

THE Garnet of Casa Grande Lifestyle

ASSISTED LIVING COMMUNITY
510 E 8th Street · Casa Grande, AZ 85122 · (520) 876-4200

JANUARY 2024

Garnet Super Star



Justin Elam

Justin has been a Caregiver here at The Garnet for 5 years now and is actually the Lead Caregiver for the Care Staff. Everyone knows and loves Justin. He definitely makes a huge difference here at The Garnet and we would be lost without him. Our residents are confident that when Justin walks into the room they will be receiving the utmost care and attention. He is always happy and upbeat while playfully kidding around with one of the residents or staff members. This is no easy

task as Justin works very hard. He and the other caregivers work very long hours to ensure that all of our residents are well cared for and safe. He will even work extended shifts and several days at a time to ensure that the residents' needs are being met. Everyone loves his energy. He laughs, jokes, and goofs with everyone, all the while taking care of the residents with the professionalism that the residents and staff respect. Don't let his jovial nature fool you, he knows what needs to be done and is on top of the tasks at hand. Justin is very professional under his kidding around. What Justin loves most about working at The Garnet is the residents. He enjoys hearing all the wonderful things that they have lived through and experienced in their lives. When Justin has time off, he loves spending time with his daughter, Skyla. Skyla is 5 years old and she is the brightest star in Justin's life. All his extra time goes to her. However, when there is a small slice of time left just for him, Justin enjoys unwinding with a drink and some friends. Thank you for all that you do Justin! We Appreciate You!



Silver Star Resident



Jeri Andreas

Jeri Andreas is one of our newer residents to The Garnet family. She has only lived with us for 2 months, but she just loves it here. She feels right at home and most importantly, Jeri feels safe here. It is comforting to her to know that there are caring staff and residents here with her. Jeri moved here because she was living in Nebraska alone, while her daughter was living here in Casa Grande. Her daughter

was having to fly back and forth to assist and care for Jeri. Finally, Jeri had an incident and ended up in the hospital. There at the end of her bed was her daughter, son-in-law and grandson. "You are going to move to Arizona with us," they told her and that's what she did. How she actually got to The Garnet goes back a little further, however. In 1985 Jeri came out here for a visit with her family and they scheduled an appointment to come and tour The Garnet. Jeri loved The Garnet. It looked like a Hollywood Mansion to her. But in the end, she just wasn't ready to give up her independence just then. Well, fast forward and here it is 2023 and she needs to find somewhere to live in Arizona to live near her daughter. Guess where she wanted to go—That's Right! The Garnet of Casa Grande!

Welcome Home Jeri and thank you for all you do!




JANUARY 2024

IT'S OUR PLEASURE TO SERVE YOU....

The 2024 New Year is Here! Let's start this year off with a Healthy Bang! That includes Senior Loneliness! Let's try to help ourselves and our friends to beat this debilitating sickness. Here are some ways to try and overcome Senior Loneliness:
 *Smile- Even When It Feels Hard.
 *Invite Friends for Tea or to Sit with you at Lunch.
 *Keep In Touch With Friends and Loved Ones By Phone.
 *Learn to Use and Love Computers- Find Game Friends.
 *Get Involved in The Garnet Activities Daily.
 *Keep a Journal or Diary- Fill it in Daily with Something New.
 *Get Out & Socialize. Staying Connected helps you feel less alone.
 *Help Other Seniors having a hard time with loneliness. The best way to stay healthy is to lend a hand to someone in need.

**"And now let us believe in a long year that is given to us, new, untouched, full of things that have never been."
 —Rainer Maria Rilke**

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	New Year's Day 1 8:30 Morning Workout 10:00 Quarter Bingo 12:30 Movie Time 2:30 Creative Coloring & Puzzles	2 8:30 Morning Workout 10:00 Uno Cards 1:00 Dog Therapy with Daisy 2:30 Happy Hour-Entertainment	3 8:30 Walmart 10:00 Free Bingo 1:00 Uno Cards 2:30 Checkers & Longmire Series 5:30 Movie Time	4 8:30 Morning Workout 10:00 Sports Day 1:00 Uno Cards 2:30 Dominos	5 8:30 Morning Workout 10:00 Dominos 1:00 Presentation: Fall Prevention 2:30 Game of the Day 5:30 Movie Time	6 10:00 Quarter Bingo 1:00 Mexican Train 2:00 Family Feud 3:00 Game of the Day
7 10:00 Family Feud 12:30 Movie Time 2:30 Church at The Garnet 5:00 Creative Coloring & Puzzles	8 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Craft Day 2:30 Uno Cards 5:00 Family Feud	9 8:30 Morning Workout 10:00 Uno Cards 1:00 Dog Therapy with Daisy 2:30 Happy Hour	10 8:30 Walmart 10:00 Free Bingo 1:00 Dominos 2:30 Checkers & Longmire Series 5:30 Movie Time	11 8:30 Morning Workout 10:00 Concentration 1:00 Presentation: Music Trivia 2:30 Hangman	12 8:30 Morning Workout 10:00 Wii Games 1:00 Longmire Series & Checkers 2:30 Creative Coloring & Puzzles 5:30 Movie Time	13 10:00 Quarter Bingo 1:00 Skip-Bo Cards 2:00 Rummy Cards 3:00 Game of the Day
14 10:00 Mexican Train 12:30 Movie Time 2:30 Church at The Garnet 5:00 Creative Coloring & Puzzles	Martin Luther King Jr. Day 15 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Craft Day 2:30 Dominos 5:00 Mind Games	16 8:30 Morning Workout 10:00 Skip-Bo Cards 1:00 Presentation: Brain Games 2:30 Happy Hour	17 8:30 Walmart 10:00 Free Bingo 1:00 Presentation: Movie Trivia 2:30 Checkers & Longmire Series 5:30 Movie Time	18 8:30 Morning Workout 10:00 Uno Cards 1:00 Resident Council Meeting 2:30 Family Feud	19 8:30 Morning Workout 10:00 Wii Games 1:00 Dominos 2:30 Longmire Series & Checkers 5:30 Movie Time	20 10:00 Quarter Bingo 1:00 Family Feud 2:00 Dominos 3:00 Game of the Day
21 10:00 Uno Cards 12:30 Movie Time 2:30 Church at The Garnet 5:00 Creative Coloring & Puzzles	22 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Resident Birthday Party 2:30 Family Feud 5:00 Mind Games	23 8:30 Morning Workout 10:00 Mexican Train 1:00 Creative Coloring & Puzzles 2:30 Happy Hour-Entertainment	24 8:30 Walmart 10:00 Free Bingo 1:00 Corn Hole 2:30 Checkers & Longmire Series 5:30 Movie Time	25 8:30 Morning Workout 10:00 Hangman 1:00 Skip-Bo Cards 2:30 Dominos	26 8:30 Morning Workout 10:00 Chair Volleyball 1:00 Skip-Bo Cards 2:30 Game of the Day 5:30 Movie Time	27 10:00 Quarter Bingo 1:00 Uno Cards 2:00 Rummy Cards 3:00 Game of the Day
28 10:00 Mexican Train 12:30 Movie Time 2:30 Church at The Garnet 5:00 Creative Coloring & Puzzles	29 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Craft Day 2:30 Concentration 5:30 Movie Time	30 8:30 Morning Workout 10:00 Uno Cards 1:00 Creative Coloring & Puzzles 2:30 Happy Hour	31 8:30 Walmart 10:00 Free Bingo 1:00 Chair Volleyball 2:30 Checkers & Longmire Series 5:30 Movie Time	<p>COLOR KEY</p> <ul style="list-style-type: none"> CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT <p>All Events are Subject to Change</p>		<p><i>Today is the Perfect DAY to be Happy</i></p> 

Happiness

As the 2024 New Year begins, we begin to ponder what it is that we want to accomplish this year. What do we want to get out of this year? Well, I have the answer—Happiness! I know it sounds simplistic, but you would be surprised. It can be a real challenge to be Happy every day, all the time! Happiness is medicine. Studies show that as your Happiness level increases you begin to feel energized, which leads to confidence and self-esteem. People respond to positivity and confidence. As you become a Happier person, people will begin to gravitate to your positive energy and your social circle will begin to grow. Happiness is Contagious! Happiness will help you feel better and stronger. You will begin to see things in your life in a new light. You begin to breathe easier, relax more deeply, sleep sounder. You start enjoying yourself and others more fully. Happiness is a habit that we decide to build in ourselves. The more we work on building this positive habit, the more ingrained it will become. We have to work on building that habit to start with. Start by smiling every day, and after a while you won't have to remember to smile, you just will. In closing, I would like to leave you with a quote from Robert Louis Stevenson, "There is no duty we so much underrate as the duty of being Happy." What a Great Quote- Just Be Happy- You Deserve it!

"I Have A Dream" Aug. 28, 1963



Martin Luther King Jr.

freedom together knowing that we will be free one day. This will be the day when all of God's children will be able to sing with new meaning "My country 'tis of thee, sweet land of liberty, of thee I sing... Let freedom Ring!" If America is to be a great nation, this must become true. So let freedom ring from the hilltops of New Hampshire, to the mighty mountains of New York, from the Alleghenies of Pennsylvania, to snow-capped Rockies of Colorado, to the Slopes of California. Let freedom ring from the Stone Mountains of Georgia, to every hill of Mississippi & every mountainside. We will let freedom ring, from every state & city. We will be able to speed up that day when all of God's children black men & white men, Jews & Gentiles, Protestants & Catholics, will be able to join hands & sing the words of the old spiritual, "Free at last, free at last. Thank God Almighty, we are free at last!"

"I have a dream that one day every valley shall be engulfed, every hill shall be exalted, every mountain shall be made low, the rough places will be made plains, & crooked places will be made straight. The glory of the Lord shall be revealed & all flesh shall see together. This is our hope. This is the faith that I will go back to the South with. From this faith we will be able to hew out a stone of hope from a mountain of despair. With this faith we will transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, go to jail together, to climb up for



January Birthdays

1/7 Larry Williams
1/16 Philomane Soloman
1/17 Esther Davidson
1/24 Marceline Dyer
1/28 Gene Karls



Welcome New Residents

Rm # 107 Betty Cowling
Rm # 112 Eugene Baumgartner
Rm # 117 Joan Canuel
Rm # 208 Colleen Swenson



Winnie The Pooh Day - Jan. 18

This has to be the Cuddliest Holiday around! Winnie the Pooh Day is celebrated nationally on the Author A. A. Milne's Birthday. Winnie the Pooh will officially be 98 years old. His first publication was in 1926 in the Evening Post Christmas Story. This is where Pooh was officially introduced by Christopher Robin. However, Pooh made his world-famous debut when Disney actually took possession of the Winnie The Pooh Collection in 1953 and became the character that we all love today. Pooh was teamed up with all his pals, Rabbit, Tigger, Eeyore, Piglet, Owl, and of course Christopher Robin.