

THE Garnet of Casa Grande Lifestyle

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

MAY 2023

Heart Hero of the Month



Dusty Hatton

Dusty is our evening Concierge here at The Garnet. She is our newest staff member among the Concierge staff. Even though she has only been here for a couple months, Dusty is well known and very well liked by all of the residents. Dusty will actually come up and play games with us when she has some down time or will assist with activities as needed.

She is a favorite visitor for the

residents during Activities. Her favorite activity to play with the residents is Uno Cards, because she likes the challenge and enjoys interacting with people. Since she does sit up front, playing Uno with the residents gives her an opportunity to connect with people on a one-on-one basis. Prior to working at The Garnet, Dusty was a stay-home care giver to her sister, who unexpectedly ended up briefly paralyzed. So, Dusty quit her then job as a Manager, where she had resided for six years, to stay home and help rehabilitate her sister. As her sister began to become more independent, and needed less and less assistance, Dusty decided it was time for her to join the workforce once again. That is how we became so lucky to be able to have her here with us at The Garnet. Dusty had actually never worked in an Assisted Living environment before other than helping with her sister. She has really enjoyed it here and likes what she is doing.

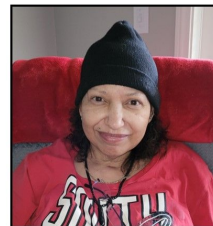
Dusty lives with her two sisters, Lindsey and Marah, and her two nieces, who are two years and five years old.

When you see Dusty in the hallway, in the Bingo room, or up at the front Concierge desk, remember to congratulate Dusty on the Great Job that she does for all of us.

Congratulations, Dusty, for being our Heart Hero!



Silver Star Resident



Karina Hartel

Karina has been a resident of The Garnet family for the past 5 months. She previously lived in a group home that closed down and left her with nowhere to live. That is when she moved into The Garnet.

Fun Fact: Karina is actually the youngest resident here at The Garnet. She really likes it here, because the building is very

nice and always very clean. She describes the Building as Beautiful and likes that there are double doors at the front of the building. The other residents and staff have been very welcoming and nice to her. Karina is the mother of three children and two grandchildren. Her oldest daughter, Tianna, is the mother of her 12-year-old granddaughter and 7-year-old grandson. Karina's middle daughter, Tanita, is in the Army and is currently stationed in Germany. Karina is a very Proud Army Mom! Finally, there is a very handsome young man named Tre'jen. These are Karina's "Triple Ts."

For the most part, Karina is a bit of a loner who spends the bulk of her day sleeping, watching TV, lifting her little weights, or just hanging out. She really enjoys TV the most. Karina does go out at Dinnertime though. This is her social time to catch up with a couple of the other residents who also frequent the "To Go" table in the Dining Room. Congratulations, Karina, for being our Silver Star Resident for the Month of May.



MAY 2023

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

A Word From Your Leadership Team... Smile! it's contagious!
Have you ever had a really bad day? Then you look over and see someone that has a warm and inviting Smile on their face and you instantly start to smile yourself. That is the power of Smiling! Smiling is Contagious!
Sometimes we need to spend time with our Friends to set our tone right for the day. Everyone needs a little happiness and laughter in their lives. That is what the power of smiling does for us. When we smile, it actually activates the release of neuropeptides, neurotransmitters, dopamine, endorphins and serotonin into our bodies. These properties help decrease stress levels, relax the body, lower heart rate, blood pressure, and serve as an antidepressant/mood lifter. Feeling good is always a good thing!
(Penn State University)

**"Keep a green tree in your heart and perhaps the singing bird will come."
—Chinese proverb**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Ping-Pong, Billiards, Checkers 2:30 Family Feud 5:30 Mind Games	2 8:30 Morning Stretching 10:00 Craft Day 1:00 Creative Coloring 2:30 Happy Hour	3 8:30 Walmart 10:00 Free Bingo 1:00 Chair Volleyball 2:30 Uno Cards 5:30 Movie Time	4 8:30 Morning Workout 10:00 Hangman 1:00 Sports Day 2:30 Uno Cards	5 8:30 Morning Workout 10:00 Pretty Nails 1:00 Mexican Train 2:30 Skip-Bo Cards 5:30 Movie Time	6 10:00 Quarter Bingo 1:00 Rummy Cards 2:30 Mexican Train 3:30 Hangman
7 8:30 Church Out- Sign up in Lobby† 10:00 Rummy Cards 12:30 Movie Time 2:30 Church at The Garnet† 3:30 Creative Coloring	8 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Chair Volleyball 2:30 L- C- R 5:30 Mind Games	9 8:30 Morning Stretching 10:00 Craft Day 1:00 Creative Coloring 2:30 Happy Hour	10 8:30 Walmart 10:00 Free Bingo 1:00 Game of the Day 2:30 Mind Games 5:30 Movie Time	11 8:30 Morning Workout 10:00 L- C- R 1:00 Choir Practice 2:30 Uno Cards	12 8:30 Morning Workout 10:00 Pretty Nails 1:00 Skip-Bo Cards 2:30 L- C- R 5:30 Movie Time	13 10:00 Quarter Bingo 1:00 5 Crowns Cards 2:30 Mind Games 3:30 Skip-Bo Cards
14 8:30 Church Out- Sign up in Lobby† 12:30 Movie Time 2:30 Church at The Garnet† 3:30 Creative Coloring	15 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Sports Day 2:30 L- C- R 5:30 Mind Games	16 8:30 Morning Stretching 10:00 Craft Day 1:00 Creative Coloring 2:30 Happy Hour	17 8:30 Walmart 10:00 Free Bingo 1:00 Game of the Day 2:30 Hangman 5:30 Movie Time	18 8:30 Morning Workout 10:00 Sports Day 1:00 Resident Council Meeting 2:30 Uno Cards	19 8:30 Morning Workout 10:00 Pretty Nails 1:00 Uno Cards 2:30 Mexican Train 5:30 Movie Time	20 10:00 Free Bingo 1:00 Skip-Bo Cards 2:30 Mexican Train 3:30 Rummy Cards
21 8:30 Church Out- Sign up in Lobby† 12:30 Movie Time 2:30 Church at The Garnet† 3:30 Creative Coloring	22 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Chair Volleyball 2:30 L- C- R 5:30 Mind Games	23 8:30 Morning Stretching 10:00 Craft Day 1:00 Creative Coloring 2:30 Happy Hour	24 8:30 Walmart 10:00 Free Bingo 1:00 Game of the Day 3:00 Town Hall Meeting 5:30 Movie Time	25 8:30 Morning Workout 10:00 Ping-Pong, Billiards, Checkers 1:00 Choir Practice 2:30 Uno Cards	26 8:30 Morning Workout 10:00 Pretty Nails 1:00 Ping-Pong, Billiards, Checkers 2:30 L- C- R 5:30 Movie Time	27 10:00 Quarter Bingo 1:00 Rummy Cards 2:30 Mexican Train 3:30 Game of the Day
28 8:30 Church Out- Sign up in Lobby† 12:30 Movie Time 2:30 Church at The Garnet† 3:30 Creative Coloring	Memorial Day 29 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Ping-Pong, Billiards, Checkers 2:30 L- C- R 5:30 Mind Games	30 8:30 Morning Stretching 10:00 Craft Day 1:00 Creative Coloring 2:30 Happy Hour	31 8:30 Walmart 10:00 Free Bingo 1:00 Game of the Day 2:30 L- C- R 5:30 Movie Time			<ul style="list-style-type: none"> Connect Contribute Feel Grow Move Reflect



HAPPY BIRTHDAY!!

- 5/1 Karina Hartel
- 5/17 Herald Willard
- 5/23 Rhea Woosley
- 5/29 Anne Miller
- 5/29 Marge Dickman



New Residents

Elaine Burton #244



Easter At The Garnet



A MOTHER'S DAY PRAYER FOR YOU

I said a Mother's Day prayer for you
 to thank the Lord above for blessing me with a lifetime of your tenderhearted love. I thanked God for the caring you've shown through the years,
 for the closeness we've enjoyed in time of laughter and of tears.
 And so, I thank you from the heart for all you've done for me, and I bless the Lord for giving me the best mother there could be!



The History of Mother's Day

Mother's Day is a Holiday honoring motherhood that is observed in different forms throughout the world. In the United States, Mother's Day will occur on Sunday, May 14, 2023. The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. Holiday in 1914. Jarvis eventually denounced the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar. While dates and celebrations vary, Mother's Day traditionally involves presenting moms with flowers, gifts, and cards.