

Alexis Estates

Gracious Retirement Living

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

JANUARY 2021

ALEXIS ESTATES STAFF

Managers..... JAMIE & PATTI MILLER
Assistant Managers KAITLYN PENNEBAKER
& STERLING WRIGHT
Executive Chef..... EDGAR MORALES
Community Sales DAN REED
Sous ChefTEDDY CAWOSKI
Activity CoordinatorLYNN MIKESCH
MaintenanceTREVOR SIMMONS
TransportationBARBARA NIX

TRANSPORTATION

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

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

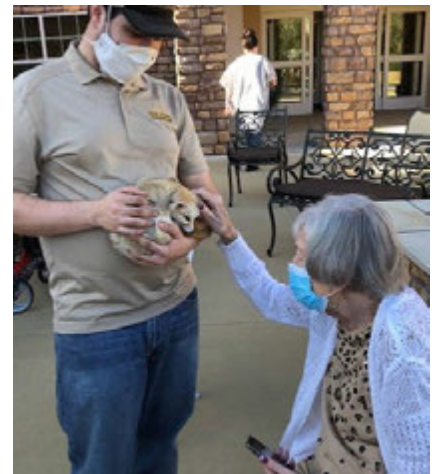
Wednesday, 8:30 a.m.-3:30 p.m.

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

HAWTHORN
SENIOR LIVING

The Animal Show Was “Otter- ly” Amazing!

When we did the Hawthorn Adventure in January, we had an Exotic Animal Show come to our community to represent the various countries. It was such a huge hit that the residents kept asking when we could have animals return to our community. So once the weather was nice, we invited them back! We had a great turnout on the back patio with our furry friends. Eric from Wild Things Zoofari brought a Kinkajou, a Fennec Fox, a Genet (we agreed it looked like a weird cat with a loooong tail), a ring-tailed lemur, a kangaroo and a sweet little otter. They were all so well behaved — even when they were climbing all over our residents. The otter was so little and did so great on the leash. We all gasped when he put the kangaroo down and it didn't run — he (Thurman) had a hurt leg so he was unable to go anywhere. But when Thurman saw Max (Ann's big poodle) his ears stood up and we had to step in and block his view. We were told by Eric that dogs are a big issue with kangaroos. Crisis averted! Another great event with great weather.



Linda W. got to pet the super sweet Fennec Fox.



Joe P. got a kiss from the Kinkajou (aka Honey Bear).

(Photos continued inside.)



The Animal Show Was “Otter-ly” Amazing! (Continued)



*The otter was a fan favorite
as she roamed around
on her pink leash!*



*Thurman, the kangaroo,
wasn't going to leave as long
as Martha was petting him.*

The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

Montgomery bus boycott speech — One of King's first public speeches took place on December 5th, 1955, in Alabama, just a few days after Rosa Parks was arrested for refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.



“I Have a Dream” — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28th, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children “will not be judged by the color of their skin, but by the content of their character.”

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10th, 1964, he described the beauty of brotherhood and peace as “more precious than diamonds or silver or gold.”

“How Long, Not Long” — On March 25th, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, “The road ahead is not altogether a smooth one. ... But we must keep going.”

“I’ve Been to the Mountaintop” — King gave his final address in Memphis, Tennessee, on April 3rd, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.



Hawthorn Adventure 2021 Is Here!

Swaying palms, powder-fine beaches, and clear blue waters — get ready Alexis Estates, for a tropical getaway you won't soon forget! Beginning the week of January 18th, Alexis Estates will be embarking on an Island-Hopping adventure through the Pacific Islands! You'll enjoy three weeks of sun, sand, rest and relaxation as we explore these amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these beautiful destinations. Be sure to attend the Island-Hopping Kickoff on Wednesday, January 13th, at 3 p.m., to get all of your travel information. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Travel Guide, Lynn, for all the details!



Giving Back

October 16th was World Canned Day so we began a canned food drive. We kept it going for over a month and ended up with quite a lot of food! We looked around for a food bank to donate all the food to and decided on the First Baptist Church of Allen. They were in need of food to disperse to their many families that are struggling during the pandemic. We went over and dropped it off one morning after breakfast and the Manager and Assistant Manager were so appreciative to us for the large donation. Many churches are overlooked for food donations, so this was a great way we could give back. We began Toys for Tots in November and we were soon filling up the two boxes we had in and around our community. Our residents and their families were so generous with the gifts to be donated. Many residents expressed how happy they were that we were offering Toys for Tots here — it is so important to so many people to be able to give to those less fortunate. And we all have a soft spot for kids — especially at Christmas. Here at Alexis Estates, our residents have huge hearts and really care about helping others!



First Baptist Church in Allen was so appreciative of our donation!



Our Toys for Tots box is filling up fast!

JAN 2021

Birthdays











Sharon Minton, 1st
Craig Sutphin, 8th
Francisco Herrera, 11th
Daniel Russakov, 12th
Sue Scano, 12th
Irene Chamberlain, 21st
Jeanne Fiscina, 23rd
Edith Meredith, 25th
Barbara Spoo, 25th
Paul Karnafel, 28th

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

“It’s a wonderful thing to be optimistic. It keeps you healthy and it keeps you resilient.”

—Daniel Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div>NEW YEAR'S DAY 1</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>10:00 Bingo with Prizes, AR</div> <div>2:00 Trip to Walmart, B </div>	<div>2</div> <div>9:30 Exercise Class with Katelynn, 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>3</div> <div>9:00 Sunday Service, MT</div> <div>3:00 Classic Movie Sunday, MT</div> <div>4:00 Wii Bowling, AR</div>	<div>4</div> <div>9:30 Exercise, AR</div> <div>10:00 Trip to Walmart, B</div> <div>10:00 Bingo with Prizes, AR</div> <div>2:30 Hot Seat & Chocolate Covered Cherries, AR</div>	<div>5</div> <div>9:30 Exercise with Caleb, AR</div> <div>11:00 Puzzle Packs, AR</div> <div>11:00 Mgr/Resident Mtg, AR</div> <div>2:30 Creative Arts, AR</div> <div>7:00 Movie Night, MT</div>	<div>6</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>2:00 Retail Cabinet, AR</div> <div>3:00 Singalong, DR</div>	<div>7</div> <div>9:30 Exercise, AR</div> <div>10:15 Ask a Nurse with Michelle, AR</div> <div>11:00 Bible Study, CH</div> <div>3:00 Toney Walsh Performs, DR</div> <div>7:00 Movie Night, MT</div>	<div>8</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>10:00 Bingo with Prizes, AR</div> <div>2:00 Trip to Walmart, B </div>	<div>9</div> <div>9:30 Exercise Class with Katelynn, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 Movie Matinee, MT</div>
<div>10</div> <div>9:00 Sunday Service, MT</div> <div>3:00 Classic Movie Sunday, MT</div> <div>4:00 Wii Bowling, AR</div>	<div>11</div> <div>9:30 Exercise, AR</div> <div>10:00 Trip to Walmart, B</div> <div>10:00 Bingo with Prizes, AR</div> <div>10:00 Papparazzi Jewelry, P</div> <div>2:30 Brain Game: Hot Seat, AR</div> <div>3:30 Secret Pen Pals, AR </div>	<div>12</div> <div>9:30 Exercise with Caleb, AR</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>13</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>3:00 Hawthorn Adventure Kickoff Party, AR</div>	<div>14</div> <div>9:30 Exercise, AR</div> <div>10:15 Ask a Nurse with Michelle, AR</div> <div>11:00 Bible Study, CH</div> <div>2:45 Bake Cookies, AR</div> <div>7:00 Movie Night, MT</div>	<div>15</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>10:00 Bingo with Prizes, AR</div> <div>2:00 Trip to Walmart, B</div>	<div>16</div> <div>9:30 Exercise Class with Katelynn, 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>17</div> <div>9:00 Sunday Service, MT</div> <div>3:00 Betty White's Bday Golden Girls, MT</div> <div>4:00 Wii Bowling, AR</div>	<div>MARTIN LUTHER KING JR. DAY 18</div> <div>9:30 Exercise, AR</div> <div>10:00 Trip to Walmart, B</div> <div>10:00 Bingo with Prizes, AR</div> <div>2:30 Brain Game: Hot Seat, AR</div>	<div>19</div> <div>9:30 Exercise with Caleb, AR</div> <div>10:00 Ambassador Meeting, L</div> <div>11:00 Puzzle Packs, AR</div> <div>2:30 Monthly Bday Norris Perry Performs, DR</div> <div>7:00 Movie Night, MT</div>	<div>20</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>2:00 Retail Cabinet, AR</div> <div>3:00 Byob Happy Hour Piano with Dorothy, DR</div>	<div>21</div> <div>9:30 Exercise, AR</div> <div>10:15 Ask a Nurse with Michelle, AR</div> <div>11:00 Chef/Resident Mtg, AR</div> <div>11:00 Bible Study, CH</div> <div>3:00 New Resident Party, AR</div> <div>7:00 Movie Night, MT </div>	<div>22</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>10:00 Bingo with Prizes, AR</div> <div>2:00 Trip to Walmart, B</div>	<div>23</div> <div>9:30 Exercise Class with Katelynn, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 Movie Matinee, MT </div>
<div>24</div> <div>9:00 Sunday Service, MT</div> <div>3:00 Classic Movie Sunday, MT</div> <div>4:00 Wii Bowling, AR</div>	<div>25</div> <div>9:30 Exercise, AR</div> <div>10:00 Trip to Walmart, B</div> <div>10:00 Bingo with Prizes, AR</div> <div>2:30 Brain Game: Hot Seat, AR </div>	<div>26</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>27</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>2:00 Retail Cabinet, AR</div> <div>3:00 Beach Song Singalong, AR</div>	<div>28</div> <div>9:30 Exercise, AR</div> <div>10:15 Ask a Nurse with Michelle, AR</div> <div>11:00 Bible Study, CH</div> <div>7:00 Movie Night, MT </div>	<div>29</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>10:00 Bingo with Prizes, AR</div> <div>2:00 Trip to Walmart, B</div>	<div>30</div> <div>9:30 Exercise Class with Katelynn, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 Movie Matinee, MT</div> <div>3:00 Hot Dogs with Sterling, AR</div>
<div>31</div> <div>9:00 Sunday Service, MT</div> <div>3:00 Classic Movie Sunday, MT</div> <div>4:00 Wii Bowling, AR</div>						



Miniature Horse and Pooch Parade

Mini Encounters Miniature Horse Therapy came to lead a Christmas parade around our community. We had five horses leading the way and our residents followed with friends and family, and many of our dogs, too! We had quite a few resident dogs join the parade and a few of them had their Christmas clothes on. Mike's dog, Lady, was dressed up like Santa Claus and George and Polly Downs' Yorkie, Teddy, had his Christmas sweater on. Even though the wind was pretty chilly, we had a great turnout. When the parade was over, the horses stayed in the front for pictures and lots of pets. We found out that these little horses will do almost anything for a peppermint — and we had some residents feeding them these sweet Christmas treats. Bobbi (owner) told us that Jade (the little brown horse) is “elevator trained” — we hope that when our community opens up, we can bring her back to walk around all four floors and visit some residents who couldn't make it outside.



Great sweater, Max!

Pet Corner

George and Polly Downs are the proud parents of their adorable fur baby Teddy (short for “Teddy Bear”). Teddy is a 3-year-old, 6 pound Yorkshire Terrier. Polly said they were driving by a trailer selling these little pups in Stephenville, Texas. She said she left her mom and George in the car to go “just look.” We know how that goes! She said she brought him out to the car and spent the next 20 minutes begging and pleading with George to get sweet little Teddy. George came around and now they can't imagine their life without this sweet little guy. Teddy sleeps under the covers with them every night and loves his toys. Polly said he tears them up (like most dogs do) but it takes him a while to get to that point. He is super friendly and loves everyone. It was hard to think of anything that Teddy doesn't like. Polly said his one downfall is that he tends to bark more than they would like. If you see Teddy around the community, be sure to give him a pet, and say “hi” to George and Polly.



Teddy was ready to go for his walk!



We had the miniature horses lead the parade.



Jane fed "Brave" her favorite treat — a peppermint!

Goodbye Brian and Tracy!

Brian and Tracy have moved to the Austin area to another Hawthorn community as Assistant Managers. We surprised them with a Goodbye Party on the back patio two days before they left. There were a lot of tears shed by the residents and Tracy. The residents had a chance to tell them goodbye, sign some cards, and let them know just how much they will miss them. To keep it light, Brian dressed up in the hippo suit and served coffee at lunch on their last day! The residents got such a kick out of it — leave it to Brian to go out with a bang! The residents really miss them but they have been replaced with a great couple, Sterling and Kaitlyn. They have been here for a bit and the residents have nothing but great things to say about them!



Only Brian ...



The residents loved the cake.



Bye!

Alexis Estates

Gracious Retirement Living

680 North Watters Road
Allen, Texas 75013



It's always Warm at

Alexis Estates
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

469-854-6295