

# Alexis Estates

## Gracious Retirement Living

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

FEBRUARY 2021

### ALEXIS ESTATES STAFF

Managers..... JAMIE & PATTI MILLER

Assistant Managers ..... KAITLYN PENNEBAKER  
& STERLING WRIGHT

Executive Chef ..... EDGAR MORALES

Community Sales ..... DAN REED

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

## Confections of Affection

Sweets for the sweet, candy has become a symbol of love and friendship on Valentine's Day. Here are some holiday favorites:

### Chocolate

**samplers** — They come in pretty packages large and small. Chocolates and truffles inside decorated heart-shaped boxes have been popular gifts since the late 1800s.

**Conversation hearts** — “Be mine.” “True love.” “Marry me.” It's the cute stamped-on messages that have made conversation hearts a fun tradition for over a century.

**Hershey's Kisses** — These familiar foil-wrapped drops of chocolate have the perfect name for Valentine's Day: Kisses! They were one of the first candies to change their packaging for the holidays in the 1960s. Their valentine wrappers of red and pink premiered in 1986.

**M&M's** — Recognized by the “m” on each one, M&M's have been enjoyed by the handful since they debuted in 1941. The milk chocolate candies show off candy-coated shells in holiday colors of red, pink, purple and white, and come in special flavors, such as triple chocolate and cheesecake.

**Cupid corn** — Traditional candy corn has its fans, especially in the fall months. But with color swaps from yellow, orange and white to red, pink and white, this tri-colored treat is renamed Cupid corn in February.

**Red Hots hearts** — A switch from most sweets, the spicy, chewy mini cinnamon candies known as Red Hots take the shape of tiny hearts for the holiday, with no color change needed.







## Valentine's Day Funnies and Fun Facts

### What did the paper clip say to the magnet?

I find you very attractive!

### Why didn't the skeleton want to send any Valentine's Day cards?

His heart wasn't in it!

### What do you call two birds in love?

Tweethearts!

### What do you call a very small Valentine?

A Valen-ty!

If he doesn't appreciate your fruit jokes, you need to let that "mango"!

- Every year, more than 36 million heart shaped boxes of chocolate are sold across the country.
- Eighteen percent of women sent themselves flowers on Valentine's Day in 2018.
- The average man spends around \$130 on Valentine's Day, while women generally spend around \$70.
- Every year, around 9 million people spend money on their pets for Valentine's Day.
- Hallmark was one of the first to mass produce a Valentine's Day card, all the way back in 1913.



## New Year's Eve Celebration

We had Toni Macaroni singing in the Dining Room on New Year's Eve and it was perfect! Toni sang all of our favorite songs, and we were singing and dancing right along. We served hot hors d'oeuvres and sparkling cider. When it got close to our "midnight," we all said, "Na Na Na Na, Na Na Na Na, Hey 2020, Goodbye!" And we meant it! Of course, we counted down from 10 to 1 and yelled "Happy New Year!" and clapped our "clappers" and blew our horns — followed by everyone singing "Auld Lang Syne." Happy New Year, everyone!



*Allen and Arlene enjoyed a dance to Frank Sinatra.*



*3, 2, 1! Happy New Year!*



*Ray and Shel got all dressed up for their special New Year's Eve candlelight steak dinner!*





## Our Gingerbread “Olympic” Village Is a Sweet Treat

Every year, the Hawthorn communities have a “friendly” company-wide competition. The Gingerbread House Competition is a fun activity we start working on at the beginning of November. We get together with the residents and come up with a theme — this year we had eight smaller houses instead of one bigger one to work with. We thought about a beach town and a ski town, but then someone said “What about an Olympic Village?” and that was it! The roof of each house was decorated as the flag of countries that participate in the Olympics and added some “personal touches” to each country’s house. For example, we had root beer candy barrels at Germany to represent “kegs of beer,” mini twinkie lights over Norway for the “Northern Lights,” roll candy for sushi with pretzel sticks as chopsticks for Japan, marshmallow sheep outside of Ireland, broken pretzel sticks at Sweden to represent “Ikea” and the Queen herself was outside of Great Britain with her guards. We also had a gingerbread “ski jumper” with a gumball helmet, ice skating rink out of gel icing, and the Olympic torch made out of a sugar cone held up with a gummy ring and then propped high on pretzel rods! We put a tea light inside the torch to “light” it. The residents have taken numerous pictures, and even FaceTimed with family and friends to show it off. It was so nice seeing how much they enjoyed this. We are looking forward to seeing the pictures of all the other Gingerbread Villages across the Hawthorn communities!



*Of course, the United States won the gold!*



*Jim worked on Sweden — great job, Jim!*



*Our finished product!*



FEB 2021









Birthdays

Priscilla Davies, 1st  
Faye Cagle, 1st  
Claudette  
Gallagher, 7th  
Vi Krohn, 8th  
Jean Allred, 8th  
Sue Clayton, 16th  
Linda Wright, 26th  
Barbara Stoddard, 27th

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

“We must  
absolutely take  
care of one  
another.”  
—Ruby Bridges

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|---|---|---|---|--|---|--|
|    | <div>1</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Prizes, AR</div> <div>10:00 Trip to Walmart, B</div> <div>2:30 Brain Game: Hot Seat, AR</div>  | <div>2</div> <div>9:30 Exercise with Caleb, AR</div> <div>11:00 Puzzle Packs, AR</div> <div>11:00 <b>Mgr/Resident Mtg, AR</b></div> <div>2:30 Creative Arts, AR</div> <div>7:00 Movie Night, MT</div>   | <div>3</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>2:00 <b>Retail Cabinet, AR</b></div> <div>3:00 <b>Hawthorn Kick Off, AR</b></div>                  | <div>4</div> <div>9:30 Exercise, AR</div> <div>10:00 Ask a Nurse with Michelle, AR</div> <div>11:00 Bible Study, CH</div> <div>7:00 Movie Night, MT</div>  | <div>5</div> <div>Wear Red Day</div> <div>9:00 <b>Drive to Nowhere: TBD, B</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>6</div> <div>9:30 Exercise Class with Katelynn, AR</div> <div>10:00 Coffee &amp; Donuts with Managers, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 <b>Movie Matinee, MT</b></div>   |
| <div>7</div> <div>9:00 Sunday Service, MT</div> <div>3:00 <b>Classic Movie Sunday, MT</b></div> <div>4:00 Wii Bowling, AR</div>  | <div>8</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Prizes, AR</div> <div>10:00 Trip to Walmart, B</div> <div>2:30 Brain Game: Hot Seat, AR</div>  | <div>9</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>10</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>2:00 <b>Retail Cabinet, AR</b></div> <div>3:00 Singalong with Juanita, DR</div>                   | <div>11</div> <div>9:30 Exercise, AR</div> <div>10:00 Ask a Nurse with Michelle, AR</div> <div>10:45 <b>Chef/Resident Mtg, AR</b></div> <div>11:00 Bible Study, CH</div> <div>7:00 Movie Night, MT</div>     | <div>12</div> <div>Wear Red Day</div> <div>9:00 <b>Drive to Nowhere: TBD, B</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>13</div> <div>9:30 Exercise Class with Katelynn, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 <b>Movie Matinee, MT</b></div>   |
| <b>VALENTINE'S DAY</b> <div>14</div> <div>9:00 Sunday Service, MT</div> <div>3:00 <b>Classic Movie Sunday, MT</b></div> <div>4:00 Wii Bowling, AR</div>   | <b>PRESIDENTS DAY</b> <div>15</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Prizes, AR</div> <div>10:00 Trip to Walmart, B</div> <div>2:30 Brain Game: Hot Seat, AR</div> <div>3:00 <b>Valentine Celebration, AR</b></div>             | <div>16</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 Creative Arts, AR</div> <div>2:30 Monthly Bday with Norris Perry, DR</div> <div>7:00 Movie Night, MT</div>  | <b>ASH WEDNESDAY</b> <div>17</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>11:00 Harris Jewelers, Lobby</div> <div>2:00 <b>Retail Cabinet, AR</b></div> | <div>18</div> <div>9:30 Exercise, AR</div> <div>10:00 Ask a Nurse with Michelle, AR</div> <div>11:00 Bible Study, CH</div> <div>7:00 Movie Night, MT</div>   | <div>19</div> <div>Wear Red Day</div> <div>9:00 <b>Drive to Nowhere: TBD, B</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>20</div> <div>9:30 Exercise Class with Katelynn, AR</div> <div>10:00 Coffee &amp; Donuts with Managers, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 <b>Movie Matinee, MT</b></div>  |
| <div>21</div> <div>9:00 Sunday Service, MT</div> <div>3:00 <b>Classic Movie Sunday, MT</b></div> <div>4:00 Wii Bowling, AR</div>  | <div>22</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Prizes, AR</div> <div>10:00 Trip to Walmart, B</div> <div>2:30 Brain Game: Hot Seat, AR</div>  | <div>23</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>24</div> <div>9:00 Dr. George Here Today</div> <div>9:30 Exercise, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>2:00 <b>Retail Cabinet, AR</b></div>                        | <div>25</div> <div>9:30 Exercise, AR</div> <div>10:00 Ask a Nurse with Michelle, AR</div> <div>10:45 <b>Chef/Resident Meeting, AR</b></div> <div>11:00 Bible Study, CH</div> <div>7:00 Movie Night, MT</div> | <div>26</div> <div>Wear Red Day</div> <div>9:00 <b>Drive to Nowhere: TBD, B</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>27</div> <div>9:30 Exercise Class with Katelynn, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 <b>Movie Matinee, MT</b></div> <div>3:00 <b>Hot Dogs with Sterling, AR</b></div>  |
| <div>28</div> <div>9:00 Sunday Service, MT</div> <div>3:00 <b>Classic Movie Sunday, MT</b></div> <div>4:00 Wii Bowling, AR</div>  |   |   |   |  |   |  |



## Wear Your Mask: Do's and Don'ts

### Do's

- Wear a mask over your nose and mouth to help prevent getting and spreading COVID-19.
- Wear a mask in public settings when around people who don't live in your household, especially when indoors and when it may be difficult for you to stay six feet apart from people who don't live with you.
- Wear a mask correctly for maximum protection.
- Wear your mask under your scarf, ski mask, or balaclava in cold weather.
- Keep a spare mask to replace one that becomes wet from moisture in your breath, snow, or rain.
- Store wet reusable masks in a plastic bag until they can be washed.

### Don'ts

- Put the mask around your neck or up on your forehead.
- Touch the mask and if you do, wash your hands or use hand sanitizer.
- Stay at least 6 feet away from others.
- Avoid contact with people who are sick.
- Wash your hands often, with soap and water, for at least 20 seconds each time.
- Use hand sanitizer with at least 60% alcohol if soap and water are not available.
- Be careful not to touch your eyes, nose, and mouth when removing your mask — be sure to wash your hands immediately after removing.

## We Had a Holly Jolly Christmas at Alexis Estates!

Between the Christmas caroling in the hallways, seeing Christmas lights, working on our Gingerbread Village and Christmas cheer throughout our community—we had a wonderful holiday season! The residents had a lovely “socially distanced” Christmas Singalong in the Dining Room, along



*June Jones loved her Christmas present!*

with Juanita playing the piano. Each resident had a songbook and the community was filled with cheer! The employees got together and sang Christmas carols throughout the hallways and the residents really enjoyed it! They loved it so much, we did it twice! After our Christmas Eve caroling, we went door to door to deliver the residents their Christmas gifts. Our ladies got fuzzy slippers and a fleece scarf — our gentlemen received ear muffs and a fleece scarf. They all got some candy canes and chocolate as well in their bags — yum! We took a group of residents to the well-known neighborhood of Deerfield in Plano to see the Christmas lights. It did NOT disappoint! We were all blown away by the amount of work and creativity in the displays!





*The American Flag in Christmas lights was beautiful!*



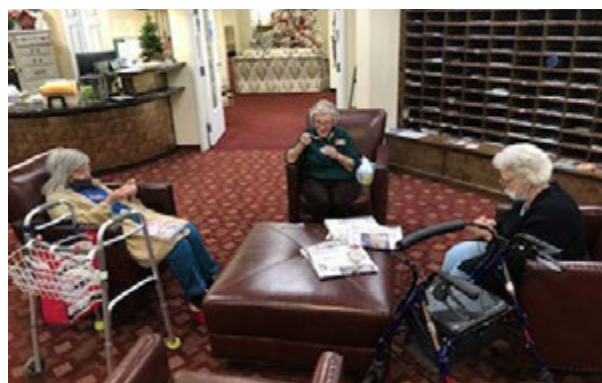
*Christmas caroling around the community*

## Caught on Camera in December

This is a little “snapshot” of some other things that went on in our community in December. We had so many December memories it was hard to only choose a few!



*Allen High School Choir came to sing Christmas Carols before lunch — we loved it!*



*Bacon Day! We celebrated with Bacon milkshakes — the residents actually enjoyed the salty/sweet treat!*



*Martha won the big basket at the Senior Shield Christmas Happy Hour.*



*Charlotte decorated her door with lots of Christmas cheer.*



*Polly Downs made a great Christmas craft!*



# 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**