

# THE Garnet of Casa Grande Lifestyle

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

OCTOBER 2023

## Garnet Super Star



Eva Toledo

Eva is no stranger to our Residents at the Garnet. She is one of the smiling faces that we see daily at Breakfast, Lunch, or Dinner. Eva has been a server here at the Garnet for 1 year & 3 months. She loves her job and enjoys being able to help our Residents and Staff. She really enjoys her Co-workers. Eva loves that they are such a good team. She also likes her Dining Director, Moses. "He brought a lot of good

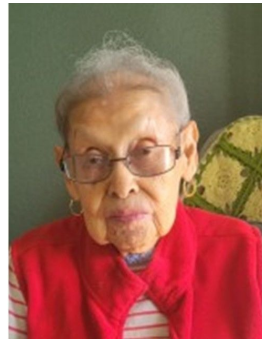
things to the kitchen, as well as working with the Cooks." Eva enjoys talking to all of the Residents, hearing their stories, and benefiting from their advice. "They are so sweet," says Eva. She appreciates all the wisdom that the Residents share with her. She is 18 years old and learns from their stories. Eva graduated from Union High School this year, and plans to enroll in either CAC or ASU College in the near future. She plans on going into nursing and becoming a Traveling Nurse. She would like to start her career around the Arizona area and then eventually move to New York where she plans to get her career solidly established.

When Eva is not hard at work, she spends her free time Dancing, Reading Books, Going to the Gym, and Drawing & Painting. She has lots of interests and plenty of time and energy to accomplish them. She lives with her parents right now, so she has plenty of time to explore and search out what may interest her next.

Thank you Eva for all you do! Congratulations for being our Garnet Silver Star for the month of October!



## Silver Star Resident



Elvira Valenzuela

Elvira has been a Resident of the Garnet family for 5 years. What she likes best about living here is how impeccably clean everything is at the Garnet. She said she even tells people looking for a place to live, "There is nowhere in Casa Grande or around the area in Arizona that is cleaner." Clean is very important to her.

In her younger years, Elvira was a Head Cook for the Casa Grande School District. In fact, when the City Hall building (in front of the Garnet) was a high school, Elvira was the Head Cook for 25 yrs. What a small world- now she lives right next to it!

Elvira is originally from Texas. That is where she met and fell in love with her husband. Shortly after they were married, they moved to Casa Grande for her husband's work. They made a home for themselves here and this is where they stayed. In fact, she stayed in their family home for many years and finally sold it 12 years after her husband passed. She moved in with her granddaughter and then with her son, Rudy. Finally, she and Rudy decided that the Garnet would be the best fit for her. Rudy comes regularly to spend time with her; "He knows everything about me," she says. What a Great Mother and Son Team!

Congratulations to Elvira for being our Silver Star Resident!



**OCTOBER 2023**

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

Did you know October is Mental Health Awareness Month? Mental Health Awareness Day is recognized on October 10th. Mental Health affects a wide variety of illness such as: Depression, (PTSD) Posttraumatic Stress Disorder, and (OCD) Obsessive Compulsive Disorder. These illnesses are not uncommon. It's estimated that 18.5% or 43.8 Million people will suffer some degree of Mental Illness this year alone. At the Garnet, our staff prides themselves on recognizing feelings of Depression, PTSD, or other issues. We are committed to being compassionate for illnesses that are often cast to the shadows. We care about actively listening, and promoting healthy mental activities. Positive Attitudes and Compassion are some of the ways we strive to assist with Positive Mental Health.

**"Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us."**  
—Samuel Smiles

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30  Church Out- Sign up in Lobby† 12:30  Movie Time 2:30 Church at The Garnet 5:00  Creative Coloring & Puzzles	2 8:30  Morning Workout 10:00  Quarter Bingo 1:00  Craft Day 2:30  Uno Cards 5:30  Mind Games	3 8:30  Morning Stretching 10:00  Corn Hole 1:00  Special Presentation- Family History 2:30  Happy Hour	4 8:30 Wal-Mart🛒 10:00  Free Bingo 1:00  Sports Day 2:30  Uno Cards 5:30  Movie Time	5 8:30  Morning Workout 10:00  Uno Cards 1:00  Hangman 2:30  Concentration 4:00  Entertainment- Piano Player	6 8:30  Morning Workout 10:00  Sports Day 1:00  Pretty Nails 2:30  Uno Cards 5:30  Movie Time	7 10:00  Quarter Bingo 1:00  5 Crowns Cards 2:00  Mexican Train 3:00  Game of the Day
8 8:30  Church Out- Sign up in Lobby† 12:30  Movie Time 2:30 Church at The Garnet 5:00  Creative Coloring & Puzzles	9 Columbus Day 8:30  Morning Workout 10:00  Quarter Bingo 1:00  Craft Day 2:30  Corn Hole 5:30  Mind Games	10 8:30  Morning Stretching 10:00  Chair Volleyball 1:00  Creative Coloring & Puzzles 2:30  Happy Hour- Entertainment	11 8:30 Wal-Mart🛒 10:00  Free Bingo 1:00  Concentration 2:30  Family Feud 5:30  Movie Time	12 8:30  Morning Workout 10:00  Chair Volleyball 1:00  Game of the Day 2:30  Concentration	13 8:30  Morning Workout 10:00  Skip Bo Cards 1:00  Pretty Nails 2:30  Game of the Day 5:30  Movie Time	14 10:00  Quarter Bingo 1:00  Skip Bo Cards 2:00  Multi Card Games 3:00  Game of the Day
15 8:30  Church Out- Sign up in Lobby† 12:30  Movie Time 2:30 Church at The Garnet 5:00  Creative Coloring & Puzzles	16 8:30  Morning Workout 10:00  Quarter Bingo 1:00  Resident Birthday Party 2:30  Mexican Train 5:30  Mind Games	17 8:30  Morning Stretching 10:00  Wii Games 1:00  Special Presentation- Emergency Prep 2:30  Happy Hour- Entertainment	18 8:30 Wal-Mart🛒 10:00  Free Bingo 12:00  Corn Hole 2:30  Game of the Day 5:30  Movie Time	19 8:30  Morning Workout 10:00  Family Feud 1:00  Resident Council Meeting 2:30  Concentration	20 8:30  Morning Workout 10:00  Uno Cards 1:00  Pretty Nails 2:30  Craft Day 5:30  Movie Time	21 10:00  Quarter Bingo 1:00  Mexican Train 2:00  Skip Bo Cards 3:00  Game of the Day
22 8:30  Church Out- Sign up in Lobby† 12:30  Movie Time 2:30 Church at The Garnet 5:00  Creative Coloring & Puzzles	23 8:30  Morning Workout 10:00  Quarter Bingo 1:00  Craft Day 2:30  Skip Bo Cards 5:30  Mind Games	24 8:30  Morning Stretching 10:00  Chair Volleyball 1:00  Creative Coloring & Puzzles 2:30  Happy Hour	25 8:30 Wal-Mart🛒 10:00  Free Bingo 1:00  Uno Cards 2:30  Wii Games 5:30  Movie Time	26 8:30  Morning Workout 10:00  Multi Card Games 1:00  Concentration 2:30  Family Feud	27 8:30  Morning Workout 10:00  Mexican Train 1:00  Pretty Nails 2:30  Skip Bo Cards 5:30  Movie Time	28 10:00  Quarter Bingo 1:00  5 Crowns Cards 2:00  Mexican Train 3:00  Game of the Day
29 8:30  Church Out- Sign up in Lobby† 12:30  Movie Time 2:30 Church at The Garnet 5:00  Creative Coloring & Puzzles	30 8:30  Morning Workout 10:00  Quarter Bingo 1:00  Craft Day 2:30  Wii Games 5:30  Mind Games	31 8:30  Morning Stretching 10:00  Chair Volleyball 1:00  Dress Up Contest & Parade 2:30  Happy Hour- Entertainment	 All Events are Subject to Change			



Halloween has Always been a holiday filled with Magic, Mystery, and Lots of Superstitions. It was originally a Celtic Festival held at the end of Summer. During this time of year people felt especially close to the people in their lives, such as family and friends, who had passed. For these friendly spirits they would set places for them at the dinner table, leave treats on the doorsteps, and along the sides of the roads. This is where *Trick or Treating* came from. Poor children would go from house to house asking for food and money to help their families celebrate the holiday. Today, we have parties, Costumes, and lots of Candy. We decorate with Black Cats and Scary Monsters and make everything spooky. We stay up late and Trick or Treat with crowds of kids. Adults and kids alike enjoy this spooky, Creepy evening- And It's All Just For Fun!



**Humorous Halloween Jokes**

- \*WHAT IS A SKELETON'S FAVORITE SONG? *Bad to the Bone!*
- \*WHAT DO YOU CALL A WITCH WITH A RASH? *Itchy-Witchy!*
- \*WHY ARE SPIDERS GREAT AT BASEBALL? *They know how to catch flies!*
- \*DID YOU HEAR ABOUT THE CRAZY VAMPIRE? *He was Totally Batty!*
- \*WHO'S THE SCARIEST BODY BUILDER OF ALL TIME? *Dr. Frankenstein!*
- \*WHAT KIND OF ROCKS DO GHOSTS COLLECT? *Tombstones!*
- \*WHAT DO GHOSTS EAT FOR DESSERT? *Ice Cream!*
- \*WHAT IS A MUMMY'S FAVORITE TYPE OF MUSIC? *Wrap!*
- \*WHAT'S A VAMPIRE'S FAVORITE HOLIDAY? *Fangs-giving!*
- \*WHICH MONSTER LOVES TO DANCE? *The Boogiemani!*



**Resident Birthdays!**

- 10/9 Virginia Calkins
- 10/10 Trisha Delp
- 10/11 Monie Boulware
- 10/13 Michael Clemens
- 10/17 Leslie Acton
- 10/18 Diana Willis
- 10/29 Edith Peters



**Welcome Our Newest Resident**

\* Thomas Coleman #118



**Save the Date**

**October 31, 2023 - 1:00 pm**

**Remember to Wear your Funniest or Scariest Costumes to our Garnet Costume Contest.**

**We will be having a Contest for the Residents and one for the Staff!**

***Come and Join the Fun!***

