

THE Garnet of Casa Grande Lifestyle

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

JUNE 2023

Heart Hero of the Month



Deondria (Dee) Boone

Deondria, or "**Dee**" as everyone knows her by, has been a server here at The Garnet for 4 months. She is a key member of the serving and kitchen staff and works really hard. You can always find her laughing and joking with the Residents—who love her! She likes to describe herself as a "*Fun Sized Ball of Joy!*" Dee is a Happy and Perky person, who really

enjoys what she does. Dee always has a smile on her face and jumps in to help with whatever is needed to assist the serving/kitchen staff. Her favorite parts of being a server are making sure that the residents have everything that they need, and that they are happy. Dee really loves talking and joking with the residents. She truly loves to hear about the stories in their lives, and all the amazing things that they have done and accomplished in their lifetimes thus far! Dee also really enjoys working for her new Dining Director, Daniel. Having Daniel here has made a big impact in the kitchen/dining department—for the good—which in turn, has made Dee's job easier and more manageable.

When Dee is not working hard here at The Garnet, she is at home... Sleeping! She enjoys being able to sleep as long as she wants! Dee lives with her parents and her 11-year-old daughter, Trinity. She and Trinity enjoy spending time together, as well as doing arts and crafts. Dee has a small social group that she enjoys spending time with. She enjoys going to small clubs and listening to entertainers. Dee also spends her off time doing crochet. She enjoys sewing, but only works on small things so far. She has made a pillowcase and is currently working on a blanket.

When you see Dee next time, stop and thank her for the awesome job that she does here for all of us! Then congratulate her for being our Heart Hero for the Month of June!

Congratulations, Dee!

Star Resident



Elaine Burton

Elaine is one of our newer residents here at The Garnet Family: she has lived here for 3 months. Elaine lived here once before for a brief time, but left here to live with her daughter, Jackie, and husband, John, for six years. Once she needed to relocate, Elaine knew that she wanted to return to The Garnet. She liked that the

building was always so clean and well decorated; the residents were so friendly and welcoming, and that The Garnet staff was always so helpful and nice—"**Awesome!**" is the word Elaine used.

Her favorite things to do at The Garnet are Bingo (Both Free and Quarter Bingo) and she loves crafts—Painting and Drawing are her favorites, and she loves Exercise of any kind. Elaine is a very active person who really enjoys staying busy. When Elaine is not doing activities here at The Garnet, you can find her at her regular Pinochle game at the Senior Center on Monday, Wednesday, and Friday. During her alone time, she enjoys watching country movies, reading country-action stories, playing games on her tablet, or just calling her friends to chitchat. Elaine is also part of a small, private, weekly card game where she is joined by two of her friends that come to visit, and one of the friends that live here. The foursome meet weekly to catch up on each others' lives and play cards.

Elaine has so many wonderful things in her life, that it is hard to mention everything! We are very glad that she is a member of our Garnet Family!

Congratulations, Elaine, for being our Star Resident of the Month!



JUNE 2023

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

HYDRATE REGULARLY

Summer has finally arrived! When we think Summer, we think family picnics, trips to the lakes, or spending a lazy afternoon watching clouds drift by. Spending time outside leads to being vulnerable to extreme heat. Not keeping hydrated can be risky and not getting enough fluids can pose serious health problems. Studies show that older adults are more susceptible to the depletion of electrolytes. With age, our body's ability to conserve fluid is reduced, making it difficult for our bodies in extreme temperatures. Also, with age, our sense of thirst diminishes. By the time we feel thirsty, it may be too late. When going outside, take a drink or fresh fruit to keep your body hydrated. Also, make sure someone is aware that you're outside so you don't forget how long you've been there. Following these tips keep us hydrated, so we enjoy the summer safely.

"The lemon is the symbol of tart refreshment; its color and fragrance lift our spirits before we even taste it."
—Lori Longbotham

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>1</p> <p>8:30 Morning Workout 10:00 Family Feud 1:00 Concentration 2:30 Uno Cards</p>	<p>2</p> <p>8:30 Morning Workout 10:00 Pretty Nails 1:00 Chair Volleyball 2:30 Skip-Bo Cards 5:30 Movie Time</p>	<p>3</p> <p>10:00 Quarter Bingo 1:00 5 Crowns Cards 2:00 Corn Hole 3:00 Game of the Day</p>
<p>4</p> <p>8:30 Church Out- Sign up in Lobby† 10:00 Skip-Bo Cards 12:30 Movie Time 2:30 Church at The Garnet† 3:30 Creative Coloring</p>	<p>5</p> <p>8:30 Morning Workout 10:00 Quarter Bingo 1:00 Crafts 2:30 L- C- R 5:30 Mind Games</p>	<p>6</p> <p>8:30 Morning Stretching 10:00 Pool Aerobics 1:00 Creative Coloring 2:30 Happy Hour</p>	<p>7</p> <p>8:30 Walmart☺ 10:00 Free Bingo 1:00 Ping-Pong, Billiards, Checkers 2:30 Game of the Day 5:30 Movie Time</p>	<p>8</p> <p>8:30 Morning Workout 10:00 Family Feud 1:00 Concentration 2:30 Uno Cards</p>	<p>9</p> <p>8:30 Morning Workout 10:00 Pretty Nails 1:00 Ping-Pong, Billiards, Checkers 2:30 Rummy Cards 5:30 Movie Time</p>	<p>10</p> <p>10:00 Quarter Bingo 1:00 Skip-Bo Cards 2:00 Sports Day 3:00 Game of the Day</p>
<p>11</p> <p>8:30 Church Out- Sign up in Lobby† 10:00 5 Crowns Cards 12:30 Movie Time 2:30 Church at The Garnet† 3:30 Creative Coloring</p>	<p>12</p> <p>8:30 Morning Workout 10:00 Free Bingo 1:00 Craft Day 2:30 L- C- R 5:30 Mind Games</p>	<p>13</p> <p>8:30 Morning Stretching 10:00 Pool Aerobics 1:00 Creative Coloring 2:30 Happy Hour</p>	<p>14</p> <p>8:30 Walmart☺ 10:00 Free Bingo 1:00 Chair Volleyball 2:30 Game of the Day 5:30 Movie Time</p>	<p>15</p> <p>8:30 Morning Workout 10:00 Skip-Bo Cards 1:00 Resident Council Meeting 2:30 Uno Cards</p>	<p>16</p> <p>8:30 Morning Workout 10:00 Pretty Nails 1:00 Corn Hole 2:30 Memory Game 5:30 Movie Time</p>	<p>17</p> <p>10:00 Quarter Bingo 1:00 Corn Hole 2:00 Mexican Train 3:00 Game of the Day</p>
<p>18</p> <p>8:30 Church Out- Sign up in Lobby† 10:00 Mexican Train 12:30 Movie Time 2:30 Church at The Garnet† 3:30 Creative Coloring</p>	<p>19 Juneteenth</p> <p>8:30 Morning Workout 10:00 Free Bingo 1:00 Resident Birthday Party 2:30 Uno Cards 5:30 Mind Games</p>	<p>20</p> <p>8:30 Morning Stretching 10:00 Pool Aerobics 1:00 Creative Coloring 2:30 Happy Hour</p>	<p>21</p> <p>8:30 Walmart☺ 10:00 Free Bingo 1:00 Sports Day 2:30 Concentration 5:30 Movie Time</p>	<p>22</p> <p>8:30 Morning Workout 10:00 Rummy Cards 1:00 Memory Game 2:30 Uno Cards</p>	<p>23</p> <p>8:30 Morning Workout 10:00 Pretty Nails 1:00 Mind Games 2:30 Hangman 5:30 Movie Time</p>	<p>24</p> <p>10:00 Quarter Bingo 1:00 Rummy Cards 2:00 Sports Day 3:00 Game of the Day</p>
<p>25</p> <p>8:30 Church Out- Sign up in Lobby† 10:00 Skip-Bo Cards 12:30 Movie Time 2:30 Church at The Garnet† 3:30 Creative Coloring</p>	<p>26</p> <p>8:30 Morning Workout 10:00 Quarter Bingo 1:00 Craft Day 2:30 Memory Game 5:30 Mind Games</p>	<p>27</p> <p>8:30 Morning Stretching 10:00 Pool Aerobics 1:00 Creative Coloring 2:30 Happy Hour</p>	<p>28</p> <p>8:30 Walmart☺ 10:00 Free Bingo 1:00 Ping-Pong, Billiards, Checkers 3:00 Town Hall Meeting 5:30 Movie Time</p>	<p>29</p> <p>8:30 Morning Workout 10:00 Mexican Train 1:00 Mind Games 2:30 Uno Cards</p>	<p>30</p> <p>8:30 Morning Workout 10:00 Pretty Nails 1:00 Ping-Pong, Billiards, Checkers 2:30 Uno Cards 5:30 Movie Time</p>	





RESIDENT BIRTHDAYS!

- 6/4 Ruby Pelaez #233A
- 6/5 Dorothy Herink #212
- 6/7 Norma Karlson #131
- 6/9 Susie Kannada #141B
- 6/17 Betty Barnhart #202
- 6/29 Deborah Wagner #114



NEW RESIDENTS!

- Diane Iverson #215 A
- Jeffrey Palmer #242 B



***Our Residents Enjoy a Fun-Filled Afternoon
With a Game of Family Feud.***



What Is A Dad?

**A Dad is a person
Who is loving and kind
And often he knows
What is on your mind
He's someone who listens
suggests and defends
A Dad can be one
of your very best friends
He's proud of your triumphs
but when things go wrong
A Dad can be patient
and helpful and strong
In all that you do
a Dad's love plays a part
There's always a place for him
deep in your heart
And each year that passes
you're even more glad
More grateful and proud
just to call him your Dad!
Thank you, Dad...
for listening and caring, for
giving and sharing, but
especially, for just being you.**



**June 19th or "JUNETEENTH"
is a Federal Holiday.
This day is recognized as the
End of Slavery. In 1863,
Abraham Lincoln issued the
Emancipation Proclamation,
which declared more than
three million slaves living in the
Confederate states to be free.
More than two years would
pass, however, before the
news reached African
Americans living in Texas. It
was not until Union soldiers
arrived in Galveston, Texas, on
June 19, 1865, that the state's
residents finally learned that
slavery had been abolished.**