

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

MARCH 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

# We Are Vaccinated!

The Allen Fire Department brought tubs of the first round of COVID vaccinations. We had four or five firefighters come in, and they were ready to help us out. We had an amazing turnout and our residents were really appreciative to our management for working so hard, and to the fire department for making sure we were included in their list. We had one hour to get all 80 shots dispensed — and we did! We worked tirelessly to get one resident in the chair, then to the observation area for 15 minutes, then on to the Dining Room. We worked fast, and diligently, to get everyone their shots and paperwork. One resident asked if we could bake banana bread and bring it to the central fire station for the men and women who worked so hard — we are definitely putting a great big “thank-you” together! We are a wee all ready!



*BJ was ready to go!*



*Our vaccination stations!*



## An Alexis Estates Original: Phyllis Floyd

On September 14, 1928, in a little town called Lacey Lakeview, Texas, Phyllis Arlington Floyd (maiden name: Loveless) was born. She was an only child. Phyllis and her parents didn't stay in Lacey Lakeview very long because she said her dad had an "itchy foot" so they moved around quite a bit. The most enjoyable place she lived was Houston. When she was around 10, she and her mother moved in with her grandmother, who lived to be 100, and she loved her dearly. Her grandmother was from England and told Phyllis they were from royalty — Phyllis was determined to get to England one day!

Phyllis remembers her mother taking her to the State Fair of Texas in 1936. She remembers being in the restroom with her mother and looking at a mirror — the mirror had three out of the four stars missing from the corners. Her mother loved that star so much, she took the star off of the mirror and left a dime on the sink! Phyllis still has that star.

Phyllis survived the flood of 1949 in Fort Worth. She was modeling hats for the Gage Hat Company when it happened — they were the last car to get out of the area, but they lost a lot. The water was up to the second story of the old Montgomery Ward building.

When Phyllis was in West Station, Texas, she had a good friend that she would spend the night with. One night she stayed over and her friend's brother was coming in at 2 a.m. from the Army — her friend opened the door and turned on the light and said, "Meet my brother!" Not soon after, she married that man, Kenneth Smith. She said people get a kick out of her telling them she met her husband "in bed." They were married for 36 years and had three daughters — Deanna, Marilu and Rene.

When she was 60, a friend asked her to meet a gentleman named Edgar Floyd who was lonely and she reluctantly agreed — he was 71 but, she says, he did not act like it! She ended up marrying him and they had a great 20 year marriage filled with travel and laughs. She said her daughter ended up working for an airline and finally gifted Phyllis and Edgar with her dream vacation to England, among other amazing places. Edgar was the first person in the United States to have a heart valve transplant. He ended up passing away from a nonrelated infection before they could interview him for the article.

Phyllis signed the lease for Alexis Estates after living alone in house for a while and was tired of the upkeep. She said she signed on the dotted line, sight unseen! She knew the area and watched them building the last half of it. Phyllis is an amazing person and has so many more fascinating stories to tell — she said, "I had a great life" and she sure has. If you see Phyllis, be sure to stop and say "hi"! We love you, Phyllis!



*Phyllis as a child in 1935*



*Festive Phyllis in her Hawaiian hat and leis*





## St. Patrick's Day Fun Facts

Four-leaf clovers were Celtic charms, presumed to offer magical protection and ward off bad luck. Children in the Middle Ages believed if they carried a four-leaf clover, they would be able to see fairies, and the first literary reference to suggest their good fortune was made in 1620 by Sir John Melton.

The origin of leprechauns — tales of these small creatures first emerged in the 8th century, when legends about tiny water-dwellers began circulating among the Celts. Their name is thought to come from the word “luchorpán,” meaning small body — no surprise there as they are said to be only 2-3 feet tall.

The phrase, “the luck of the Irish” was born out of a stereotype. Irish who struck gold during the 19th century gold rush were said to have found the gold by luck, because no one believed an Irishman could succeed through skill or intelligence (Walsh).

According to folklore, you get pinched on St. Patrick's day for not wearing green because green makes you invisible to leprechauns, and leprechauns like to pinch people (because they can!).

St. Patrick's Day is a global celebration of Irish culture on or around March 17. It particularly remembers St. Patrick, one of Ireland's patron saints, who ministered Christianity in Ireland during the fifth century. St. Patrick's Day is celebrated in countries with people of Irish descent.

## Our Hawthorn Adventure Kickoff Event: Hawaiian Food and Fun!

For our Hawthorn Adventure Kickoff event we went to Hawaii! With the Beach Boys playing in the background, we nibbled on lots of goodies. The residents agreed that the best part of the treats were the cookies that looked like flip flops in the sand. We also had pineapple upside down cupcakes, watermelon that looked like a sailboat wheel and fun snacks. We had jars filled with coconuts (whoppers candy), fish (goldfish) and driftwood (pretzels) which the residents thought was a fun touch to the theme. We passed out to each resident gift bags that included a fun colorful lei, a schedule of events for the next three weeks of the

Hawthorn adventure, their “passport” to get stamped when they come to the activities and some tropical candy. At the end of the three weeks, whoever gets the most points will receive a \$50 gift card — and we have gift cards for 2nd and 3rd place winners. That definitely had residents motivated! Some of the activities that we have that they are really looking forward to are Elvis coming while we are in Hawaii, the aromatherapy in Fiji and the kiwi bird feeders in New Zealand!



*“Aloha, everyone!”*



*Our “flip-flop” cookies were a hit!*



*Natalie and Rosemary enjoyed the treats!*



MARCH  
2021


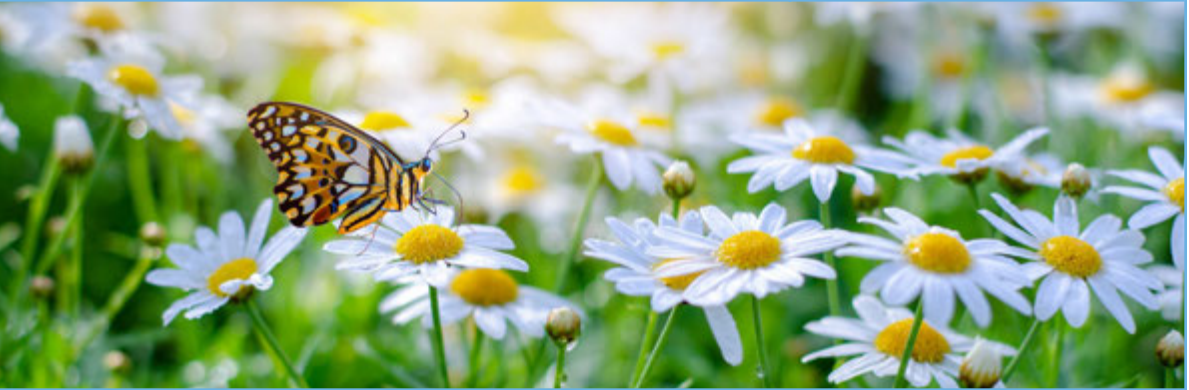
Birthdays

Alice Trabaham, 1st  
Gloria McCratic, 9th  
Juanita Nobles, 10th  
Edward Bauler, 12th  
Sharon Townsend, 13th  
Donna Hansen, 22nd  
Joe Gorman, 23rd  
Josephine  
Machalica, 23rd

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

“Never, ever  
underestimate  
the importance  
of having fun.”  
—Randy Pausch

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 Mgr/Resident Meeting, AR</div> <div>2:30 Creative Arts: Sugar Hand Scrub, AR</div> <div>7:00 Movie Night, MT</div>	<div>3</div> <div>9:30 Exercise: Walking Club, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>11:30 Clover Day: Find the Clovers Scavenger Hunt, AR</div> <div>2:00 Retail Cabinet, AR</div> <div>3:00 Singalong with Juanita, DR</div> <div>7:00 Game Night: Scrabble, TV</div>	<div>4</div> <div>9:30 Exercise, AR</div> <div>10:00 Ask a Nurse with Michelle, AR</div> <div>10:00 Famous Brands Clothing, P</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 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>3:00 Toni Macaroni Performs, DR</div>	<div>6</div> <div>9:30 Exercise Class with Kaitlyn, AR</div> <div>10:00 Coffee &amp; Donuts with Managers, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 Movie Matinee, MT</div>
<div>7</div> <div>9:00 Sunday Service, MT</div> <div>3:00 Classic Movie Sunday, MT</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: St. Patrick’s Gnome, AR</div> <div>7:00 Movie Night, MT</div> 	<div>10</div> <div>9:30 Walking Club, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>2:00 Retail Cabinet, AR</div> <div>3:00 Brain Games: Word in Word, AR</div> 	<div>11</div> <div>9:30 Exercise, AR</div> <div>10:00 Ask a Nurse with Michelle, AR</div> <div>10:45 Chef/Resident Meeting, AR</div> <div>11:00 Bible Study, CH</div> <div>2:30 Culinary Corner: Pigs in a Blanket, AR</div> <div>7:00 Movie Night, MT</div>	<div>12</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>2:30 Garden Talk, AR</div> 	<div>13</div> <div>9:30 Exercise Class with Kaitlyn, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 Movie Matinee, MT</div> 
<div>DAYLIGHT SAVING TIME BEGINS 14</div> <div>9:00 Sunday Service, MT</div> <div>3:00 Classic Movie Sunday, MT</div> <div>4:00 Wii Bowling, AR</div> <div>4:00 Potato Chip Day: Come Get a Bag!, AR</div>	<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>16</div> <div>9:30 Exercise with Caleb, AR</div> <div>11:00 Puzzle Packs, AR</div> <div>11:00 Ambassadors Meeting, L</div> <div>2:30 Monthly Birthday Party with Norris Perry, DR</div> <div>7:00 Movie Night, MT</div>	<div>ST. PATRICK’S DAY 17</div> <div>9:30 Exercise: Walking Club, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>11:00 Harris Jewelry, Lobby</div> <div>2:00 Retail Cabinet, AR</div> <div>4:30 St. Patrick’s Day Celebration, DR</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>2:30 Spring Spelling Bee, AR</div> <div>7:00 Movie Night, MT</div>	<div>19</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>2:30 Resident Jewelry Swap, AR</div>	<div>FIRST DAY OF SPRING 20</div> <div>9:30 Exercise Class with Kaitlyn, AR</div> <div>10:00 Coffee &amp; Donuts with Managers, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 Movie Matinee, MT</div>
<div>21</div> <div>9:00 Sunday Service, MT</div> <div>3:00 Classic Movie Sunday, MT</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>11:15 Give Someone a Flower Day, AR</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>2:30 Creative Arts: Butterfly Feeder, AR</div> <div>3:30 Chip and Dip Social, AR</div> <div>7:00 Movie Night, MT</div> 	<div>24</div> <div>9:30 Exercise: Walking Club, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>2:00 Retail Cabinet, AR</div> <div>3:00 Word Game Categories, AR</div>	<div>25</div> <div>9:30 Exercise, AR</div> <div>10:00 Ask a Nurse with Michelle, AR</div> <div>10:45 Chef/Resident Meeting, AR</div> <div>11:00 Bible Study, CH</div> <div>2:45 Jeopardy with Jamie, AR</div> <div>7:00 Movie Night, MT</div>	<div>26</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>2:30 Resident Talk: Who Am I?, AR</div>	<div>27</div> <div>9:30 Exercise Class with Kaitlyn, AR</div> <div>2:00 Bingo with Funny Money, AR</div> <div>3:00 Movie Matinee, MT</div>
<div>28</div> <div>9:00 Sunday Service, MT</div> <div>3:00 Classic Movie Sunday, MT</div> <div>4:00 Wii Bowling, AR</div>	<div>29</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>30</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>31</div> <div>9:30 Exercise: Walking Club, AR</div> <div>10:00 Bingo with Funny Money, AR</div> <div>2:00 Retail Cabinet, AR</div>			





## Caught on Camera Around the Community



*Inga is signing up for an activity.*



*Jane is headed out to get her second COVID vaccination — yea, Jane!*



*Eddy is being safe while playing Bingo.*



*Charles is enjoying some chocolate ice cream!*



*Barbara is working hard on her puzzle while enjoying some delicious Hawaiian hot cocoa.*





## Embrace an Optimistic Outlook

Optimism is good for you! People who are optimists tend to be happier and healthier, says the research. Here are some ways you can make positivity a habit.

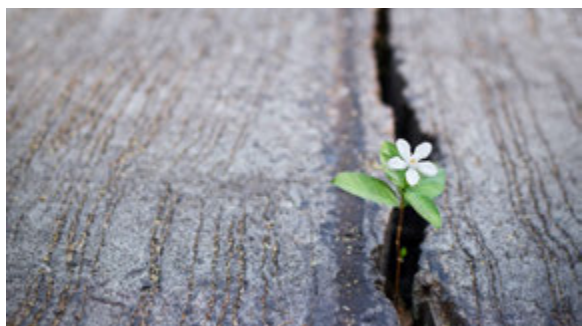
**Choose a motivational phrase** — Whether a line from a favorite song, a meaningful quote, or a goal you want to achieve, turn to inspiring words when you need a pick-me-up.

**Spend time with upbeat people** — We tend to act like those we're surrounded by the most, so as much as possible, spend time with cheerful, kind people rather than folks who complain or gossip. Being around negative attitudes can cause you to take on a negative mindset.

**Assume the best** — Give people the benefit of the doubt, and forgive them for their faults, even if they let you down. Do this for yourself, too!

**Focus on solutions** — When you encounter a problem, avoid playing the blame game or dwelling on how you could have done things differently. That doesn't solve anything, and can make you and others feel worse. Instead, figure out how you can help right now.

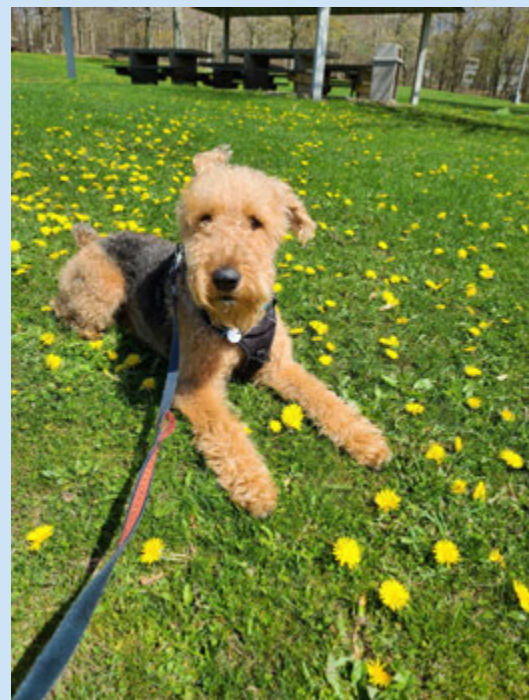
**Practice gratitude** — Before you go to bed, think about three good things that happened that day. Writing them down in a journal and reading through them later will remind you of things to be grateful for and boost your hopeful thinking.



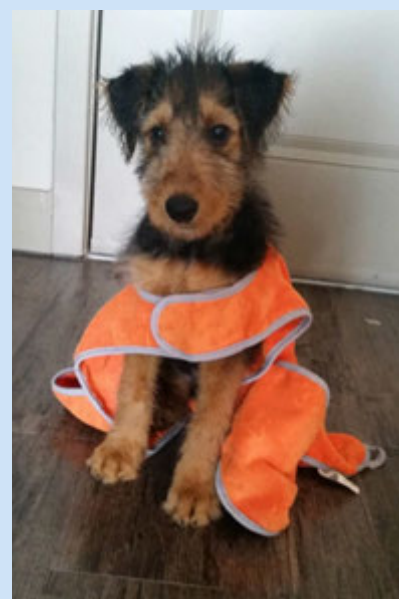
## Pet Corner

Kaitlyn and Sterling are the proud parents of their much loved fur baby Pepper Cornell (aka Pepper). Pepper is a 3 ½ year old, 65-pound, Airedale terrier. They got Pepper from a breeder in Clarksville, Texas, when he was just 7 weeks old. He wasn't in the best condition so Kaitlyn and Sterling took him to the vet and got him all cleaned

up and back to good health! Sterling has had three other Airedale terriers and said that was the kind of dog that he was definitely going to get. Pepper is afraid of thunder and will actually go hide in the bathtub when our Texas thunderstorms roll through. He also highly dislikes birds! He absolutely loves to swim and has been fondly called a "water-dale." Pepper follows numerous whistle commands, which is helpful when Kaitlyn and Sterling take him hiking. When you see Kaitlyn and Sterling around the Community, be sure to ask about their sweet Pepper — they love their precious fur baby!



*Mr. Pepper on a walk with Kaitlyn and Sterling*



*We had to include Pepper as a puppy! He's just too cute — and safe!*

**Alexis Estates**  
Gracious Retirement Living

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## **SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES**

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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