

Alexis Estates

Gracious Retirement Living

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

NOVEMBER 2020

ALEXIS ESTATES STAFF

Managers..... JAMIE & PATTI MILLER
Assistant Managers BRIAN & TRACY LEWIS
Executive Chef EDGAR MORALES
Community Sales DAN REED
Sous Chef TEDDY CAWOSKI
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 Appointments

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

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

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

HAWTHORN
SENIOR LIVING

Thanksgiving Favorites Across the Nation

If you look at the dinner tables across the country at Thanksgiving, it's unlikely you'll find any two feasts that are exactly the same. Every family has its own food traditions, but many homes in the same region enjoy similar holiday dishes.

Ocean offerings:

Historians believe a variety of shellfish was abundant at the original Thanksgiving feast, and the tradition continues today in several regions. In New England, mussels are a popular side dish, as is oyster stuffing, a favorite in the South, too. And you just may find green bean salad with octopus on a holiday table in Hawaii.

Corn of plenty: Many New England tables feature corn on the cob as a nod to the first Thanksgiving, while corn casserole or corn pudding is commonly found in the Midwest. Southern cooks often serve cornbread dressing, which is made with blue cornmeal in Southwestern states.

A berry good idea: Fruit at Thanksgiving? It has to be cranberries. While jellied cranberry sauce from a can remains popular throughout the country, homemade versions take on distinguishing characteristics: Pure cranberry sauce is a staple in Western states, the Northeast is home to cranberry relish with citrus peel, and cranberry salad can be found in the South and Midwest.

Praiseworthy pies: Leave plenty of room on your plate for pie—nearly every region has its own specialty. Pumpkin pie is popular in most states, but in the South, sweet potato pie is king. Southerners also love their pecan pie, which is a favorite in the Midwest, too. Apple pie and Concord grape pie are enjoyed in the Northeast, and a Michigan dessert table isn't complete without cherry pie.





Recognizing Our Veterans

We love our veterans and wanted to recognize them in our November Newsletter. We have listed our veterans below and the branch that they served in. If you see any of our men and women below, be sure to thank them for their service!

Army:

- John Fisher
- Norval Gallagher
- Joe Gorman
- John Guest
- Thomas Harris
- Herb Jacobson
- Doc Krohn
- Bill McAleb
- James McCratic
- Tracy Moore
- Marvin Nobles
- Joe Prows
- J.R. Rhoton
- Joseph Ryan
- Richard Sauer
- Walter Schuler
- Maureen Sheehan
- Allen Smith
- Charles Strong
- Craig Sutphin
- Fred Valenta
- Don Westlund
- D.W. Williamson
- Leon Wynn

Navy:

- Tawana Davis
- Jack Elliott
- William Hale



- Robert Hilton, Sr.
- Elmer (Jack) Holleyman
- Frank Irby
- Earl C. Jones
- Dimitri (Mike) Lukshin
- Carl Mathews
- Jerry McIntier
- Charles Minton
- Don Naeve
- Thomas Pounds
- Ray Ratliff
- Gary Sterrett
- Bill Wickman

Air Force:

- Alvie (A.V.) Bell
- Donald Larkin
- Reginald Masterson
- Lavene Ransom
- Floyd D. Richardson
- Bobby Sanders
- James Scano
- Donly Townsend

Marines:

- William (K) King
- Richard Ray



Special Days

We had fun celebrating a few “special days” this month. We celebrated Babe Ruth Calling His Shot day by enjoying Baby Ruth candy bars! We talked about the legal issues between Babe Ruth and the candy company regarding the name. We also shared some Baby Ruth/Babe Ruth fun facts and trivia.

Our next special day was “World Smile Day.” We encouraged residents to smile throughout the day and it worked — we had a community full of smiles all day! We finished off the day decorating cookies with big smiles. We celebrated “Golden Arches” day with bags full of hamburgers and french fries. We had so many residents come to the Activity Room for the McDonald’s goodies! Our socially distanced chairs were full of chatty residents, reminiscing about their experiences at the Golden Arches. We had a fun debate about ketchup on your fries-with ketchup or without?



Lynn (Activity Coordinator) and Anna (Lead Housekeeper) set up all the McDonald’s hamburgers and french fries for “Golden Arches” day.



Frank and Linda Irby decorated “smile” cookies!



Bill Wickman and Bea Owens enjoyed a Baby Ruth candy bar with their friend.

What a Great Surprise!

Jim Scano had no idea when his family came to visit they would be bringing such a great surprise! Sadly, Jim and Sue lost their beloved dachshunds a little over a year ago and have missed them terribly. The day before the big surprise, Sue was beaming with excitement and had told some residents “I’ll never sleep tonight!” in anticipation of seeing Jim get his new little friend, Wendy. Wendy is a little timid with new people, but she definitely loves her new family!



Surprise!



Jim and Wendy meeting new friends in the Atrium.

NOV 2020

Birthdays

James McCratic, 10th

Peg Caldwell, 12th

Eduth Ransom, 16th

Polly Downs, 16th

Cheves Hilton, 20th

Jolene McDonald, 21st

Bill Wickman, 22nd

Herb Jacobson, 28th

Jane Woods, 29th

Shel Ratliff, 30th

Ellen Eige, 30th

Sue Sutphin, 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

“Thanksgiving just gets me all warm and tingly and all kinds of wonderful inside.”

—Willard Scott

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>DAYLIGHT SAVING TIME ENDS 1</div> <div>9:00 Sunday Service, MT</div> <div>7:20 Dallas Cowboys Game, MT</div>	<div>2</div> <div>9:30 Exercise, AR</div> <div>10:00 Trip to Walmart, B</div> <div>10:15 Bingo with Prizes, AR</div> <div>2:30 Brain Game: Hot Seat, AR</div>	<div>3</div> <div>ELECTION DAY</div> <div>9:30 Exercise with Caleb, AR</div> <div>10:00 Mgr/Residents Meeting, AR</div> <div>11:00 Puzzle Packs, AR</div> <div>2:30 Creative Arts, AR</div> <div>7:00 Movie Night, MT</div>	<div>4</div> <div>9:30 Exercise, AR</div> <div>10:15 Bingo with Funny Money, AR</div> <div>2:00 Retail Cabinet, AR</div> <div>3:00 Singalong, DR</div>	<div>5</div> <div>9:30 Exercise, AR</div> <div>10:00 Bible Study, CH</div> <div>10:15 Ask a Nurse with Michelle, AR</div> <div>7:00 Movie Night, MT</div>	<div>6</div> <div>Wear Red Day</div> <div>9:00 Drive to Nowhere: TBD, B</div> <div>9:30 Chair Yoga with Caleb, AR</div> <div>10:15 Bingo with Prizes, AR</div> <div>2:00 Trip to Walmart, B</div> <div>2:30 Toni Macaroni Performs, P</div>	<div>7</div> <div>9:30 Exercise Class with Tracy, AR</div> <div>10:00 Coffee & Donuts with Managers, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 Movie Matinee, MT</div>
<div>8</div> <div>9:00 Sunday Service, MT</div> <div>3:25 Dallas Cowboys Game, MT</div>	<div>9</div> <div>9:30 Exercise, AR</div> <div>10:00 Trip to Walmart, B</div> <div>10:15 Bingo with Prizes, AR</div> <div>2:30 Brain Game: Hot Seat, AR</div>	<div>10</div> <div>9:30 Exercise with Caleb, AR</div> <div>10:00 Papparazzi Jewelry, P</div> <div>11:00 Puzzle Packs, AR</div> <div>2:00 Creative Arts, AR</div> <div>3:00 Retail Cabinet, AR</div> <div>7:00 Movie Night, MT</div>	<div>11</div> <div>VETERANS DAY</div> <div>9:30 Exercise, AR</div> <div>10:15 Bingo with Funny Money, AR</div> <div>2:30 Norris Perry, P</div>	<div>12</div> <div>9:30 Exercise, AR</div> <div>10:00 Bible Study, CH</div> <div>10:15 Ask a Nurse with Michelle, AR</div> <div>10:45 Chef/Residents Meeting, AR</div> <div>7:00 Movie Night, MT</div>	<div>13</div> <div>Wear Red Day</div> <div>9:00 Drive to Nowhere: TBD, B</div> <div>9:30 Chair Yoga with Caleb, AR</div> <div>10:15 Bingo with Prizes, AR</div> <div>2:00 Trip to Walmart, B</div> <div>3:00 Gingerbread House, AR</div>	<div>14</div> <div>9:30 Exercise Class with Tracy, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 Movie Matinee, MT</div>
<div>15</div> <div>9:00 Sunday Service, MT</div> <div>3:00 Classic Movie Sunday, MT</div>	<div>16</div> <div>9:30 Exercise, AR</div> <div>10:00 Trip to Walmart, B</div> <div>10:15 Bingo with Prizes, AR</div> <div>2:30 Brain Game: Hot Seat, AR</div>	<div>17</div> <div>9:30 Exercise with Caleb, AR</div> <div>10:00 Ambassadors Meeting, L</div> <div>10:30 Gingerbread House, AR</div> <div>11:00 Puzzle Packs, AR</div> <div>2:30 Toney Walsh/Monthly Birthday Party, P</div> <div>7:00 Movie Night, MT</div>	<div>18</div> <div>9:30 Exercise, AR</div> <div>10:15 Bingo with Funny Money, AR</div> <div>2:00 Retail Cabinet, AR</div> <div>2:30 Vet Talk — Bring Your Pets!, P</div>	<div>19</div> <div>9:30 Exercise, AR</div> <div>10:00 Bible Study, CH</div> <div>10:15 Ask a Nurse with Michelle, AR</div> <div>2:30 Exotic Animal Show, P</div> <div>7:00 Movie Night, MT</div>	<div>20</div> <div>Wear Red Day</div> <div>9:00 Drive to Nowhere: TBD, B</div> <div>9:30 Chair Yoga with Caleb, AR</div> <div>10:15 Bingo with Prizes, AR</div> <div>2:00 Trip to Walmart, B</div> <div>2:30 Activity/Residents Meeting, AR</div>	<div>21</div> <div>9:30 Exercise Class with Tracy, AR</div> <div>10:00 Coffee & Donuts with Managers, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 Movie Matinee, MT</div>
<div>22</div> <div>9:00 Sunday Service, MT</div> <div>3:25 Dallas Cowboys Game, MT</div>	<div>23</div> <div>9:30 Exercise, AR</div> <div>10:00 Trip to Walmart, B</div> <div>10:15 Bingo with Prizes, AR</div> <div>2:30 Brain Game: Hot Seat, AR</div>	<div>24</div> <div>9:30 Exercise with Caleb, AR</div> <div>11:00 Puzzle Packs, AR</div> <div>2:30 Creative Arts, AR</div> <div>7:00 Movie Night, MT</div>	<div>25</div> <div>9:30 Exercise, AR</div> <div>10:15 Bingo with Funny Money, AR</div> <div>2:00 Retail Cabinet, AR</div> <div>3:00 Christmas Singalong, DR</div>	<div>26</div> <div>THANKSGIVING</div> <div>9:30 Exercise, AR</div> <div>10:00 Bible Study, CH</div> <div>3:30 Dallas Cowboys Game, MT</div>	<div>27</div> <div>Wear Red Day</div> <div>9:00 Drive to Nowhere: TBD, B</div> <div>9:30 Chair Yoga with Caleb, AR</div> <div>10:15 Bingo with Prizes, AR</div> <div>2:00 Trip to Walmart, B</div> <div>3:00 Gingerbread House, AR</div>	<div>28</div> <div>9:30 Exercise Class with Tracy, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 Movie Matinee, MT</div> <div>3:00 Hot Dogs with Brian, AR</div>
<div>29</div> <div>9:00 Sunday Service, MT</div> <div>3:00 Classic Movie Sunday, MT</div>	<div>30</div> <div>9:30 Exercise, AR</div> <div>10:00 Trip to Walmart, B</div> <div>10:15 Bingo with Prizes, AR</div> <div>2:30 Brain Game: Hot Seat, AR</div>	<div></div>				



Good-bye, Summer!

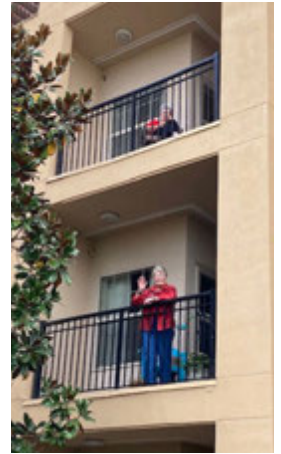
Good-bye, 110 degrees, hello 80! We are finally getting nicer weather, so we are bringing back our vendors that we have missed so much, as well as our favorite singer! When Famous Brands Clothing arrived, we had a line of ladies ready to shop! Before he left,



Residents enjoyed the cooler weather while shopping outside.



Joe and Joann are enjoying one of their favorite songs.



Eddy and Maureen had a great time listening to the music from their balconies.

the ladies asked him to come back before Christmas, so he's booked! Toni Macaroni performed his first outside concert for us in a long time. We were able to sit outside and enjoy his songs without the terrible elements from our Texas summers. We were so excited to have him back outside performing, we even got up and danced! So, of course, we booked him to come back next month for some more singing and dancing. A few of our residents had so much fun dancing, they went home to take a quick nap before dinner!

COVID Check-In

Back in September, a group of kids through "COVID Check-In" called us and asked if they could bring gift bags for all of our residents. Of course we said "Yes"! They are a group that puts together gift bags containing snacks, books, puzzle books, coloring books and colored pencils, and every bag had a handwritten note to the residents. We delivered them to each resident one morning and spent the rest of the day listening to the residents gush over how amazing and thoughtful the kids were. We are getting a big thank-you card together for all of the residents to sign. The group simply wanted to let seniors in the area know that they are loved and hopefully give them some joy by the generous gift. They succeeded!



The great kids brought in 128 bags for our residents.



Rosemary and Sally really appreciated their bags.



One of the handwritten notes and the organization's card



First Responder Appreciation Wreath

All of the Hawthorn Communities were given a fun new project to complete this month — create a themed wreath and donate it to the first responders of our choice. Lynn (Activity Coordinator) held a meeting with the residents and we all brainstormed some ideas for a theme. We decided to create a “COVID Wreath”! We wrote down all the different ways we could build this and we were off and running! We bought hand sanitizer, gloves, masks and disinfecting wipes (we made them look like flowers), miniature ambulances/fire trucks, a “6-foot” sign and a big “Thank You from Alexis Estates.” As we created the wreath, we discussed what first responder we felt deserved this donation. It was an easy answer from everyone — Allen Fire Department. When they visit, they are extremely professional and patient. The residents’ well-being is always their main concern, and it shows. Jamie (Manager), Lynn (Activity Coordinator), Barbara (Transportation) and three residents (Pat Bell, Maureen Sheehan and Claudette Gallagher) went over to the Central Fire Station and donated the wreath. The men and women were genuinely appreciative of the gesture and thanked us profusely. We explained to them how the residents unanimously felt, and our extreme gratitude for the fantastic work they do. We all agreed that it was a great moment and so glad we were able to do that for these brave men and women of the Allen Fire Department!



The final product!



*Claudette Gallagher and Sharon Day
helping create our wreath*



*We went to donate the wreath at
the Central Fire Station.*

Alexis Estates 
Gracious Retirement Living

680 North Watters Road
Allen, Texas 75013



Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

Alexis Estates 
Gracious Retirement Living

469-854-6295