who has used the toilet
- Touching an animal, animal feed or animal waste
- Blowing your nose, coughing or sneezing
- Treating wounds or caring for a sick person
- Handling garbage
- Handling pet food or pet treats

Overall, it's definitely best to wash your hands with good ol' soap and warm water.

Follow these steps:

- Wet your hands with clean, running water.
- Apply soap and lather well.
- Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces, including the backs of your hands, wrists, between your fingers, thumbs and under your fingernails.
- Rinse well.
- Dry your hands with a clean towel or air-dry them.

How to use an alcohol-based hand sanitizer:

Alcohol-based hand sanitizers, which doesn't require water, are an acceptable alternative when soap and water aren't available. If you use a hand sanitizer, make sure the product contains at least 60% alcohol. Follow these steps:

- Apply the gel product to the palm of one hand. Check the label to find out the appropriate amount.
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry.

Please remember that alcohol-based hand sanitizer isn't in place of washing your hands with soap and water! It's meant to be used in a pinch or when you do not have access to washing with soap and water.

Please do your part in making sure you aren't spreading germs!



APRIL 2020

Birthdays

Bessie Greensberg, 1st
Evelyn Dean, 8th
Phyllis Stephens, 12th
Christel Ash, 14th
BJ Middaugh, 17th
Julie Matthews, 17th
Richard "Dick"
Yeager, 23rd

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

“There are
shortcuts to
happiness,
and dancing is
one of them.”
—Vicki Baum

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<div>1</div> <div>9:00 Radiate Exercise, Act 10:00 Current Events, Act 11:00 Puzzle Solvers, Act 2:00 Bingo, Act 4:00 Singalong with B.J., Act</div> 	<div>2</div> <div>9:00 Band Stretching with Legacy, Act 11:30 History Mystery with Tom, Act 3:00 Poker, Card 4:00 Coffee Talk, Act</div>	<div>3</div> <div>9:00 Radiate, Act 11:00 Bean Bag Baseball, Act 12:15 Wear Red and Pledge, Dining 2:00 DVD Bible Study, Theater 4:00 Tai Chi, Act 6:30 Movie Night, Theater</div>	<div>4</div> <div>10:00 Donut Social, Act 2:00 Bingo, Act 3:00 Movie Matinee: Resident Choice, Theater 3:00 Rummikub, Card 6:30 Movie Night, Theater</div>
<div>PALM SUNDAY</div> <div>5</div> <div>7:00 Coffee Talk, Bistro 10:45 Worship Service, Act 3:00 Card Games, Card 3:00 Movie: Resident Choice, Theater 4:00 Puzzles, Card 6:30 Card Games, Card</div>	<div>6</div> <div>9:00 Chair Yoga with Legacy, Act 2:00 Bingo, Act 3:00 Birthday Cake, Bistro 4:00 Tai Chi, Act 6:30 Movie Night, Theater</div>	<div>7</div> <div>9:00 Band Stretching with Legacy, Act 10:00 Country Store: 3rd Floor 11:00 Travel Film, Theater 3:00 Bean Bag Baseball, Act 4:00 Weird Science!, Act</div>	<div>PASSOVER BEGINS AT SUNSET</div> <div>8</div> <div>9:00 Radiate Exercise, Act 10:30 Staycation!, Act 11:00 Puzzle Solvers, Act 2:00 Bingo, Act 3:00 Cranium Crunches, Act 4:00 Pictionary, Act</div> 	<div>9</div> <div>9:00 Band Stretching with Legacy, Act 10:30 Chef Demo with Chef Tony, Bistro 3:00 Poker, Card 4:00 Minute to Win It, Act</div>	<div>GOOD FRIDAY</div> <div>10</div> <div>9:00 Radiate, Act 10:30 Someone's in the Kitchen with Mary, Bistro 11:00 Bean Bag Baseball, Act 12:15 Wear Red and Pledge, Dining 2:00 DVD Bible Study, Theater 3:00 Easter scavenger hunt, Act 4:00 Tai Chi, Act 6:30 Movie Night, Theater</div>	<div>11</div> <div>10:30 Ladies' Bible Study, Dining 2:00 Bingo, Act 3:00 Movie Matinee: Resident Choice, Theater 3:00 Rummikub, Card 6:30 Movie Night, Theater</div>
<div>EASTER</div> <div>12</div> <div>Happy Easter! 7:00 Coffee Talk, Bistro 10:45 Worship Service, Act 3:00 Card Games, Card 3:00 Movie: Resident Choice, Theater 4:00 Puzzles, Card 6:30 Card Games, Card</div> 	<div>13</div> <div>9:00 Chair Yoga with Legacy, Act 10:30 Current Events, Act 2:00 Bingo, Act 3:00 Cranium Crunches, Act 4:00 Tai Chi, Act 6:30 Movie Night, Theater</div>	<div>14</div> <div>9:00 Band Stretching with Legacy, Act 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 Where in the World?, Act</div> 	<div>15</div> <div>9:00 Radiate Exercise, Act 11:00 Puzzle Solvers, Act 2:00 Bingo, Act 3:00 All About Birds, Act 4:00 What's the Word?, Act</div>	<div>16</div> <div>9:00 Band Stretching with Legacy, Act 9:30 Health Talk with Legacy, Act 10:30 Chef Chat, Act 3:00 Poker, Card 3:00 Everest Scavenger Hunt, Act</div>	<div>17</div> <div>9:00 Radiate, Act 10:00 Wii Bowling, Act 11:00 Bean Bag Baseball, Act 12:15 Wear Red and Pledge, Dining 2:00 DVD Bible Study, Theater 4:00 Tai Chi, Act 6:30 Movie Night, Theater</div> 	<div>18</div> <div>10:00 Donut Social, Act 10:30 Ladies' Bible Study, Dining 2:00 Bingo, Act 3:00 Movie Matinee: Resident Choice, Theater 3:00 Rummikub, Card 6:30 Movie Night, Theater</div>
<div>19</div> <div>7:00 Coffee Talk, Bistro 10:45 Worship Service, Act 3:00 Card Games, Card 3:00 Movie: Resident Choice, Theater 4:00 Puzzles, Card 6:30 Card Games, Card</div>	<div>20</div> <div>9:00 Chair Yoga with Legacy, Act 2:00 Bingo, Act 4:00 Tai Chi, Act 6:30 Movie Night, Theater</div>	<div>21</div> <div>9:00 Band Stretching with Legacy, Act 10:00 Country Store: 3rd Floor 11:00 Travel Film, Theater 3:00 Bean Bag Baseball, Act 4:00 Cake in a Mug, Act</div>	<div>EARTH DAY</div> <div>22</div> <div>9:00 Radiate Exercise, Act 11:00 Puzzle Solvers, Act 2:00 Bingo, Act 3:00 American History Trivia, Act 4:00 Memory Lane, Act</div>	<div>23</div> <div>9:00 Band Stretching with Legacy, Act 10:30 Low Sugar Seminar, Act 11:00 New Neighbors, Act 3:00 Poker, Card 3:00 Book Club, Chapel 3:30 Ancestry Seminar with Larry!, Act 4:00 What's the Word?, Act</div> 	<div>24</div> <div>9:00 Radiate, Act 10:00 Grandma's Kitchen, Bistro 11:00 Bean Bag Baseball, Act 12:15 Wear Red and Pledge, Dining 2:00 DVD Bible Study, Theater 4:00 Tai Chi, Act 6:30 Movie Night, Theater</div>	<div>25</div> <div>10:30 Ladies' Bible Study, Dining 2:00 Bingo, Act 3:00 Movie Matinee: Resident Choice, Theater 3:00 Rummikub, Card 6:30 Movie Night, Theater</div>
<div>26</div> <div>7:00 Coffee Talk, Bistro 10:45 Worship Service, Act 3:00 Card Games, Card 3:00 Movie: Resident Choice, Theater 4:00 Puzzles, Card 6:30 Card Games, Card</div>	<div>27</div> <div>9:00 Chair Yoga with Legacy, Act 10:30 Current Events, Act 2:00 Bingo, Act 4:00 Tai Chi, Act 6:30 Movie Night, Theater</div>	<div>28</div> <div>9:00 Band Stretching with Legacy, Act 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</div>	<div>29</div> <div>9:00 Radiate Exercise, Act 11:00 Puzzle Solvers, Act 2:00 Bingo, Act 3:00 White Board Games, Act 4:00 Balloon Volleyball, Act</div>	<div>30</div> <div>9:00 Band Stretching with Legacy, Act 10:00 Painting Class, Act 3:00 Poker, Card</div>		



Health Talk: Aloe Vera Juice

What is aloe vera juice?

The aloe vera plant is a succulent plant species from the genus *Aloe*. It grows abundantly in tropical climates and has been used for centuries as a medicinal plant.

Aloe vera juice is a gooey, thick liquid made from the flesh of the aloe vera plant leaf. It's commonly known to treat sunburns. But drinking this healthy elixir in juice form provides you with a number of other health benefits.

Aloe vera juice is made by crushing or grinding the entire leaf of the aloe vera plant, followed by various steps to purify and filter the liquid. With a mild, tolerable flavor, the juice mixes easily into smoothies and shakes. This makes aloe vera juice a practical whole food supplement.

What are the health benefits of drinking aloe vera juice?

Here are some reasons to drink pure, uncolored, low anthraquinone aloe vera juice.

1. Alkalinity

A body with an acidic pH is a breeding ground for disease. It's an atmosphere where illness thrives. Help keep your body balanced by eating and drinking alkaline foods and beverages such as aloe vera juice.

Other smart alkaline food choices include:

- leafy greens
- root vegetables
- legumes
- nuts and seeds
- fruits

2. Hydration

The aloe plant is very water-dense, so it's an ideal way to prevent or treat dehydration. Staying hydrated helps your body detox by providing a way for you to purge and flush out impurities. The juice also packs a hefty punch of nutrients that optimize your body's organ output.

This is crucial, because your kidneys and liver are largely responsible for the task of detoxifying your blood and producing urine. For this reason, you need to keep them healthy.

Recovery from heavy exercise also requires rehydration through the intake of extra fluids. Your body requires more fluids in order to flush and rid itself of the lactic acid buildup from exercising. Try aloe vera juice instead of coconut water after your next hard workout.

3. Liver function

When it comes to detoxing, healthy liver function is key.

Aloe vera juice is an excellent way to keep your liver healthy. That's because the liver functions best when the body is adequately nourished and hydrated. Aloe vera juice is ideal for the liver because it's hydrating and rich in phytonutrients.

4. For constipation

Drinking aloe vera juice helps increase the water content in your intestines. Research has shown a relationship between increasing the intestinal water content and the stimulation of peristalsis, which helps you pass stool normally.

If you're constipated or have problems with frequent constipation, try incorporating aloe vera juice into your daily routine. Aloe also helps normalize the healthy bacteria in your gut, keeping your healthy intestinal flora balanced.

5. For clear skin

Hydrating aloe vera juice may help reduce the frequency and appearance of acne. It may also help reduce skin conditions like psoriasis and dermatitis.

Aloe vera is a rich source of antioxidants and vitamins that may help protect your skin.

The important compounds in aloe vera have also been shown to neutralize the effects of ultraviolet (UV) radiation, repair your skin from existing UV damage, and help prevent fine lines and wrinkles.

6. Nutritious boost

Aloe vera juice is jam-packed with nutrients. Drinking it is an excellent way to make sure you don't become deficient. It contains important vitamins and minerals like vitamins B, C, E, and folic acid.

It also contains small amounts of:

- calcium
- copper
- chromium
- sodium
- selenium
- magnesium
- potassium
- manganese
- zinc



Aloe vera is one of the only plant sources of vitamin B-12, too. This is excellent news for vegetarians and vegans.

Keeping your food and drink intake nutrient-rich is key in combating most preventable diseases.



7. Heartburn relief

Drinking aloe vera juice may give you relief when heartburn attacks. The compounds present in aloe vera juice help control secretion of acid in your stomach. The effects have even been shown to combat gastric ulcers and keep them from getting larger.

8. Digestive benefits

Aloe vera contains several enzymes known to help in the breakdown of sugars and fats and to keep your digestion running smoothly.

If your digestive system isn't operating optimally, you won't absorb all of the nutrients from the food you're eating. You have to keep your internal engine healthy in order to reap the benefits from your diet.

Aloe vera may help decrease irritation in the stomach and intestines. The juice may also help people with irritable bowel syndrome (IBS) and other inflammatory disorders of the intestines.

9. Beauty hacks

Keeping aloe vera juice on hand can also be good for a number of beauty and health needs.

Try using it for the following:

- makeup primer (apply before foundation)
- makeup remover
- sunburn soother
- lightweight moisturizer
- treatment for irritated scalp (mix in a few drops of peppermint oil).

You can find Aloe Vera juice at any super market or at any drug store.

Drink up! It does a body good!

Bean Bag Baseball

We had a wonderful time playing a friendly game of bean bag baseball against Alexis Estates! They are only a hop, skip and jump away as they are located in Allen, Texas.

Everyone cheered for one another. We played our game in the Atrium and had residents watch from the 2nd and 3rd Floor Balconies!

As Alexis Estates was leaving, they said they can't wait to have us over at their place for another friendly competition!

Way to go, teams!



FBI Seminar

Our very own Danny James reminisced his early years with the Federal Bureau of Intelligence, providing personal vignettes and anecdotes he played out in historical cases by the Bureau.

The early to mid-1970s were punctuated by the student radical movement and in some instances led to revolutionary actions, such as bombings, kidnappings and bank robberies. One such group was the Symbionese Liberation Army, who kidnapped and held for ransom Patricia Hearst, heiress to the Hearst Newspaper empire.

Another case he discussed was that of the "Alphabet Bomber" in 1974. This disgruntled Yugoslavian directed his bombings toward government workers and agencies. Upon capture, he was prosecuted after approximately five years under mental observations, and is still in prison 50 years later.



What a great turnout!

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963 West Yellow Jacket Lane
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SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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