

# LIBERTY HEIGHTS

## Gracious Retirement Living



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

## JANUARY 2021

### LIBERTY HEIGHTS STAFF

Manager..... TOM & MELISSA HUTTO  
Assistant Managers .. LARRY & MARY TERRELL  
Executive 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

## Jean Jesse Turned 99!

Jean Jesse received a very unique present for her 99th birthday. She was given a beautiful box filled with 30 numbered cards, one for each day of the month. On every birthday card, her daughter wrote a memory of things they had done together in years past. Although the pandemic prevented a birthday party, Jean was flooded with cards, gifts and phone calls from family and friends.

Jean was born in Illinois. Having a mother of English descent, hot brewed tea was a staple drink in their home. Keeping the tradition, Jean began a collection of teapots from around the world. Her favorite childhood memory was spending summers on the white sand dunes at the shores of Lake Michigan with her family and dog, Shep. During her teenage years, she played in a gospel music band. The band traveled throughout the Chicago suburbs and even performed at the Joliet State Prison for an Easter service and stayed for lunch.



*Happy 99th, Jean Jesse!*

*(Continued inside.)*

## Jean Jesse Turned 99! (Continued)

Later, Jean married the lead guitarist and singer from the band, he was also her high school sweetheart. In 1955, Jean and Bill moved to Dallas with their four daughters. They enjoyed entertaining missionaries and seminary students at their house. Jean delighted in sewing, tatting, knitting and cooking for others. She worked at Republic National Bank in downtown Dallas as a teller/auditor, using an adding machine! Because she worked nights, the bank provided taxi service to and from work.

Jean's next job was secretary and treasurer

at a doctor's office, using her shorthand and bookkeeping skills. In 1967, her husband passed away at age 48.

In 1980, Jean married a Texas rancher and gained a fifth daughter. Jean and Al had a life of retirement together which gave them opportunities to travel in over 40 countries and six continents. They spent 16,000 hours of volunteer work at Baylor Hospital in Garland and numerous hours square dancing together.

After Jean's husband passed away in 2014, her pastor came for a visit. The pastor recommended she move to Liberty Heights. Jean is very grateful for that visit! She came to Liberty Heights the same year and made new friends. She enjoys activities like Bingo, with her friend Nancy, Ladies' Bible Class, leading the daily "Move It or Lose It" program, listening to the Revelation Series in the Chapel and attending the Activity Room Church Services.

As Jean says, it has been a comfort and joy living in a safe, friendly Christian atmosphere. Jean has been blessed with five Christian daughters, two wonderful husbands who loved the Lord, 14 grandchildren and numerous great-grandkids. Jean credits her longevity to her genes, her healthy lifestyle of exercising, eating home-grown foods and taking vitamins/supplements daily.

Jean's advice at 99 years of age: "Keep God first in your life" and "believe John 3:16."



*Al and Jean Jesse*



*Jean on her wedding day!*

## National Charity League

We were blessed, once again, by the NCL girls! (NCL is a non-profit organization designed to encourage community service opportunities for mothers and daughters, grades 7-12.)

They decorated our courtyard for Christmas! Our Gazebo has never looked so good!

NCL usually helps decorate inside our community for Christmas each year however, due to Covid, they decorated outside the community instead. Our residents were thrilled and it really added a lot of Christmas cheer to Liberty Heights.

Thanks a million, National Charity League!



*Three cheers for National Charity League!*



## It's 2021, Y'all!

When a new year is around the corner, we get excited and start making plans and goals for the upcoming year. Everyone seems eager at first, however, time slips by and goals fade away.

Remember to keep your goals simple and make them realistic!

If you don't exercise on a daily basis, make a goal of taking a daily walk. Even better, find a walking buddy!

If you tend to watch a lot of TV throughout the day, try to put a limit on it and read a book or take up a new hobby. We have a wonderful library on the 2nd floor. Feel free to check out some of our great books.

Make a goal to get down to the Activity Room and participate in the daily activities! Highlight the activities in the monthly newsletter and hang it on your refrigerator with magnets so you don't miss any of them.

Let's all make a goal of being kind to everyone around us on a daily basis. Think of sprinkling kindness like confetti! You will make someone's day bright and you'll feel good inside!

**Here is a favorite quote that Earl Price often mentions:**

"Life is a banquet and some poor sucker is starving to death!" — *Auntie Mame*

There's so much truth to that quote! Each day is a gift and let's all make it a goal to make it the best day, every day!

Cheers to a happy and wonderful 2021!



*Count your many blessings*

## Style Show

Our annual style show was a big success! Models selected clothing from their own closets and walked down the catwalk with finesse!

Darlene played the piano while Peggy was the emcee.

A big thank you to everyone who participated!



*Strike a pose, Sandra!*



*Mother and daughter beauties!*



*Joyce is gorgeous in blue!*



*Darlene and Peggy sharing their talent with us*

JAN 2021

Birthdays

My Nguyen, 2nd  
Geraldine Burden, 3rd  
Dixie McHone, 8th  
Sherie Hockaday, 9th  
John Barnes, 12th  
Sharon Strobe, 13th  
Richard Mase, 20th  
Marnie Kent, 21st  
Bernice Lowrance, 21st  
Petra Tamez, 23rd (Employee)




Jesse Alexander, 28th  
Lola Lewis, 31st  
Trish Kruse, 31st

Anniversaries

Dan & Jane Jordan,  
1/2/1983

Locations

2nd Floor TV, TV  
Activity Room, Act Rm.  
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  
Online, Online  
Theater, Theater  
Workout Room, Workout

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
										<div><div>NEW YEAR'S DAY</div><div>1</div><div>9:00 Radiate, Act Rm. 10:00 Country Store 3rd Floor 11:00 Wii Bowling, Act Rm. 12:15 Wear Red &amp; Pledge, Dining 3:00 New Year trivia, Act Rm. 4:00 New Year, new you!, Act Rm. 6:30 Movie Night, Theater</div></div>		<div><div>2</div><div>10:00 Walking Club, Atrium 10:00 Donuts From Nola's Hands, Act Rm. 10:30 Book Club, Chapel 2:00 Bingo, Act Rm. 3:00 Word Puzzles 6:00 Lake Pointe Saturday Service, Online 6:30 Movie Night, Theater</div><div></div></div>	
<div><div>3</div><div>First United Methodist Service (All Day), Online 9:00 Dallas 1st Baptist TV Service Ch. 53 10:00 Walking club, Atrium 2:00 Movie Matinee, Theater 3:00 Journaling</div><div></div></div>		<div><div>4</div><div>9:00 Band Stretching with Legacy, Act Rm. 10:30 Around the World- DVD, Theater 1:30 Blood Pressure Clinic, Act Rm. 3:00 Bible Facts and Trivia, Act Rm. 4:00 Balance class, Act Rm.</div></div>		<div><div>5</div><div>9:00 Chair Yoga with Legacy, Act Rm. 9:30 <b>Health Talk with Legacy, Act Rm.</b> 10:00 Bean Bag Baseball, Act Rm. 3:00 Fancy tea party, Act Rm. 4:00 Sign Language, Act Rm. 6:30 Movie Night, Theater</div></div>		<div><div>6</div><div>9:00 Radiate, Act Rm. 9:45 Mystery Outing 10:00 Around the World Dvd, Theater 3:15 Trivia, Act Rm. 4:00 Memory lane, Act Rm.</div></div>		<div><div>7</div><div>9:00 Band Stretching with Legacy, Act Rm. 10:30 Demo with Chef Hugo, Bistro 11:45 Town Hall meeting, Dining 12:30 Wear stripes, Dining 3:00 Hart &amp; soul singalong, Act Rm. 4:00 Trivia, Act Rm. 6:30 Movie Night, Theater</div></div>		<div><div>8</div><div>9:00 Radiate, Act Rm. 9:30 Someone's in the Kitchen with Mary, Bistro 10:00 Country Store 3rd Floor 12:15 Wear Red &amp; Pledge, Dining 3:00 Cranium crunches, Act Rm. 4:00 10 min. Tai chi, Act Rm. 6:30 Movie Night, Theater</div><div></div></div>		<div><div>9</div><div>10:00 Walking Club, Atrium 10:30 What's on Your Mind?, Chapel 2:00 Bingo, Act Rm. 3:00 Word Puzzles 6:00 Lake Pointe Saturday Service, Online 6:30 Movie Night, Theater</div><div></div></div>	
<div><div>10</div><div>First United Methodist Service (All Day), Online 9:00 Dallas 1st Baptist TV Service Ch. 53 10:00 Walking club, Atrium 2:00 Movie Matinee, Theater 3:00 Journaling</div></div>		<div><div>11</div><div>9:00 Band Stretching with Legacy, Act Rm. 10:30 Wii Bowling, Act Rm. 1:30 Blood Pressure Clinic, Act Rm. 3:00 Bible facts and trivia, Act Rm. 4:00 move it to lose it, Atrium</div></div>		<div><div>12</div><div>9:00 Chair Yoga with Legacy, Act Rm. 10:00 Bean Bag Baseball, Act Rm. 11:30 History Mystery with Tom, Act Rm. 3:00 Guess Who?, Act Rm. 6:30 Movie Night, Theater</div><div></div></div>		<div><div>13</div><div>9:00 Radiate, Act Rm. 9:45 Mystery Outing 10:00 Around the World, Theater 3:15 Trivia, Act Rm. 4:00 Go Chicken Fat, Go!, Act Rm.</div><div></div></div>		<div><div>14</div><div>9:00 Band Stretching with Legacy, Act Rm. 12:30 Wear a sweater, Dining 2:15 What's in the Box?, Act Rm. 3:00 Hart &amp; soul singalong, Act Rm. 4:00 Remember When, Act Rm. 6:30 Movie Night, Theater</div></div>		<div><div>15</div><div>9:00 Radiate, Act Rm. 10:00 Country Store 3rd Floor 11:00 Wii Bowling, Act Rm. 12:15 Wear Red &amp; Pledge, Dining 3:00 <b>Island kickoff party!, Atrium</b> 4:00 Hawaiian hula, Act Rm. 6:30 Movie Night, Theater</div></div>		<div><div>16</div><div>10:00 Walking Club, Atrium 10:30 Reader's Theater, Chapel 2:00 Bingo, Act Rm. 3:00 Word Puzzles 6:00 Lake Pointe Saturday Service, Online 6:30 Movie Night, Theater</div></div>	
<div><div>17</div><div>First United Methodist Service (All Day), Online 9:00 Dallas 1st Baptist TV Service Ch. 53 10:00 Walking club, Atrium 2:00 Movie Matinee, Theater 3:00 Journaling</div></div>		<div><div>MARTIN LUTHER KING JR. DAY</div><div>18</div><div>9:00 Band Stretching with Legacy, Act Rm. 10:00 Kona Coffee Tasting, Atrium 10:30 Hiking Mauna Kea, Atrium 11:00 Coconut bowling, Act Rm. 1:30 Blood Pressure Clinic, Act Rm. 2:00 Blue Hawaii bingo, Act Rm. 3:00 Dole &amp; Macadamia Plantations, Atrium 4:00 Hanauma Bay Snorkeling, Atrium</div></div>		<div><div>19</div><div>9:00 Chair Yoga with Legacy, Act Rm. 10:00 Bean Bag Baseball, Act Rm. 2:00 Hula party with Legacy!, Atrium 3:00 Blue Hawaii Elvis trivia, Atrium 4:00 Shaka &amp; puka Shells, Atrium 6:30 Movie Night, Theater</div></div>		<div><div>20</div><div>9:00 Radiate, Act Rm. 9:45 Mystery Outing 10:00 Around the World- Hawaii, Theater 11:00 coconut bowling, Act Rm. 2:15 Plumeria craft, Atrium 3:00 Hawaiian pineapple smoothie, Atrium 3:15 Aloha travelogue, Atrium 4:00 Kona coffee eye cream, Atrium</div><div></div></div>		<div><div>21</div><div>9:00 Band Stretching with Legacy, Act Rm. 10:30 Seashells &amp; sand castles, Atrium 12:30 Wear Hawaiian attire, Dining 2:00 Chef Chat, Act Rm. 3:00 Hawaiian Volcano Facts, Atrium 4:00 Blue Hawaii movie trivia, Atrium 6:30 Movie Night, Theater</div><div></div></div>		<div><div>22</div><div>9:00 Radiate, Act Rm. 10:00 Country Store 3rd Floor 12:15 Wear Red &amp; Pledge, Dining 3:00 Road to Kona, Atrium 6:30 Movie Night, Theater</div></div>		<div><div>23</div><div>10:00 Walking Club, Atrium 10:30 What's on Your Mind?, Chapel 2:00 Bingo, Act Rm. 3:00 Word Puzzles 6:00 Lake Pointe Saturday Service, Online 6:30 Movie Night, Theater</div><div></div></div>	
<div><div>24</div><div>First United Methodist Service (All Day), Online 9:00 Dallas 1st Baptist TV Service Ch. 53 10:00 Walking club, Atrium 2:00 Movie Matinee, Theater 3:00 Journaling</div></div>		<div><div>25</div><div>9:00 Band Stretching with Legacy, Act Rm. 10:00 Fijian Mini Hand Massage, Atrium 10:00 Garden of the Sleeping Giant, Atrium 1:30 Blood Pressure Clinic, Act Rm. 3:00 Benefits of coconut, Atrium 4:00 Coconut water tasting, Act Rm.</div></div>		<div><div>26</div><div>9:00 Chair Yoga with Legacy, Act Rm. 9:30 Blue Hawaii Movie, Theater 10:00 Bean Bag Baseball, Act Rm. 3:00 paper flower craft, Atrium 4:00 Fiji Water Challenge, Atrium 6:30 Movie Night, Theater</div></div>		<div><div>27</div><div>9:00 Radiate, Act Rm. 9:45 Mystery Outing 10:00 Around the World, Theater 10:30 No bake coconut snacks, Bistro 3:15 Fiji reflexology, Atrium 4:00 Time to unwind in Fiji, Atrium</div></div>		<div><div>28</div><div>9:00 Band Stretching with Legacy, Act Rm. 12:30 Wear tropical attire, Dining 3:00 Hart &amp; soul singalong, Act Rm. 3:00 All About Kiwi, Atrium 4:00 Mineral Hand Soak, Atrium 6:30 Movie Night, Theater</div><div></div></div>		<div><div>29</div><div>9:00 Radiate, Act Rm. 10:00 Country Store 3rd Floor 12:15 Wear Red &amp; Pledge, Dining 3:00 Tropical Florals, Atrium 4:00 Fijian Stress Relief, Atrium 6:30 Movie Night, Theater</div></div>		<div><div>30</div><div>10:00 Walking Club, Atrium 2:00 Bingo, Act Rm. 3:00 Word Puzzles 6:00 Lake Pointe Saturday Service, Online 6:30 Movie Night, Theater</div></div>	
<div><div>31</div><div>First United Methodist Service (All Day), Online 9:00 Dallas 1st Baptist TV Service Ch. 53 10:00 Walking club, Atrium 2:00 Movie Matinee, Theater 3:00 Journaling</div><div></div></div>													



## Legacy Healthcare: New Location!

We've moved apartments! As of January 1, 2021, come and visit us in our new location: Apartment #323!

Legacy Healthcare Services, a Medicare certified outpatient rehab provider, is at Liberty Heights.

They are a company committed to ensuring that any resident in need has convenient access to services designed to help them attain and maintain their highest level of function, safety and independence. The Legacy Therapy Team will introduce programs such as Pain Management, Falls Prevention, Memory Care and Low Vision Care. Legacy also offers a Pulmonary Therapy Program aimed at improving the lives of those who have difficulty with breathing and related side effects. The therapists are also available for traditional therapy services such as physical therapy, occupational therapy, and speech therapy.

What once was an easy task may now prove difficult. Rehabilitation is a process that helps an individual learn to do more for him/herself. The therapy team is here to encourage, motivate and teach each person to reach and maintain his/her maximum potential. They accept most insurances and offer financial assistance if needed.

Please take advantage of all that Legacy has to offer! Feel free to stop by for additional information or to discuss how therapy may be able to assist you!



*Legacy team Dec. 2019;  
Stacey, Mollie and Jeni*

## Guess Who?

The correct answer for the December "guess who" is Jane Kemmis. She has a twin sister!



*Who is this adorable  
hula girl?*

## Hawthorn Adventure 2021

Swaying palms, powder-fine beaches, and clear blue waters; get ready for a tropical getaway you won't soon forget! Beginning the week of January 18th, we will be "virtually" 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 spectacular destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing the food, history and culture of each of these breathtaking destinations.

Be sure to attend our Island-Hopping Kickoff Party on Friday, January 15th, 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, Julie, for all the details! — Mahalo



*Aloha kakou!*



*Bula vinaka!*



*Aotearoa! Land of the  
long white cloud*



## Peppermint Tea

Peppermint is a minty herb native to Europe and Asia. For hundreds of years, people have used peppermint both as a flavoring and for its medicinal properties.

Peppermint is an ingredient in a variety of modern products, including toothpastes, candies, and teas.

Many people drink peppermint tea because they enjoy the taste, but it may also have a number of potential health benefits.

### **Fresher breath:**

Peppermint tea may have antibacterial properties.

Peppermint is a popular flavoring due to its clean, pleasant smell and taste. Drinking peppermint tea can help freshen a person's breath, and it may also have other benefits for fighting bad breath.

Gargling a blend of peppermint, lemon, and tea tree oils helped improved bad breath as well.

Peppermint oil has antibacterial properties that helps reduce the bacteria that cause plaque and gum disease.

### **Relief from tension headaches:**

Topical peppermint oil can help alleviate pain and relax muscles.

Menthol has a cooling sensation that may help ease tension or migraine

headache pain when a person applies peppermint oil to the forehead or temples.

Reduced nasal congestion: Peppermint oil helps alleviate some types of upper respiratory infection.

### **Better digestion:**

People have long used peppermint as a remedy for digestive issues, such as an upset stomach and bloating.

### **More energy:**

The oils in peppermint may also help alleviate symptoms of fatigue and boost energy levels.

Peppermint tea is naturally caffeine-free, which means that it will not keep a person awake at night.

Peppermint tea also contains zero calories, which can make it a great alternative to soda, fruit juices, and other sugary drinks.



*Soothing peppermint tea*

## We Love Our First Responders!

We are so grateful for all the first responders in Rockwall!

The residents at Liberty Heights made a thank you wreath for the Rockwall Police Department a few months ago, and it went over so well that we decided to make a wreath for the firefighters and for the paramedics.

These brave men and women put their lives on the line every day and we truly thank them for it.

We enjoyed their quick visit and even got to meet the paramedic sidekick pup named "Moose"!



*Vince and Betty enjoyed their visit with the medics!*



*The firefighters were thrilled to receive the wreath!*



*Love makes the world go round!*



*An attitude of gratitude!*

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Gracious Retirement Living

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*It's always Warm at*

LIBERTY HEIGHTS  
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.

**972-722-5129**