

THE Garnet of Casa Grande Lifestyle

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

AUGUST 2023

Heart Hero of the Month



Macee Bell

Macee has been a Caregiver's Assistant for the past 7 months. She chose a career here at The Garnet because she wanted a job that would allow her to care for people. She and her fiancé were living in Maricopa, AZ, and decided to buy a house here in Casa Grande. The Garnet was a perfect fit for her and she couldn't be happier. The Care Staff here at The Garnet is very passionate about the residents and want only

the best care for them. What she loves most about The Garnet is that everyone here knows everyone else. All the residents know each other and look out for one another. This is, in no way, a sad place. She sees how much the residents enjoy being here, and being with each other, and just being part of that brings Macee joy.

When Macee is not here caring for others, she is planning a wedding. She and her fiancé are planning on being married December 10, 2023. Wow- What a lot of work. There seems to be so much to plan, buy, and organize! Even though it is going to just be a small wedding with only close family- there is still so much to do! When Macee is not busy planning her wedding, Macee enjoys spending time with family and friends. She also enjoys finding fun and interesting things to do right here in Casa Grande. She enjoys reading a good book, hiking (when it's not the middle of summer), and sleeping. Her real passion though is grocery shopping. Yup, she loves to go grocery shopping at Costco! She loves going to Costco- they have so much! When all is said and done however, Macee just wants to know that she did the best job that she could, made someone else happy, and made a difference in someone else's life.

Thank you Macee for being our Heart Hero for the month of August.

Star Resident of the Month



Frieda Kelly

Frieda Kelly has been a resident of The Garnet family for 4 years. She and her husband Gerald came to look at Garnet and really liked it. They didn't move in right away though; it took a little while until the decision was made to move in. Frieda and Gerry have been married for 62 years and have 4 children, 7 grandchildren, 8 great-grandchildren, and 2

great-great-grandchildren. She is also the mother of one of Garnet's favorite entertainers, RuAnn Hooks who is one of the members of the band Lash La Ru. Frieda says that she really enjoys watching her daughter perform and tries to attend as many shows as she can. Frieda is RuAnn's Biggest Fan! When they are not at a performance together, Frieda and RuAnn are with their horses.

Frieda really likes living here at The Garnet. What impressed her the most about The Garnet when she moved here was how nice everything was. She was also impressed with how nice and helpful all of the staff was. Frieda says that the staff here at The Garnet is really great!

Frieda is always pleasant and has her smile ready for everyone. She recently had a rough time, with the passing of her beloved Gerry. We here at The Garnet are so glad that she decided to stay. Frieda is a real gem and it wouldn't have been the same around here without her. Thank you Frieda for being our Star Resident for the month of August.








































































































































AUGUST 2023

**It's Our
Pleasure to
Serve You...**

**Sunshine is Nature's
Medicine**

You are sitting in the sunshine on a clear morning. You feel warm and relaxed. A smile creeps into your mind and onto your face. You're feeling good! Sunshine increases serotonin to our brain's nervous system. This magical hormone sends messages to our brain to increase memory, happiness, learning abilities, body temperatures, and healthy sleep patterns. It's proven regular exposure to sunshine helps improve feelings of anxiety and depression. The key to receiving full benefits of sunshine is moderation. Arizona's summer sun can be very hot. The key to healthy exposure is small doses in early morning hours, plenty of water to stay hydrated, and always let someone know that you are outside. Sunshine is such a simple, warm gift- and we here in Arizona are blessed with a bounty of it.

"The winds and the waves are always on the side of the ablest navigators."
—Edward Gibbon

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August		1 8:30  Morning Stretching 10:00  Pool Aerobics 1:00  Creative Coloring & Puzzles 2:30  Happy Hour	2 8:30 Wal-Mart  10:00  Free Bingo 1:00  Dominos 2:30  UNO Cards 5:30  Movie Time	3 8:30  Morning Workout 10:00  UNO Cards 1:00  Dominos 2:30  Family Feud	4 8:30  Morning Workout 10:00  Pool Aerobics 1:00  Pretty Nails 2:30  UNO Cards 5:30  Movie Time	5 10:00  Quarter Bingo 1:00  5 Crowns Cards 2:00  Mexican Train 3:00  Game of the Day
6 8:30  Church Out- Sign up in Lobby† 12:30  Movie Time 2:30  Church at The Garnet† 3:30  Creative Coloring & Puzzles	7 8:30  Morning Workout 10:00  Quarter Bingo 1:00  Craft Day 2:30  Concentration 5:30  Mind Games	8 8:30  Morning Stretching 10:00  Pool Aerobics 1:00  Creative Coloring & Puzzles 2:30  Happy Hour	9 10:00  Free Bingo 1:00  Family Feud 2:30  UNO Cards 5:30  Movie Time	10 8:30  Morning Workout 10:00  L- C- R 1:00  Skip-Bo Cards 2:30  Family Feud	11 8:30  Morning Workout 10:00  Pool Aerobics 1:00  Pretty Nails 2:30  Family Feud 5:30  Movie Time	12 10:00  Quarter Bingo 1:00  Skip-Bo Cards 2:00  Family Feud 3:00  Game of the Day
13 8:30  Church Out- Sign up in Lobby† 12:30  Movie Time 2:30  Church at The Garnet† 3:30  Creative Coloring & Puzzles	14 8:30  Morning Workout 10:00  Quarter Bingo 1:00  Craft Day 2:30  UNO Cards 5:30  Hangman	15 8:30  Morning Stretching 10:00  Pool Aerobics 1:00  Creative Coloring & Puzzles 2:30  Happy Hour	16 10:00  Free Bingo 1:00  Family Feud 2:30  UNO Cards 5:30  Movie Time	17 8:30  Morning Workout 10:00  UNO Cards 1:00  Resident Council Meeting 2:30  Family Feud	18 8:30  Morning Workout 10:00  Pool Aerobics 1:00  Pretty Nails 2:30  Hangman 5:30  Movie Time	19 10:00  Quarter Bingo 1:00  Skip-Bo Cards 2:00  Mind Games 3:00  Game of the Day
20 8:30  Church Out- Sign up in Lobby† 12:30  Movie Time 2:30  Church at The Garnet† 3:30  Creative Coloring & Puzzles	21 8:30  Morning Workout 10:00  Quarter Bingo 1:00  Resident Birthday Party 2:30  Hangman 5:30  Mind Games	22 8:30  Morning Stretching 10:00  Pool Aerobics 1:00  Creative Coloring & Puzzles 2:30  Happy Hour	23 10:00  Free Bingo 1:00  Hangman 3:00  Town Hall Meeting 5:30  Movie Time	24 8:30  Morning Workout 10:00  Skip-Bo Cards 1:00  UNO Cards 2:30  Family Feud	25 8:30  Morning Workout 10:00  Pool Aerobics 1:00  Pretty Nails 2:30  Concentration 5:30  Movie Time	26 10:00  Quarter Bingo 1:00  5 Crowns Cards 2:00  Mexican Train 3:00  Game of the Day
27 8:30  Church Out- Sign up in Lobby† 12:30  Movie Time 2:30  Church at The Garnet† 3:30  Creative Coloring & Puzzles	28 8:30  Morning Workout 10:00  Quarter Bingo 1:00  Craft Day 2:30  Skip-Bo Cards 5:30  Mind Games	29 8:30  Morning Stretching 10:00  Pool Aerobics 1:00  Creative Coloring & Puzzles 2:30  Happy Hour	30 10:00  Free Bingo 1:00  Family Feud 2:30  UNO Cards 5:30  Movie Time	31 8:30  Morning Workout 10:00  Hangman 1:00  UNO Cards 2:30  Family Feud		All Events Are Subject to Change



RESIDENT BIRTHDAYS!

- 8/2 Sharon McClure
- 8/4 Carl Catozzi
- 8/9 Carl Schwarzendcher
- 8/9 Jane Wagner
- 8/9 Bob Wukelic
- 8/15 Lois Robinson
- 8/16 Daniel Heredia
- 8/17 Angie Valdez
- 8/18 Cara Lee Jungmeyer
- 8/18 Ricardo Cortez
- 8/18 Jeanne Frenger
- 8/21 Norman Matthias
- 8/23 Larry Kemp
- 8/26 David Fairfield
- 8/28 Dixie Knoebel
- 8/30 Rose Rodriguez



Staying Busy at the Garnet

Garnet Residents Have Lots To Do!



August is National Sandwich Month

Did you know...

The Sandwich was created in 1762 by a gentleman named John Montagu, who was the "4th Earl of Sandwich." John was well known for being quite an avid gambler. During one of his many evenings spent at the card table, he became hungry and didn't want to leave the table. John summoned one of the serving staff to bring him roast beef stuffed between two pieces of bread, so he was able to eat it at the table and not soil his hands. From that time forward, this became a meal of choice and it spread throughout England and Europe. It wasn't until the 1800s that it finally began to emerge and slowly catch on in the United States. It wasn't until 1815 when the Sandwich was a featured recipe in an American Cookbook that it was recognized as an acceptable meal.



Arizona Fun Facts:

State Tree: Palo Verde, which means "Green Stick" in Spanish.

U.S. Mail: The U.S. Mail is still delivered by mule in one remote part of Arizona on the Havasupai Reservation.

Time Change: Arizona does not observe Daylight Saving, yet the Navajo Nation in Northeastern Arizona does.

State Flower: Saguaro Cactus

State Bird: Cactus Wren