

# Alexis Estates

## Gracious Retirement Living

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

AUGUST 2020

### ALEXIS ESTATES STAFF

Managers..... JAMIE & PATTI MILLER  
Assistant Managers ..... BRIAN & TRACY LEWIS  
Executive Chef ..... EDGAR MORALES  
Community Sales ..... LINDA HOWARD  
Sous Chef ..... TEDDY CAWOSKI  
Activity Coordinator ..... LYNN MIKESCH  
Maintenance ..... TREVOR SIMMONS  
Transportation ..... BARBARA NIX

### TRANSPORTATION

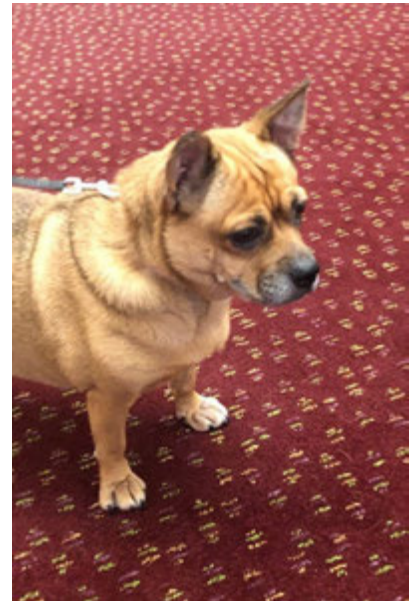
Monday, Wednesday & Friday,  
8:30 a.m.-3:30 p.m.

Tuesday & Thursday, 8:30 a.m.-3:30 p.m.:  
Medical Appointments

HAWTHORN  
SENIOR LIVING

### Pet Corner

The two pets this month are both dogs and are both very loved! Dana is a sweet Chihuahua/Pug mix who is well-loved around our community. Dana weighs 21 pounds and is 6 years old. Dan (Dana's dad) found Dana when he went to Petsmart to adopt a dog. He said he wanted a "real sweet dog" and he got it! Dana loves her walks with Dan and when I asked, "What else does she like?" Dan replied, "She LOVES it here!" She is a spunky little dog with a great disposition. The only thing that Dana really doesn't like is loud noises, like thunder. If you see Dana and Dan, come say "hi" and watch that tail wag! Our second pet this month is an 85-pound Golden Retriever named Baxter. Baxter's owner is Lynn (our Activity Coordinator) and she brings him to the community on Tuesdays and Thursdays. He stays with Susan Clark all day and he loves it! He has become friends with quite a few residents around our community. He was rescued at 6 months old through Texas Sporting Breed Rescue after he was found roaming around a parking lot in Garland, Texas.



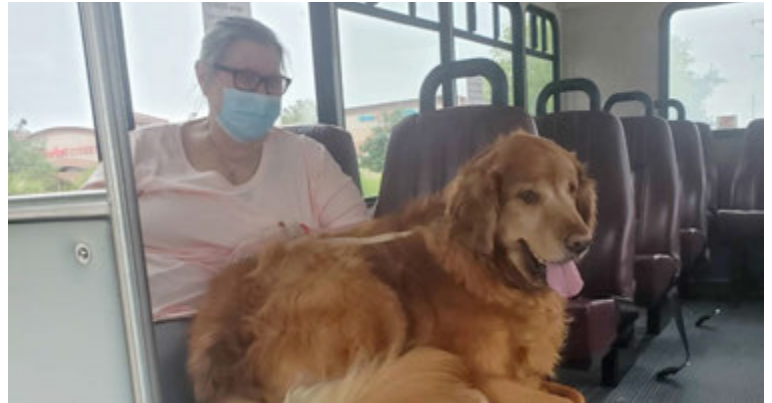
*Dana spotted a resident that hands out dog treats!*

*(Continued inside.)*



## Pet Corner (Continued)

Baxter loves his toys, carrying his leash, car rides and to be loved on. The only thing he doesn't like is not getting attention! Come say "hi" to Baxter and Susan whenever you see them taking walks or chatting in our Atrium. And be sure to watch for more "Baxter Adventures" around our community and coming to our Facebook page soon!



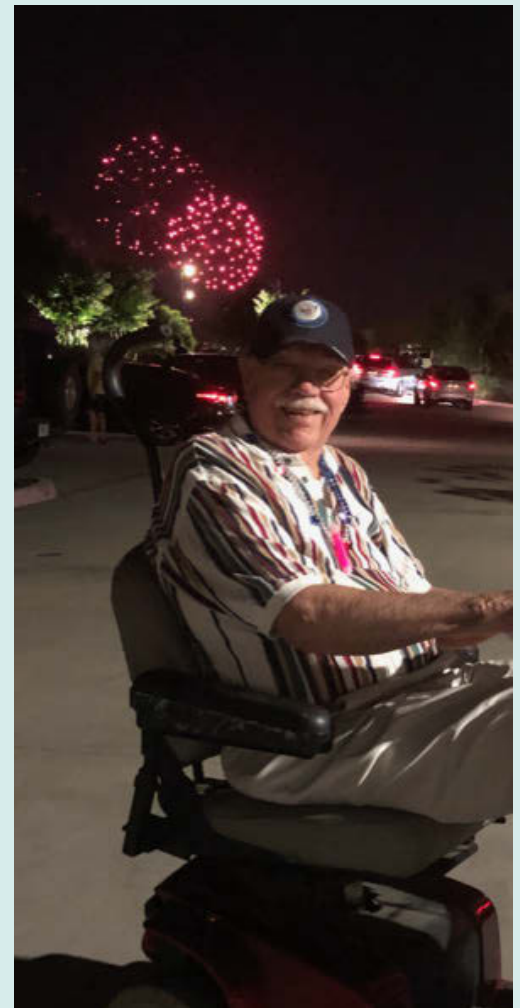
*Susan and Baxter enjoying a bus ride*

## Fourth of July Fun

In honor of the Fourth of July, we painted patriotic rocks and watched amazing fireworks. We had a full house for the craft and had a lot of fun doing them. Our residents got creative with their rocks and really used their imaginations! Sue Clayton and Vi Krohn painted fireworks on their rocks by blending different colors and they turned out perfect. Frank and Linda Irby brought their own rock that their grandson had brought to them from Colorado — it turned out great with a big blue star! On the night of July 3rd, at 9:30 p.m., the fireworks began! We were able to see them perfectly from the front of our community. We had a large group of residents lined up in the front parking lot to watch the show — some residents were able to see from their balconies as well. Allen did not disappoint with the show this year!



*The big finale*



*Don enjoyed watching the fireworks with everyone.*





## Taste of the Tropics

Grown in warm, lush locales around the world, tropical fruits are famous for their bright colors and refreshingly sweet flavors. Be on the lookout for these varieties you may find on summer menus.

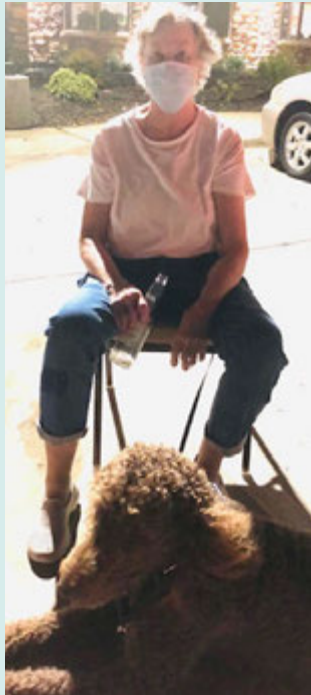
**Mango** — This fruit's thick skin, often a rosy blend of red, yellow and green, is peeled away to reveal tender yellow-orange flesh. Sweet and versatile, mangoes are delightful as a snack or dessert ingredient, but also shine in savory dishes such as salads, stir-fries and salsas.

**Papaya** — The pear-shaped papaya's soft, orange interior is rich in antioxidants. It's often enjoyed fresh, like melons, or roasted, like squash, and its black seeds can be dried and used as peppercorns.

**Guava** — Varieties of this fruit have green or yellow skin with pink, yellow or white flesh. Guava is entirely edible, from the rind to the seeds, and featured in jams, candies and thirst-quenching Latin American fruit drinks called aguas frescas.

**Passion fruit** — The common types of passion fruit are about the size and shape of a plum, and purple or yellow in color. Beyond the tough outer peel is a yellow, pulpy center filled with tart seeds, which can be eaten with a spoon or added to recipes.

**Lychee** — Round and bumpy like a golf ball, this unique fruit is also known as the alligator strawberry. Peeling away its red husk exposes translucent white flesh that covers an inedible brown seed. The lychee's flavor is described as light and floral, with hints of strawberry, watermelon and grape.



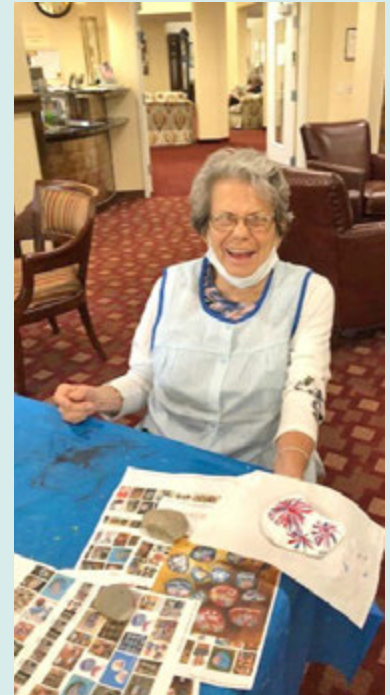
*Ann and Max  
enjoyed the show.*



*Frank and Linda painted  
their rock from Colorado.*



*Connie painted the  
U.S. flag on her rock.*



*Vi painted fireworks  
on her rock.*



AUGUST  
2020

Birthdays

Rose Mary Larkin, 2nd  
Joann Birkmeyer, 2nd  
Sally Atwood, 4th  
Eddy Free, 6th  
Charles Strong, 9th  
Elizabeth Guest, 9th  
Bobby Sanders, 14th  
Joy Morgan, 25th  
Joe Sutch, 26th

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

“A dog is  
a window  
to Mother  
Nature.”  
—Cesar Millan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 <div>9:00 Sunday Service, MT 3:00 Classic Movie Sunday, MT</div> 	3 <div>9:30 Exercise, AR 10:00 Trip to Walmart, B 10:15 Bingo with Prizes, AR 2:30 Brain Game, AR</div>	4 <div>9:30 Exercise with Caleb, AR 10:00 <b>Manager/Resident Meeting, AR</b> 10:45 Blood Pressure Checks, AR 2:30 Creative Arts, AR 7:00 Movie Night, MT</div> 	5 <div>9:30 Exercise, AR 10:15 Bingo with Funny Money, AR 2:00 Retail Cabinet, AR 3:00 Cranium Crunch, AR</div>	6 <div>9:30 Exercise, AR 10:00 Bible Study, CH 10:15 <b>Ask a Nurse with Michelle, AR</b> 2:30 Culinary Corner, AR 7:00 Movie Night, MT</div> 	7 <div>Wear Red Day 9:00 <b>Drive to Nowhere: TBD, B</b> 9:30 Chair Yoga with Caleb, AR 10:15 Bingo with Prizes, AR 2:00 Trip to Walmart, B 3:00 Book Talk, AR</div>	8 <div>9:30 Exercise Class with Tracy, AR 2:00 <b>Bingo with Funny Money, AR</b> 3:00 <b>Movie Matinee, MT</b></div>
9 <div>9:00 Sunday Service, MT 3:00 Classic Movie Sunday, MT</div> 	10 <div>9:30 Exercise, AR 10:00 Trip to Walmart, B 10:15 Bingo with Prizes, AR 2:30 Brain Game, AR</div>	11 <div>9:30 Exercise with Caleb, AR 10:45 Blood Pressure Checks, AR 2:30 Creative Arts, AR 7:00 Movie Night, MT</div>	12 <div>9:30 Exercise, AR 10:15 Bingo with Funny Money, AR 2:00 Retail Cabinet, AR 3:00 Cranium Crunch, AR</div>	13 <div>9:30 Exercise, AR 10:00 Bible Study, CH 10:15 <b>Ask a Nurse with Michelle, AR</b> 10:45 <b>Chef/Resident Mtg, AR</b> 3:00 <b>Ice Cream Sundaes, AR</b> 7:00 Movie Night, MT</div>	14 <div>Wear Red Day 9:00 <b>Drive to Nowhere: TBD, B</b> 9:30 Chair Yoga with Caleb, AR 10:15 Bingo with Prizes, AR 2:00 Trip to Walmart, B 3:00 <b>Memory Lane &amp; Lemonade, AR</b></div> 	15 <div>9:30 Exercise Class with Tracy, AR 10:00 Coffee &amp; Donuts with Managers, AR 2:00 <b>Bingo with Funny Money, AR</b> 3:00 <b>Movie Matinee, MT</b></div>
16 <div>9:00 Sunday Service, MT 3:00 Classic Movie Sunday, MT</div>	17 <div>9:30 Exercise, AR 10:00 Trip to Walmart, B 10:15 Bingo with Prizes, AR 2:30 Brain Game, AR</div>	18 <div>9:30 Exercise with Caleb, AR 10:45 Blood Pressure Checks, AR 2:30 <b>Monthly Bdays &amp; Tony Macaroni, DR</b> 7:00 Movie Night, MT</div>	19 <div>9:30 Exercise, AR 10:15 Bingo with Funny Money, AR 2:00 Retail Cabinet, AR 3:00 Cranium Crunch, AR</div>	20 <div>9:30 Exercise, AR 10:00 Bible Study, CH 10:15 <b>Ask a Nurse with Michelle, AR</b> 2:30 Culinary Corner, AR 7:00 Movie Night, MT</div>	21 <div>Wear Red Day 9:00 <b>Drive to Nowhere: TBD, B</b> 9:30 Chair Yoga with Caleb, AR 10:15 Bingo with Prizes, AR 2:00 Trip to Walmart, B 3:00 <b>Activities/Resident Mtg, AR</b></div>	22 <div>9:30 Exercise Class with Tracy, AR 2:00 <b>Bingo with Funny Money, AR</b> 3:00 <b>Movie Matinee, MT</b></div>
23 <div>9:00 Sunday Service, MT 3:00 Classic Movie Sunday, MT</div>	24 <div>9:30 Exercise, AR 10:00 Trip to Walmart, B 10:15 Bingo with Prizes, AR 2:30 Brain Game, AR</div>	25 <div>9:30 Exercise with Caleb, AR 10:45 Blood Pressure Checks, AR 2:30 Creative Arts, AR 7:00 Movie Night, MT</div> 	26 <div>9:30 Exercise, AR 10:00 <b>Miniature Horse Visit, Lobby</b> 10:30 <b>Bingo with Funny Money, AR</b> 2:00 Retail Cabinet, AR 3:00 Cranium Crunch, AR</div> 	27 <div>9:30 Exercise, AR 10:00 Bible Study, CH 10:15 <b>Ask a Nurse with Michelle, AR</b> 2:45 <b>Jeopardy with Jamie, AR</b> 7:00 Movie Night, MT</div>	28 <div>Wear Red Day 9:00 <b>Drive to Nowhere: TBD, B</b> 9:30 Chair Yoga with Caleb, AR 10:15 Bingo with Prizes, AR 2:00 Trip to Walmart, B 3:00 <b>Memory Lane &amp; Lemonade, AR</b></div>	29 <div>9:30 Exercise Class with Tracy, AR 2:00 <b>Bingo with Funny Money, AR</b> 3:00 <b>Movie Matinee, MT</b> 3:00 <b>Hot Dogs with Brian, AR</b></div>
30 <div>9:00 Sunday Service, MT 3:00 Classic Movie Sunday, MT</div>	31 <div>9:30 Exercise, AR 10:00 Trip to Walmart, B 10:15 Bingo with Prizes, AR 2:30 Brain Game, AR</div>					





## Creative Face Masks

Who says face masks have to be boring? We got out our glue guns, ribbons, stickers and buttons and decorated our masks. We had a good time trying to make them as unique as possible — and they are! Martha's mask had some pretty flowers and butterflies all over it. Phyllis' mask had stickers, buttons and butterflies as well. Even our staff got in on the fun! Anna (Lead Housekeeper) made two masks to wear and Barbara (Transportation) made a fireworks mask for Rafael (Kitchen Support) to wear. We all have to wear our face masks, so why not make them fun to look at? Baxter (Lynn's dog) couldn't help decorate a mask, but he was a good sport wearing his mask around the community, too!



*Anna (Lead Housekeeper) had a fun mustache on her mask. Rafael (Kitchen Support) wore the fireworks mask Barbara made for July 4th!*



*Phyllis did a great job!*



*Baxter wants to be safe, too!*



*Martha had a good time making her mask.*





## A Groovy Look at Tie-Dye

It's a fun craft with a history as an art form and a symbol of self-expression. Tie-dye's bright colors and intricate patterns remain an enduring fashion.

Tie-dye is a form of resist dyeing, an age-old technique used by cultures all over the world, from South America to Africa to Asia. The method involves tying or sewing together sections of fabric, so that they will be blocked when dipped into dye. When the fabric is untied, it reveals a pattern, created by the bound sections that "resisted" the dye.

In the U.S., tie-dye first emerged in the 1920s and gained popularity as a thrifty way to design home décor and clothing during the Depression. But the craft really blossomed during the cultural revolution of the 1960s. Since no two hand-dyed garments were alike, wearing tie-dye was a way to express individualism and creativity. The groovy designs and rainbow hues became a symbol of peace and love.

An easy and inexpensive craft project, tie-dyeing T-shirts and other textiles is a popular activity for all ages.



## We Love Our Fathers

We got Toney Walsh to come sing for our great dads on Father's Day! We had a great time! We had four raffles for the dads and the winners were not only surprised, they were so happy! Two of our baskets consisted of salty/sweet treats. It had all the good stuff like peanuts, beef jerky, chocolate, root beer, pretzels and more. The winner of these were Bill Peiper and Andy Opic. One of our baskets was men's essentials. It had razors, shaving cream, body wash, deodorant and more. John Guest was the winner of that basket. The last raffle was a \$25 Visa Gift Card and Jerry McIntier was the big winner — his wife, Marge, was more surprised then he was! We had a delicious lunch of Surf N Turf and no one was disappointed. It was a great day of fun, food and family. We love our dads!



*We had two salty/sweet baskets, one Visa gift card and a men's essential basket.*



*Jerry was thrilled to win the Visa gift card! Time to take Marge out to dinner!*



*Toney Walsh is always a hit!*



*Bill was very happy to win a salty/sweet basket. He promised to share with Vi!*

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When the world  
is staying apart,  
we are coming  
together.

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