

THE Garnet of Casa Grande Lifestyle

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

Garnet Super Star



Angela Berns

Angela recently returned to the Garnet and we couldn't be happier. In fact, her time employed here has been a little broken up. When she originally started here, her time was short lived. Within 4 months of beginning employment at the Garnet, she had to take a Medical Leave for 8 months. Angela had developed Throat Cancer. During this time on Leave she was having cancer surgery, treatments, and recovering. Finally after 8 months had passed, Angela did return to

the Garnet- **CANCER FREE!** What a Great Story with a happy ending. She was originally hired as a Care Giver, but she really wanted a way to be more One on One with our residents, and to be able to spend some quality time with them. That's when the opportunity was presented to her to become a Care Giver/Shower Assistant. Angela Loved this idea. This was exactly what she was looking for. She is now able to assist the residents with their needs and their showers which affords her the One on One time with each person she is helping.

Angela came to us originally from Minnesota where she was a Home Care Assistant for a beloved lady for 5 years. She was very close to this lady. When Angela and her husband, Tim, made the decision to move to Arizona, it was very emotional. Angela does love living here in Arizona though. She and Tim live in a very nice Travel Trailer with their 2 dogs, Gibbs and Pepe.

Congratulations for being chosen as our Garnet Super Star! Thank you for all you Do!



DECEMBER 2023

Silver Star Resident



Andy Maggard

Andy is fairly new to the Garnet, as he has only lived here for a few months. In fact, he has only lived in Arizona for about a year. Andy relocated to Arizona from Florida to be with his daughter, Susie. Susie also relocated here to Arizona from Florida and still owns a beauty shop there. Susie recently became our new Beautician here at the Garnet. Her business is called "Flying with Scissors." Andy is very

proud of this and tells everyone that Susie is his daughter. He really enjoys the fact that she is here with him so often and that the Beauty Shop is just a couple doors down from his. Andy loves spending time with his daughter; they are very close. Andy does have 2 other children who still reside in Florida. He has a son named Tommy and a daughter named Kathy.

Andy was born in Virginia and lived there most of his life, until he moved to Florida. He was an Auto Mechanic by trade and had his own shop for 40 years called "Andy's Body Shop." When he wasn't working, Andy enjoyed playing pool, he even owns his own pool cues. He also enjoys fishing and watching basketball—No favorite teams though.

Thank you, Andy, for being our Silver Star Resident!



**DECEMBER
2023**

**SAD- Seasonal
Affective
Disorder**

Winter can be a hard time for some people. We experience different emotions and thoughts. For example, do you get *SAD* during the holidays? Did you know that the acronym *SAD* actually stands for *Seasonal Affective Disorder*, which is a very common Type of Depression that occurs during the Season changes of Fall and Winter. This typically occurs because of shorter days and less sunshine during the Fall/Winter months. These changes can effect the chemical make-up in our brains, causing us to be in a depressive state. The good news is this is treatable. By administering Light Therapy, you can make strides in overcoming this disorder without medication. Sitting outside whenever possible or sitting in the sunshine of the lobby, you can soak up the healing rays and bring your mind and mental attitude back to its Sunny Self. So relax in the sunshine and let the healing begin!

"Bells are music's
laughter."
—Thomas Hood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30 Morning Workout 10:00 Uno Cards 1:00 Presentation: Fall Prevention 2:30 Skip Bo Cards 5:30 Movie Time	2 1:00 Skip Bo Cards 2:00 Mexican Train 3:00 Creative Coloring & Puzzles 5:30 Christmas Parade
3 8:30 Church Out- Sign up in Lobby† 10:00 Skip Bo Cards 12:30 Movie Time 2:30 Church at The Garnet 5:00 Creative Coloring & Puzzles	4 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Craft Day 2:30 Concentration 5:00 Mind Games	5 8:30 Morning Workout 10:00 Concentration 1:00 Presentation: Dealing With Loss During the Holidays 2:30 Happy Hour- Entertainment	6 10:00 Free Bingo 1:00 Uno Cards 2:30 Dominos 5:30 Movie Time	7 8:30 Walmart🚌 10:00 Skip Bo Cards 1:00 Uno Cards 2:30 Family Feud	8 8:30 Morning Workout 1:00 Presentation: Fire & Heat Safety 2:30 Creative Coloring & Puzzles 5:30 Movie Time	9 10:00 Quarter Bingo 1:00 Family Feud 2:00 Skip Bo Cards 3:00 Game of the Day
10 8:30 Church Out- Sign up in Lobby† 10:00 Dominos 12:30 Movie Time 2:30 Church at The Garnet 5:00 Creative Coloring & Puzzles	11 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Craft Day 2:00 Mission Heights Choir 3:00 Dominos 5:00 Family Feud	12 8:30 Morning Workout 10:00 Family Feud 1:00 Dominos 2:30 Happy Hour- Entertainment	13 8:30 Walmart🚌 10:00 Free Bingo 1:00 Corn Hole 2:30 Game of the Day 5:30 Movie Time	14 8:30 Morning Workout 10:00 Dominos 1:00 Presentation: Importance of Dental 2:30 Corn Hole	15 8:30 Morning Workout 1:00 Uno Cards 2:30 Mexican Train 5:30 Movie Time	16 10:00 Quarter Bingo 1:00 Mexican Train 2:00 Uno Cards 3:00 Game of the Day
17 8:30 Church Out- Sign up in Lobby† 10:00 Family Feud 12:30 Movie Time 2:30 Church at The Garnet 5:00 Creative Coloring & Puzzles	18 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Craft Day 2:30 Uno Cards 5:00 Hangman	19 8:30 Morning Workout 10:00 Dominos 1:00 Resident Birthday Party 2:30 Happy Hour- Entertainment	20 8:30 Walmart🚌 10:00 Free Bingo 1:00 Resident Counsel Meeting 2:30 Billiards, Checkers, Ping Pong 5:30 Movie Time	21 8:30 Morning Workout 10:00 Family Feud 1:00 Creative Coloring & Puzzles 2:30 Uno Cards	22 8:30 Morning Workout 1:00 Uno Cards 2:30 Holiday Party 5:30 Christmas Light Viewing	23 10:00 Quarter Bingo 1:00 Uno Cards 2:00 Mexican Train 3:00 Game of the Day
24 8:30 Church Out- Sign up in Lobby† 10:00 Uno Cards 12:30 Movie Time 2:30 Church at The Garnet 5:00 Creative Coloring & Puzzles	Christmas 25 8:30 Morning Workout 10:00 Quarter Bingo 12:30 Movie Time 2:30 Creative Coloring & Puzzles	26 8:30 Morning Workout 10:00 Family Feud 1:00 Resident Birthday Party 2:30 Happy Hour	27 8:30 Walmart🚌 10:00 Free Bingo 1:00 Mexican Train 2:30 Concentration 5:30 Movie Time	28 8:30 Morning Workout 10:00 Skip Bo Cards 1:00 Concentration 2:30 Mexican Train	29 8:30 Morning Workout 1:00 Uno Cards 5:30 Movie Time	30 10:00 Quarter Bingo 1:00 5 Crowns Cards 2:00 Concentration 3:00 Game of the Day
31 8:30 Church Out- Sign up in Lobby† 10:00 Skip Bo Cards 12:30 Movie Time 2:30 Church at The Garnet 5:00 Creative Coloring & Puzzles						

What Is Your Favorite Christmas Memory?



Santa Claus

one story in their life that comes to mind during this time of year that warms your heart. These are the memories that we hang on to and that we cherish throughout our lives. Merry Christmas to All our Cherished Residents this Holiday!

Christmas brings so many happy times for so many people. As we get older, the memories are plentiful. What are some of your favorite memories?? Are they filled with family and smiles? Maybe these favorite memories are of a little girl or boy who wanted something so desperately knowing that there just wasn't the money or means for their parents to get these things. Then when the magic of Christmas morning arrives, there it is- Bang! Bigger than life!! That is just some of the magic that comes with Christmas. Maybe there was a family member that you hadn't seen in a very long time and you desperately wanted to spend time with them. All the while knowing there was no way it could be arranged. And then on Christmas morning- In they walk! That's when the tears flow! What a Great and Magical time of year Christmas is for so many. Surely, everyone has

Happy New Year!



January 1, 2024

will always be nice to the my neighbor next door." Or "I will try to be helpful to other people whenever possible." Your resolutions could also be more tailored to Self Improvement such as vowing to gain a healthier you by: losing weight, gaining weight, eating right, quitting smoking, sleeping more, becoming more active, so on and so on, whatever the case may be.

When people follow through with these Resolutions, good changes can occur in their lives. Not only do you get to experience a New Year, but you get to start experiencing a new and healthier you. Being healthier sure sounds good to me! But remember- keeping it simple works best. Don't try to fix everything at once. One step at a time! Concentrating on one thing at a time helps make these new habits stick. So, get your pencil and paper out and start making that list. Think about some of the changes in your life that you would like to work on. That way you will be prepared for the 2024 New Year and the New You!

See you next year- January 1, 2024!

The 2024 New Year is coming! Are you ready for it? How about Traditions? Do you take part in one of the oldest traditions associated with New Year's? That's Right, we are talking about the making of New Year's Resolutions. Most people take part in this Tradition as a annual part of their New Year's celebration. Making a Resolution is where people resolve or promise themselves to practice a good behavior that they would like to correct in themselves. Such as, "I



Resident Birthdays!

12/1 Judy Roth-Lopez
12/8 Barbara Norman
12/16 Dawna Reed
12/17 John Tunnell
12/28 Carolyn McGee



Welcome Our New Residents

* Margery Jenkins 211
* Joan Lewis 247
* Calvin & MaryLou Duzett 227



Resident Christmas Party



When: Friday 12/22
Time: 2:30 – 3:30
Location: Bar Area
Fun & Drinks

Santa may even make an Appearance!

