

Alexis Estates

Gracious Retirement Living

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

APRIL 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, 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

Meet Our New Chaplain

Adrian Cantu will be at our community two days each month, starting this month. He is a Grief Support Specialist and a Hospice Chaplain with Texas Home Health. He will be here the first Thursday of every month, at 10 a.m., for a service and communion. He will also be here the second Friday of every month, at 3 p.m., providing Compassion Care for the residents who would like to join (no need to sign up for either of these). They will both be held in the Chapel. He will be there for us to discuss anything that you would like to talk about – grieving, depression, difficult times, concerns, kids or just to talk. The Front Office, the Chapel and Lynn’s desk will have his business cards if you would like him to stop by your apartment while he is in the building.



Adrian Cantu, C.C., D. Min.



The Big Winter Storm

What a crazy week we had here in North Texas! It all began on Thursday, February 11th, when the temperatures dropped below freezing overnight and the roads were icy. For those of us who drove in to work, we confirmed those slick roads. Over the weekend, specifically Sunday (Valentine's Day), the temperatures remained below freezing and the snow began to fall! There were numerous employees

who stayed the whole week in models and the guest room apartment, due to the terrible driving conditions on the roads and highways. For those who couldn't stay, there were numerous mornings that some staff couldn't come in because the roads were too dangerous to drive on. We were definitely one of the lucky communities here in North Texas because we never lost power or water. Thousands of Texas residents were without power and/or water for days, some even for the whole week. We were all sharing stories that we heard from our families and friends around the state regarding power outages, loss of water and frozen pipes. Most of our residents enjoyed the beauty of the snow from the comfort of their apartments, but some of our pet owners had to venture out in the cold. The majority of our dog moms and dads went out and came right back in, but Craig Sutphin wasn't that lucky! Little Ms. Mitzy had so much fun playing in the snow! She was rolling around and frolicking in it like a puppy! We heard "Come on, Mitzy" more than once when he was outside. As pretty as the snow was all over our community, the 65 degree weather that came in the following weekend was more than welcomed!



A view from the back of the community on Sunday evening



Edith enjoyed the sun when it finally came out on Friday, February 19th.



Craig had a firm grip on Mitzy! She loved playing in the snow!



Our Valentine's Day Dessert Extravaganza

The frigid below zero temperatures didn't stop us from having our dessert extravaganza! Chef Edgar made cupcakes, cakes and cookies for our residents and set it all up in the Atrium. They came and they ate! Helen C. came down dressed in a full Valentine's Day outfit – the pink eye mask and full red outfit was a hit with everyone.



Helen was decorated head to toe for Valentine's Day!



Our dessert extravaganza



Phyllis enjoyed her cupcake!

Simple Moves To Stay Fit

Along with tried-and-true forms of low-impact physical activities, such as walking, water aerobics and chair yoga, there are quick and simple exercises you can do throughout your day to stay fit and flexible. Incorporate these moves into your routine.

Head turns: Say yes to this easy neck stretch that just involves shaking your head no! Stand or sit up straight. Turn your head slowly to the right until you feel a slight stretch and hold it. Then turn to the left.

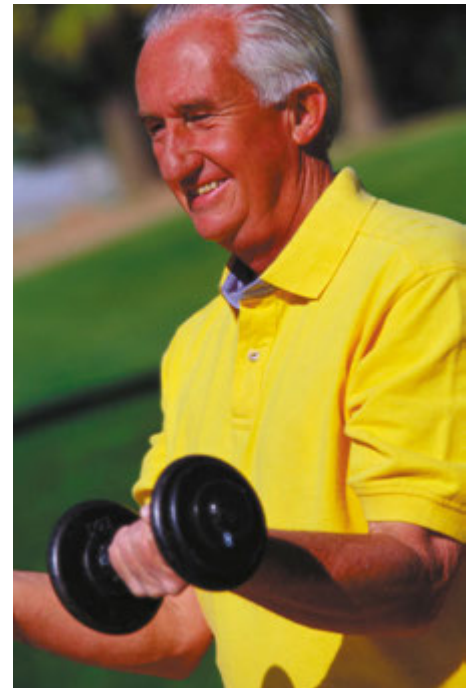
Shoulder rolls: Seated or standing, gently rotate your shoulders up toward the ceiling, then to the back, and lastly down again. Switch and roll your shoulders forward.

Marching in place: Boost your balance by high-stepping it! Stand up straight, lift your right knee as high as you can, lower it, then lift your left knee. Repeat 20 times.

Toe lifts: This move strengthens your legs and improves balance. Stand behind a chair or counter, holding on to it for support. Raise yourself up on your tiptoes, hold, then lower your heels back to the floor. Aim for 10 to 15 reps.

Ankle rolls: These help improve circulation while sitting in a chair. Lift your right foot off the floor and rotate your ankle to the right five times, then rotate it to the left five times. Repeat with your left foot.

Go to the National Institute on Aging's website, NIA.NIH.gov, to find more guidance on exercises for older adults. Check with a health care professional before starting new physical activities.



APRIL 2021

Birthdays







Cindy January, 7th
 Michael Russakov, 9th
 Marge McIntier, 9th
 Billie Harris, 17th
 Felix Sedillo, 20th
 Marge Bien, 21st
 Joe Prows, 24th
 Linda McCormack, 25th

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

“Try to leave the Earth a better place than when you arrived.”

—Sidney Sheldon

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|--|---|
|  | |  | | | | |
| EASTER 4 9:00 Sunday Service, MT 1:30 Classic Movie Sunday: “Lawrence of Arabia,” MT 4:00 Wii Bowling, AR | 5 9:30 Exercise, AR 10:00 Bingo with Prizes, AR 10:00 Trip to Walmart, B 10:00 Easter Egg Hunt!, AR 2:30 Brain Game: Hot Seat, AR 3:45 Who Got the Most Eggs?, AR | 6 9:30 Exercise with Caleb, AR 11:00 Puzzle Packs, AR 11:00 Manager/Resident Meeting, AR 11:00 Bible Study, CH 2:30 Making Rainbow Fruits/Veggie Kabobs, AR 7:00 Movie Night, MT | 7 9:15 Exercise: Walking Club, AR 10:00 Bingo with Funny Money, AR 2:00 Retail Cabinet, AR 3:00 Chair Volleyball, AR 7:00 Game Night: Play Scrabble, TV  | 8 9:30 Exercise, AR 10:00 Ask a Nurse, AR 10:45 Chef/Resident Meeting, AR 2:45 Rainbow Candy Icebreaker, AR 7:00 Movie Night, MT | 9 GOOD FRIDAY Wear Red Day 9:00 Casino Trip Choctaw, B 9:30 Chair Yoga with Caleb, AR 10:00 Bingo with Prizes, AR 2:30 Fountain of Youth Day: DIY Body Scrub, AR | 10 9:30 Exercise Class with Kaitlyn, AR 10:00 Coffee & Donuts with Managers, AR 2:00 Bingo with Funny Money, AR 3:00 Movie Matinee, MT |
| 11 9:00 Sunday Service, MT 3:00 Classic Movie Sunday: “Psycho” (1960), MT 4:00 Wii Bowling, AR | 12 9:30 Exercise, AR 10:00 Bingo with Prizes, AR 10:00 Trip to Walmart, B 11:00 Grilled Cheese Day: Let’s Make Some!, AR 2:30 Brain Game: Hot Seat, AR | 13 9:30 Exercise with Caleb, AR 10:30 Peach Cobbler Day: Come Try a Slice!, AR 11:00 Puzzle Packs, AR 11:00 Bible Study, CH 2:30 Creative Arts: Bluebonnet Painting, AR 3:15 Retail Cabinet, AR 7:00 Movie Night, MT | 14 9:00 Bluebonnet Trip to Ennis, B 9:15 Exercise: Walking Club, AR 10:00 Bingo with Funny Money, AR 3:00 Chair Volleyball, AR | 15 9:30 Exercise, AR 10:00 Ask a Nurse, AR 10:00 John Wayne Movie, MT 2:45 McDonald’s Day: Come Get Some Goodies!, AR 7:00 Movie Night, MT | 16 Wear Red Day 9:30 Chair Yoga with Caleb, AR 10:00 Bingo with Prizes, AR 2:00 Trip to Walmart, B 4:15 City Lights Country Band, DR | 17 9:30 Exercise Class with Kaitlyn, AR 10:00 Coffee & Donuts with Managers, AR 2:00 Bingo with Funny Money, AR 3:00 Movie Matinee, MT  |
| 18 9:00 Sunday Service, MT 3:00 Classic Movie Sunday: “The Birds,” MT 4:00 Wii Bowling, AR | 19 9:30 Exercise, AR 10:00 Bingo with Prizes, AR 10:00 Trip to Walmart, B 2:30 Brain Game: Hot Seat, AR | 20 9:30 Exercise with Caleb, AR 10:30 Brain Games Word in Word, AR 11:00 Puzzle Packs, AR 11:00 Bible Study, CH 2:00 Monthly Bday Party with Toni Macaroni, DR  | 21 9:15 Exercise: Walking Club, AR 10:00 Bingo with Funny Money, AR 11:00 Harris Jewelry, AR 2:00 Retail Cabinet, AR 3:00 Chair Volleyball, AR  | 22 EARTH DAY 9:30 Exercise, AR 10:00 Ask a Nurse, AR 10:45 Chef/Resident Meeting, AR 2:30 Earth Day Planting, P 3:30 Jelly Bean Day: Come Have Some Jelly Beans, AR 7:00 Movie Night, MT | 23 Wear Red Day 9:30 Chair Yoga with Caleb, AR 10:00 Bingo with Prizes, AR 11:00 Lunch Outing: Blue Goose, B 2:00 Trip to Walmart, B 2:30 New Resident Meeting, AR | 24 9:30 Exercise Class with Kaitlyn, AR 2:00 Bingo with Funny Money, AR 3:00 Movie Matinee, MT 3:00 Hot Dogs with Sterling, AR  |
| 25 9:00 Sunday Service, MT 3:00 Classic Movie Sunday: “Citizen Kane,” MT 4:00 Wii Bowling, AR  | 26 9:30 Exercise, AR 10:00 Bingo with Prizes, AR 10:00 Trip to Walmart, B 2:30 Brain Game: Hot Seat, AR | 27 9:30 Exercise with Caleb, AR 11:00 Puzzle Packs, AR 11:00 Bible Study, CH 12:00 Babe Ruth Day: Come Get a Baby Ruth!, AR 2:30 Creative Arts: Red Hat, AR 7:00 Movie Night, MT | 28 9:15 Exercise: Walking Club, AR 10:00 Bingo with Funny Money, AR 10:00 Mini Mall Event, P 2:00 Retail Cabinet, AR 3:00 Chair Volleyball, AR | 29 9:30 Exercise, AR 10:00 Ask a Nurse, AR 10:30 Caramel Apples, AR 2:00 Trip to Walmart, B 2:45 Jeopardy with Jamie, AR 7:00 Movie Night, MT | 30 Wear Red Day 9:00 Fort Worth Log Cabin Village, B 9:30 Chair Yoga with Caleb, AR 10:00 Bingo with Prizes, AR |  |



It's Bluebonnet Season

Bluebonnets were named Texas' official state flower in 1901.

Bluebonnets usually spring up at the end of March and stay around until May.

Each floret on the bluebonnet plant looks like a small bonnet.

There are six varieties of bluebonnets in Texas and all of their official names start with the word LUPINOS.

The bluebonnet is both a perennial and an annual plant, and thrives in warmer weather.

The common variety has vivid royal blue flowers, while the florets have white tips.

“Though the blooms depend much on the rainfall, there's never been a bluebonnet season that I haven't seen here in Texas. So rest assured, our beloved state flower will poke itself out long enough and vibrant enough for you to enjoy and snap photos of your loved ones jumping and frolicking in the midst of them. If you want to pick a few, bring along something to put them in and leave the rest so they can grow next year. Also, note that it is not okay to pull over to pick flowers on private property.” — Kim's fun fact, travelawaits.com

Cedar Hill State Park in Dallas County is listed as the number one place to see bluebonnets. Minutes from Dallas, this wonderful state park is known for great hiking and biking in rolling tallgrass prairie. But it's even nicer to hike, bike, run or walk among the beautiful bluebonnets in North Texas. And, where there are bluebonnets, there are also bluebirds!

We are taking a busload of residents to Ennis, Texas to see the bluebonnets on their marked trails on April 14th. We will post our pictures of that trip next month.



Skin Softening Hand Scrub

- 1 cup white sugar
- 1/3 cup Dawn hand renewal dish soap

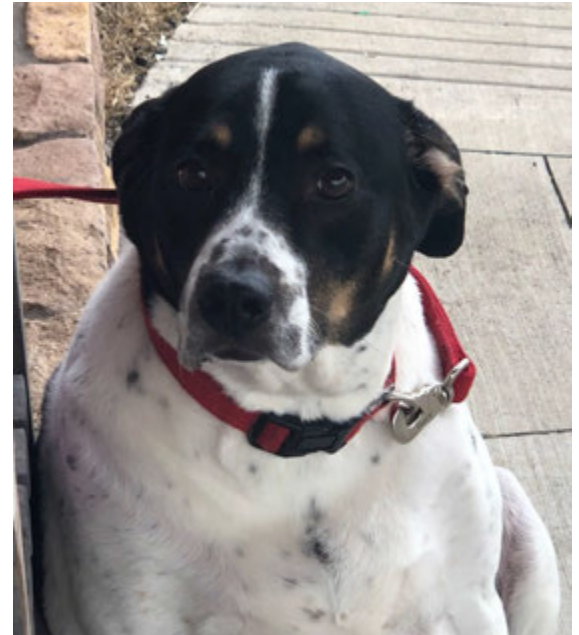
We made this hand scrub the week of our terrible winter storm — perfect timing! We loved it and all the residents asked for the “recipe.” We combined everything together thoroughly, poured them into little mason jars and everyone had one to bring home. I am still getting feedback from the residents on how great their hands feel so, why not share the recipe? Scoop out about a dime sized amount and scrub — wash it all off with warm water and feel the difference. Your hands will thank you!





Pet Corner

Our Pet of the Month this month is one of our newest residents here at Alexis Estates. His name is Jake and he is a doll! Jake is an 8 year old, 70 pound Labrador Retriever mix and he loves his mama! Jake's mom, Linda, got Jake when he was only 2 months old. Linda was at Petsmart when she saw a lady that she knew who was running the Pet Adoption that day. Linda had recently lost her dog and wasn't ready for another dog just yet. Well, her friend said, "I have the perfect dog for you!" Linda said that she told her she wasn't ready but, her friend insisted and disappeared to go "fetch" this dog. She came back holding this 2-month-old precious little guy and that was it! Jake found his "forever" home that day with Linda. Jake is a big sweetie! He loves his horse and frog toys, and he loves their balcony. Jake spends hours a day sitting outside on their balcony, watching people (and dogs) come and go and walk around our community. This is Jake's first time in apartment living and he has done great! He rarely barks, and rides the elevator flawlessly with no fear or anxiety at all. He listens really well and loves to be pet. If you see sweet Jake around the community, be sure to stop and say "hi" to him and his mom, Linda!



We have a greeter! Jake was sitting with his mom by the front door welcoming everyone in!

Easter Fun Facts and Giggles

- After Halloween, Easter is the top-selling candy holiday.
- Easter always occurs between March 22nd and April 25th.
- More than 90 million chocolate Easter bunnies are manufactured each year.
- As of the writing of this article, the largest chocolate Easter Egg was created in Tosca (Italy). It weighed 15,873 lbs., 4.48 oz., and had a circumference of 64 ft., 3.65 in. at its widest point.
- The most famous Easter parade is held in New York.
- Americans consume over 16 million jellybeans on Easter, enough to circle the globe more than three times.
- In some European countries, other animals — in Switzerland the cuckoo, in Westphalia the fox — brought the Easter eggs.
- Households spend on average \$131 on Easter each year, with \$14.7 billion spent total.

Why did the Easter egg hide?

Because he was a little chicken.



What do you call a bunny with fleas?

Bugs bunny.

Why did the Easter Bunny cross the road?

Because the chicken had his eggs!

What do you call a line of rabbits jumping backwards?

A receding hare-line.

How do you make a rabbit stew?

Make it wait for three hours!

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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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