



## RESIDENT SPOTLIGHT

### RUTH ROURK

During the past few weeks, I've had some incapacitating health problems including a few days in the hospital. Whenever I've needed help—transportation, groceries, potty breaks for Lulu, help with wound dressing—there have been wonderful Presidium Friends who have gone out of their way to help but I won't mention the names of these angels for fear I would forget to mention one of the them, but believe me, they have been amazing!

From the bottom of my heart—I THANK YOU! I've formed deeper relationships with all of you, learned your 'stories' and been blessed by you in many ways.

I have wondered many times if I made the right decision to sell my home in March 2022 to move here. Without a doubt it was a decision blessed by God!



### New Residents!

Marlene O'Day  
Eldon Martin  
Connie Walters

## Happy Birthday!

Margaret Alderman	Frances LoMonaco
Jan Oldenbittel	Hank Flores
Mack Sanford	Larry Dunham
Shirley Bruce	Patricia Mims
Sharon Limbert	Dee Waletzki
Sharon Parker	Marilyn Perdew
JoAnn Bunel	Charles Jones
Susan Waterman	Bob Boisseau
Myrna Jackson	Juanita Yager
Pat Sedam	Mary Tidd
Joseph Switzer	John Parfitt
Jan Irvin	Dorothy Woolweaver
Sandra Hall	Cecilia Montero
Debra Howard	

**TUESDAY, September 19 1:30 pm LR**

★ HARRIS JEWELRY REPAIR

★ RIDE SERVICES

RUSSELL WHITE 972-838-3440

[WHITE.RUSSELLK@GMAIL.COM](mailto:WHITE.RUSSELLK@GMAIL.COM)

Trina—Hairdresser—Fridays

Lina—Thursdays  
Nails & Pedicures

Salon Hours 9a-3p

**The Salon 214.705.1159**

**LUNCHES BY CHEF**

**ANGELA**

Chef Angela of Frisco Catering by Angela will provide a "hot" lunch Monday through Friday. Complete the form and include a check or exact cash (no change will be made) and drop in catering box on wall in mail room. The meal is delivered daily in a to-go box at 11:45 am to the Family Room. Enjoy!



# PRESIDIUM AT EDGESTONE

## SEPTEMBER 2023 Community News & Events



Join us for a  
**FAREWELL**  
hosted by  
**Bev & Gaylon**  
**Mexican Lunch**  
September 9  
12 pm Longhorn Room



 **RELIANT AT HOME™**  
Home Health • Hospice • Caregivers • Rehab

&

 **Caring**  
Senior Service  
Healthy. Happy. Home.

**HEALTH TALK**

Home Health vs Hospice

September 14—2 pm

LONGHORN ROOM



**Crafts Fair**

(residents & outside vendors)

October **26th** 1-4 pm

### EMERGENCY NUMBERS

Emergency Police & Fire— 9-1-1

Non-Emergency— 972-292-6010

After Hours **Emergency**—214-705-1707 - Hit #3

### Staff serving Presidium at Edgestone

Patricia Mims—Community Director  
Laurie Combs—Resident Coordinator  
Victor Colon—Lead Maintenance  
Pedro Pantarolo—Assistant Maintenance  
Laura Parada Medina—Housekeeper  
Debra Howard—Leasing

### Others serving

Coleen Brandt—Resident Ambassador  
Bev & Gaylon Anderson—Apartment Life Team

### Patricia's Corner

Presidium is not just a building, not just a community but a family! In the last three years, the friendships that have developed are truly a blessing and so great to witness. As Ruth Rourk expressed in the Resident Spotlight, Presidium friends have gone out of their way to help one another. Each person comes from different backgrounds with different stories but how nice is it to know there are such wonderful people here to help when needed! I feel blessed every day to be part of this wonderful family!

Speaking of friends and family, we will miss Bev and Gaylon but wish them well. We will miss their friendship, kindness, and their contribution to the activities!

"There are friends, there is family, and then there are friends that become family."

Love to All!


5857 LEGACY DRIVE FRISCO TX 75034

OFFICE 214.705.1707

MONDAY—FRIDAY 9:00 AM TO 5:30 PM

SATURDAYS 10:00 AM TO 5:00 PM

[HTTPS://PRESIDIUMATEDGESTONE.COM](https://presidiumatedgestone.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FMR=FAMILY ROOM TH=THEATER LB=LIBRARY LR=LONGHORN ROOM P=POOL GR=GRAND ROOM HW=HEALTH & WELLNESS CH=CONCERT HALL ACR=ART & CRAFT ROOM FR=FITNESS ROOM GMR=GAME ROOM PV=PAVILLION FR=FRONT LOBBY						
SEPTEMBER 2023			EMERGENCY NUMBERS Emergency Police & Fire— 9-1-1 Non-Emergency— 972-292-6010 After Hours Emergency #214-705-1707 - Hit #3		1 <ul style="list-style-type: none"><li>9a-3p Salon (Hair) 214-705-1159</li><li>9:30a Continental Breakfast FMR</li><li>10a-3p Massage w/Shari 214-676-6962 HW</li><li>11a Yoga TH</li></ul> BD Margaret Alderman	2
3 OFFICES CLOSED <ul style="list-style-type: none"><li>10:45a Non-denominational streaming church service LR</li></ul> BD Mack Sanford, Debra Howard & Shirley Bruce	4 OFFICES CLOSED  BD Sharon Limbert & Sharon Parker	5 <ul style="list-style-type: none"><li>9:30a Continental Breakfast FMR</li><li>10a Strength &amp; Balance TH</li><li>10:15a Reliant Blood Pressure Checks LR</li><li>11a Strength &amp; Balance TH</li><li>1p Presidium Quilt &amp; Sewing Group ACR</li><li>2:00p RUMMIKUB LR</li><li>7p CRIBBAGE LR</li></ul>	6 SHUTTLE—Shopping (SIGN UP IN MAIL ROOM) <ul style="list-style-type: none"><li>9:30a Continental Breakfast FMR</li><li>10a-12p Nurse Practitioner- (sign up for appointment only) HW</li><li>3p Massage w/Shari 214-676-6962 LR</li><li>4p BINGO LR/GR</li></ul> BD JoAnn Bunel	7 <ul style="list-style-type: none"><li>9a-3p Salon (Nails, Pedicures) 214-705-1159</li><li>9:30a Continental Breakfast FMR</li><li>10a Strength &amp; Balance TH</li><li>11a Strength &amp; Balance TH</li><li>7p CRIBBAGE LR</li></ul> BD Susan Waterman	8 <ul style="list-style-type: none"><li>9a-3p Salon (Hair) 214-705-1159</li><li>9:30a Continental Breakfast FMR</li><li>10a-3p Massage w/Shari 214-676-6962 HW</li><li>11a Yoga TH</li><li>2p Art Class ACR</li></ul>	912p Mexican Lunch hosted by Bev & Gaylon and Mariachi music LR/GR
10 OFFICES CLOSED <ul style="list-style-type: none"><li>10:45a Non-denominational streaming church service LR</li></ul> BD Myrna Jackson	11 <ul style="list-style-type: none"><li>9:30a Continental Breakfast FMR</li><li>11a BIBLE STUDY w Dee Hill GR</li><li>11a Water Aerobics P</li><li>2p HAND &amp; FOOT LR</li></ul>	12 <ul style="list-style-type: none"><li>9:30a Continental Breakfast FMR</li><li>10a Strength &amp; Balance TH</li><li>11a Strength &amp; Balance TH</li><li>2:00p RUMMIKUB LR</li><li>7p CRIBBAGE LR</li></ul> BD Pat Sedam, Joseph Switzer, & Jan Irvin	13 NO SHUTTLE <ul style="list-style-type: none"><li>9:30a Continental Breakfast FMR</li><li>10a-12p Nurse Practitioner- (sign up for appointment only) HW</li><li>3p Massage w/Shari 214-676-6962 LR</li><li>4p BINGO LR/GR</li></ul>	14 <ul style="list-style-type: none"><li>9a-3p Salon (Nails, Pedicures) 214-705-1159</li><li>9:30a Continental Breakfast FMR</li><li>10a Strength &amp; Balance TH</li><li>11a Strength &amp; Balance TH</li><li>2p Health Talk-Home Health vs Hospice by Reliant Home Health LR/GR</li><li>5:30p BUNCO LR</li><li>7p CRIBBAGE LR</li></ul> BD Sandra Hall	15 <ul style="list-style-type: none"><li>9a-3p Salon (Hair) 214-705-1159</li><li>9:30a Continental Breakfast FMR</li><li>10a-3p Massage w/Shari 214-676-6962 HW</li><li>11a Yoga TH</li></ul> BD Frances LoMonaco	16
17 OFFICES CLOSED <ul style="list-style-type: none"><li>10:45a Non-denominational streaming church service LR</li></ul>	18 <ul style="list-style-type: none"><li>9:30a Continental Breakfast FMR</li><li>11a Bible Study w Dee Hill GR</li><li>11a Water Aerobics P</li><li>2p HAND &amp; FOOT LR</li></ul> BD Hank Flores	19 <ul style="list-style-type: none"><li>9:30a Continental Breakfast FMR</li><li>10a Strength &amp; Balance TH</li><li>10:15a Reliant Blood Pressure Checks LR</li><li>11a Strength &amp; Balance TH</li><li>1:30p Harris Jewelry Repair LR</li><li>2:00p RUMMIKUB LR</li><li>7p CRIBBAGE LR</li></ul> BD Larry Dunham, Patricia Mims, Dee Waletzki	20 NO SHUTTLE <ul style="list-style-type: none"><li>9:30a Continental Breakfast FMR</li><li>10a-12p Nurse Practitioner- (sign up for appointment only) HW</li><li>3p Massage w/Shari 214-676-6962 LR</li><li>4p BINGO Hosted by Reliant Home Health &amp; Caring Senior Services LR/GR</li></ul>	21 <ul style="list-style-type: none"><li>9a-3p Salon (Nails, Pedicures) 214-705-1159</li><li>9:30a Continental Breakfast FMR</li><li>10a Strength &amp; Balance TH</li><li>11a Strength &amp; Balance TH</li><li>7p CRIBBAGE LR</li></ul>	22 <ul style="list-style-type: none"><li>9a-3p Salon (Hair) 214-705-1159</li><li>9:30a Continental Breakfast FMR</li><li>10a-3p Massage w/Shari 214-676-6962 HW</li><li>11a Yoga TH</li></ul>	23BD Marilyn Perdew & Charles Jones
24 OFFICES CLOSED <ul style="list-style-type: none"><li>10:45a Non-denominational streaming church service LR</li></ul> BD Bob Boisseau	25 <ul style="list-style-type: none"><li>9:30a Continental Breakfast FMR</li><li>11a Bible Study w Dee Hill GR</li><li>11a Water Aerobics P</li><li>2p HAND &amp; FOOT LR</li></ul>	26 <ul style="list-style-type: none"><li>9:30a Continental Breakfast FMR</li><li>10a Strength &amp; Balance TH</li><li>11a Strength &amp; Balance TH</li><li>2:00p RUMMIKUB LR</li><li>7p CRIBBAGE LR</li></ul>	27 SHUTTLE– Lunch at First Watch 10:15a (SIGN UP IN MAIL ROOM) <ul style="list-style-type: none"><li>9:30a Continental Breakfast FMR</li><li>10a-12p Nurse Practitioner- (sign up for appointment only) HW</li><li>3p Massage w/Shari 214-676-6962 LR</li><li>4p BINGO LR/GR</li></ul> BD Juanita Yager	28 <ul style="list-style-type: none"><li>9a-3p Salon (Nails, Pedicures) 214-705-1159</li><li>9:30a Continental Breakfast FMR</li><li>10a Strength &amp; Balance TH</li><li>11a Strength &amp; Balance TH</li><li>11:30a Medicare Update-Pam Taylor “Pizza” LR/GR SIGN UP IN MAIL ROOM)</li><li>7p CRIBBAGE LR</li></ul> BD Mary Tidd & John Parfitt	29 <ul style="list-style-type: none"><li>9a-3p Salon (Hair) 214-705-1159</li><li>9:30a Continental Breakfast FMR</li><li>10a-3p Massage w/Shari 214-676-6962 HW</li><li>11a Yoga TH</li></ul>	30 <ul style="list-style-type: none"><li>4p Happy Hour- drinks provided bring appetizer LR/GR SIGN UP IN MAIL ROOM</li></ul> BD Dorothy Woolweaver & Cecilia Montero