

DESERT SPRINGS

Gracious Retirement Living

30 West Lambert Lane • Oro Valley, Arizona 85737 • Phone (520) 219-8100 • www.seniorlivinginstyle.com

APRIL 2019

DESERT SPRINGS STAFF

Managers.....TOM & TINA REVANE
Assistant Managers DAVID & BRENDA CERVANTES
Executive Chef.....STEVE SHIMMIN
Activity CoordinatorLISA MATTHEWS
Maintenance Coordinator..... EARNEST CRUCE
Bus Driver ROBERT EDWARDS

TRANSPORTATION

Monday, 10 a.m. and 2 p.m.:

Fry's, Target, Walmart and Walgreens

Tuesday, 9 a.m.-4 p.m.: Doctor Appointments

Wednesday, 9:30 a.m.-noon: Errand Day

Thursday, 9 a.m.-4 p.m.: Doctor Appointments

Friday, 9 a.m.: Outings

Sunday, 8 a.m.-noon: Church Transportation

HAWTHORN
SENIOR LIVING

Therapeutic Ranch for Animals and Kids (TRAK)

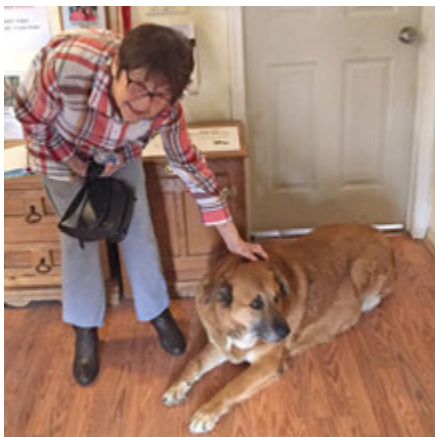
Everyone had a great time visiting and learning about the animals at TRAK. It was a beautiful day for a visit on the ranch.



Glenda Taylor might just want to take this little guy home.



JoJo Evans feeling how soft the bunny's fur is



Cathy Reynolds with her new friend



Everyone taking in the information about the animals



March Culinary Education Topic: “Leafy Greens”

Chef Steve Shimmin educated us on the health benefits of leafy green vegetables and provided tasty salads and smoothies made with leafy greens.

Leafy green vegetables are an important part of a healthy diet. They're packed with vitamins, minerals and fiber but low in calories. Eating a diet rich in leafy greens can offer numerous health benefits including reduced risk of obesity, heart disease, high blood pressure and mental decline.

Here are 13 of the healthiest leafy green vegetables to include in your diet.

- | | | |
|-------------------|--------------------|-------------------|
| 1. Kale | 6. Beet Greens | 11. Endive |
| 2. Microgreens | 7. Watercress | 12. Bok Choy |
| 3. Collard Greens | 8. Romaine Lettuce | 13. Turnip Greens |
| 4. Spinach | 9. Swiss Chard | |
| 5. Cabbage | 10. Arugula | |

The Bottom Line:

Leafy green vegetables are packed with important and powerful nutrients that are critical for good health. Fortunately, many leafy greens can be found year round, and they can easily be incorporated into your meals in surprising and diverse ways. To reap the many impressive health benefits of leafy greens, make sure to include a variety of these vegetables in your diet.

<https://www.healthline.com/nutrition/leafy-green-vegetables#section14>



*Steve Shimmin,
Executive Chef*



Let's all be healthy and include leafy greens in our daily diets!

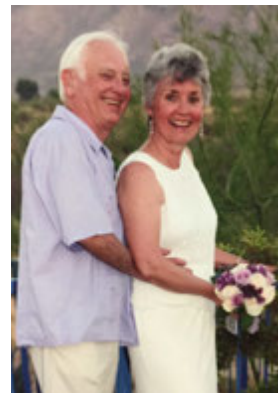
The Not-So-Newlywed Game

The Not-So-Newlywed Game comes to Desert Springs on Tuesday, April 30th at 3 p.m., providing entertaining moments and a funny dose of honesty when four couples are pitted against each other. A round of questions determines how well the not-so-newlywed spouses know or do NOT know each other. Come enjoy an afternoon of fun and laughs!

Meet our couples:



Dale and Jackie Alger, married 63 years



*John and Elaine
Goetz, married
12 years*



*Herbert and Susan
Roth, married 67 years*



Bob and Ruth Carlson, married 60 years



Studio “C” Hair Salon at Desert Springs

Desert Springs has a wonderful hair salon located out the back doors to the right. Carol Smith, the owner, is an experienced beautician with over 32 years of salon ownership. Carol enjoys working with our residents and her prices are amazingly affordable. Whether you need a trim or a new hairstyle, check out the salon! Salon hours are: Tuesday, Thursday and Friday, 9 a.m.-4 p.m. and Saturday, 9 a.m.-noon. Please call (561) 248-5934 to make an appointment. Women’s Haircut: \$18. Men’s: \$14.

Rodeo Week

Instead of going to the rodeo, we brought a little bit of the rodeo to Desert Springs. We started the week off with a visit from Jumping Jack, the Clydesdale and Snickers, the miniature horse and ended the week with some great entertainment by “Mama’s Wranglers” all the way from Las Vegas.



Pat and Mary Alford with Jumping Jack



“Mama’s Wranglers”



Elaine Heyworth and Carole Wyatt dressed in their western attire.



Jumping Jack and Snickers posing for a picture



Pat Lattimore introducing herself to Jumping Jack



Charlene Alexander enjoying her visit with Snickers

APRIL 2019

Birthdays

Glenn Hohenstein, 2nd
Betty Zilmer, 3rd
Jack Phillips, 5th
Martha Johnson, 6th
Dorothy Redman, 13th
Margaret Cote, 14th
Dolores Dickey, 21st
Lois Goodridge, 24th
Jim Sindt, 25th
Bob Carlson, 25th
Larry Kincaid, 25th
Kay VanRentghem, 27th
Rhoda Gelberg, 27th
Pete Agur, 27th

Anniversary














Diane & Bill Kautenburger,
4/29/1950

Locations

Activity Center, AC
Activity Center
Kitchen, ACK
Atrium, A
Billiards Room, BR
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Front Lobby, L
Library, LB
Movie Theater, MT
Swimming Pool, Pool
TV Room, TV

How can you earn
Funny Money?

- Wear a funny hat on Mondays!
- Play Bean Bag Baseball on Mondays and Saturdays!
- Wear your name tag and something Hawaiian on Wednesdays!
- Wear red on Fridays!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:20 Chair Exercise & Balance, AC 1 9:30 Bible Study, CH 10:00 Mah Jongg, BR 10:00 Shopping, L 10:00 Volleyball, A 2:00 Bean Bag Baseball, AC 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bridge, BR 2:15 Mah Jongg, BR 3:30 Worship Service, CH 6:15 Mexican Train, TV 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 2 10:00 Volleyball, A 11:00 Blood Pressure Checks, TV 11:00 Memory Enhancement Class, AC 2:00 BINGO with Gute, AC 2:00 Movie Matinee, MT 6:15 Rummikub, TV 6:45 Evening Movie, MT 	9:20 Chair Exercise & Balance, AC 3 9:30 Errand Day, L 10:00 Volleyball, A 11:00 Exercise with Marge, EX 11:00 The Game of Farkle, AC 2:00 Resident/Managers Meeting, AC 2:00 Movie Matinee, MT 2:00 Bridge, BR 2:30 Resident/Chef Meeting, AC  6:15 Euchre, TV 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 4 10:00 Volleyball, AC 10:30 Handmade Cards, AC 11:00 Mai Jewelry, A 2:00 Movie Matinee, MT 2:00 Bingo with Liz, AC 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 5 10:00 Volleyball, A 1:45 Outing: Tucson Historical Neighborhood Tour, L 2:00 Bridge, BR 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT  6:45 Evening Movie, MT	10:00 Volleyball, A 6 10:00 Donut Social, TV 10:30 Bean Bag Baseball, AC 11:30 Tech Support, A 2:00 Entertainment: The Desert Melodies, A 2:00 Movie Matinee, MT 2:00 Needlework, CH 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV  6:45 Evening Movie, MT
8:30 Church Transport, L 7 2:00 Movie Matinee, MT 2:00 Bingo with Debbie, AC 3:30 Wii Bowling, AC 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 8 9:30 Bible Study, CH 10:00 Shopping, L 10:00 Volleyball, A 2:00 Bean Bag Baseball, AC 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bridge, BR 2:15 Mah Jongg, BR 3:30 Worship Service, CH 6:15 Mexican Train, TV 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 9 10:00 Volleyball, A 10:30 Watercolors, AC 2:00 BINGO with Gute, AC 2:00 Movie Matinee, MT 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 10 9:30 Errand Day, L 10:00 Volleyball, A 10:30 Current Events, CH 11:00 Exercise with Marge, EX 2:00 Welcome New Resident Orientation, AC 2:00 Movie Matinee, MT 2:00 Bridge, BR 6:15 Euchre, TV 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 11 10:00 Volleyball, AC 10:00 Amdilayna Jewelry and Art, A 11:00 Yoga with Sasha 2:00 Movie Matinee, MT 2:00 Bingo with Liz, AC 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 12 10:00 Volleyball, A 10:00 Outing: Casino Del Sol and Lunch 2:00 Bridge, BR 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 6:45 Evening Movie, MT	10:00 Volleyball, A 13 10:00 Donut Social, TV 10:30 Bean Bag Baseball, AC 11:30 Tech Support, A 2:00 Needlework, CH 2:00 Movie Matinee, MT 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV  6:45 Evening Movie, MT
PALM SUNDAY 14 8:30 Church Transport, L 2:00 Movie Matinee, MT 2:00 Bingo with Debbie, AC 3:30 Wii Bowling, AC 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT 	9:00 LNR Jewelry, A 15 9:20 Chair Exercise & Balance, AC 9:30 Bible Study, CH 10:00 Mah Jongg, BR 10:00 Shopping, L 10:00 Volleyball, A 2:00 Bean Bag Baseball, AC 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bridge, BR 2:15 Mah Jongg, BR 3:30 Worship Service, CH 6:15 Mexican Train, TV 6:45 Evening Movie, MT	9:00 Dr. Warner, Podiatrist, EX 16 9:20 Chair Exercise, AC 10:00 Volleyball, A 11:00 Mary Kay Cosmetics, A 11:00 Memory Enhancement Class, AC 2:00 Movie Matinee, MT 2:00 BINGO with Gute, AC 2:00 BINGO with Gute, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:00 Dr. Warner, Podiatrist, EX 17 9:20 Chair Exercise & Balance, AC 9:30 Errand Day, L 10:00 Volleyball, A 10:30 Parkinson's Support Group, MT 10:30 Culinary Education: "Egg-Cellent Start to Spring!," AC 11:00 The Game of Farkle, AC 11:00 Exercise with Marge, EX 2:00 Bridge, BR 2:00 Movie Matinee, MT 6:15 Euchre, TV 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 18 10:00 Volleyball, AC 10:30 Handmade Cards, AC 11:00 Everything About Ears with Susan Tek, ACK, AC 2:00 Movie Matinee, MT 2:00 Bingo with Liz, AC 3:00 Bingo with Arizona Family Hospice, AC 6:45 Evening Movie, MT	GOOD FRIDAY PASSOVER BEGINS AT SUNSET 19 9:20 Chair Exercise & Balance, AC 10:00 Volleyball, A 10:45 Outing: Lunch at Sullivan's Eatery and Creamery, L 2:00 Bridge, BR 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 6:45 Evening Movie, MT	10:00 Volleyball, A 20 10:00 Donut Social, TV 10:30 Bean Bag Baseball, AC 11:00 Book Club, CH 11:30 Tech Support, A 2:00 Easter Event: Petting Zoo, Crafts and An Egg Hunt, A 2:00 Movie Matinee, MT 2:00 Needlework, CH 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV 6:45 Evening Movie, MT
EASTER 21 8:30 Church Transport, L 2:00 Movie Matinee, MT 2:00 Bingo with Debbie, AC 3:30 Wii Bowling, AC 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT 	EARTH DAY 22 9:20 Chair Exercise & Balance, AC 9:30 Bible Study, CH 10:00 Shopping, L 10:00 Volleyball, A 2:00 Bean Bag Baseball, AC 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bridge, BR 2:15 Mah Jongg, BR 3:30 Worship Service, CH 6:15 Mexican Train, TV 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 23 10:00 Volleyball, A 11:00 Memory Enhancement Class, AC 2:00 Movie Matinee, MT 2:30 Baltunis, Entertainment, DR 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 24 9:30 Errand Day, L 10:00 Volleyball, A 10:30 Current Events, CH 11:00 Exercise with Marge, EX 11:00 The Game of Farkle, AC 1:30 Walker Cleaning, A 2:00 Bridge, BR 2:00 Movie Matinee, MT  2:00 Bingo, LB 6:15 Euchre, TV 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 25 10:00 Volleyball, AC 11:00 Spring Cleaning for Health with Edie, AC 2:00 Movie Matinee, MT 2:00 Bingo with Liz, AC 6:45 Evening Movie, MT 	9:20 Chair Exercise & Balance, AC 26 10:00 Volleyball, A 10:45 Outing: Lunch at Sullivan's Eatery and Creamery, L 2:00 Bridge, BR 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 4:00 Singalong with Ron Barker, AC 6:45 Evening Movie, MT	10:00 Volleyball, A 27 10:00 Donut Social, TV 10:30 Bean Bag Baseball, AC 11:30 Tech Support, A 2:00 Needlework, CH 2:00 Movie Matinee, MT 3:30 Wii Bowling, AC 6:15 Skip-Bo, TV  6:45 Evening Movie, MT
8:30 Church Transport, L 28 1:15 "The Fantasticks" At the Gaslight Music Hall 2:00 Movie Matinee, MT 2:00 Bingo with Debbie, AC 3:30 Wii Bowling, AC 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 29 9:30 Bible Study, CH 10:00 Shopping, L 10:00 Volleyball, A 2:00 Bean Bag Baseball, AC 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bridge, BR 2:15 Mah Jongg, BR 3:30 Worship Service, CH 6:15 Mexican Train, TV 6:45 Evening Movie, MT 	9:20 Chair Exercise, AC 30 10:00 Volleyball, A 11:00 Memory Enhancement Class, AC 2:00 Movie Matinee, MT 2:00 Walker Repair, A 3:00 The Not-So-Newlywed Game, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT				



“Daily Living”

By Jeanne Lehnert

To paraphrase Dickens' classic ...
“It is the best of health,
It is the worst of health.”

Who can say?
One day we feel good
Not so, the next day.

Our heads are spinning
Our backs are aching
Our hair is thinning
Our hands are shaking ...

But at the end of each day
Smiling, we still can say
“Hallelujah!
We lived!
That's what we did!
We lived
To celebrate another new day!”



Jeanne Lehnert

Easter Event

Saturday, April 20th at 2 p.m.,
Desert Springs invites you
and your family and friends to
attend our Easter Event. We
will have a petting zoo with
the animals from TRAK Ranch,
crafts, egg hunt, Easter Bunny
and snacks. Be sure to invite
your grandchildren!

Book Club News

By Kay Gragg

For our April 20th meeting, we will be discussing “Lilac Girls” by Martha Hall Kelly. Based on the real-life story of a New York socialite who championed a group of concentration camp survivors known as the Rabbits, this acclaimed debut novel reveals a story of love, redemption, and terrible secrets that were hidden for decades.



Caroline Ferriday was a former Broadway actress and liaison to the French Consulate. Her life was forever changed when Hitler's army invaded Poland in September 1939 and then set its sights on France. An ocean away from Caroline, Kasia Kuzmerick, a Polish teenager, sank deeper into her role as a courier for the underground resistance movement. In Germany, Herta Oberheuser, a young doctor, answered an ad for a government medical position, only to find herself trapped in a male-dominated realm of Nazi secrets and power.

The lives of these three women are set on a collision course when the unthinkable happens and Kasia is sent to Ravensbruck, the notorious concentration camp for women. Their stories cross continents, as Caroline and Kasia strive to bring justice to those whom history has forgotten.

Join us in the Chapel on Saturday, April 20th at 11 a.m. All are welcome. Maxine Campbell is the Chairwoman of the group and can answer any questions you may have.

April Outings

- Back by request: Tucson Historical Neighborhood Tour, Friday, April 5th at 1:45 p.m. We had a full bus on this outing last month. Everyone enjoyed the tour and came back to the community and told others about it. There have been requests to do the tour again for those who did not get to go the first time and for those who want to go again. Spend an afternoon learning about historical neighborhoods in Tucson. You will hear about when Tucson's first planned community was developed along with other interesting facts.
- Casino del Sol and Lunch, Friday, April 12th at 10 a.m.
- Lunch at Sullivan's Eatery and Creamery, Friday, April 26th at 10:45 a.m. Sullivan's is a family-owned restaurant serving old-fashioned burgers along with daily specials and homemade ice cream.



Stay Healthy by Staying Hydrated

Feeling as healthy and as youthful as possible doesn't have anything to do with finding that mythical Fountain of Youth — it could be as easy as drinking water from the sink, right in your own home. However, some seniors may find it difficult to consume the amount of water their bodies need to flourish, which can lead to a variety of health concerns.

Why Stay Hydrated? The Health Benefits of Drinking Water

The human body is composed of at least 50% water. In fact, even our bones are 20% water! And we lose around two to three quarts of water on a daily basis. During the hot summer months, when we sweat as a means to cool our bodies down, we're losing even more of that much-needed water. Dehydration can lead to a variety of health issues, from headaches and memory troubles to kidney stones and blood clots.



Lois Jenkins enjoying a nice cold glass of water

Recent studies show that when it comes to drinking water, the health benefits for seniors are numerous. Chronic dehydration is a key component in many illnesses seniors face, such as heart disease, hypertension, asthma and even arthritis and joint pain. Seniors also may get dehydrated more often than their younger counterparts simply due to a decreased sense of thirst, certain medications they may be taking or decreased kidney function.

Preventing Dehydration in Seniors

Water acts as a coolant, lubricant and transport agent in your body. It's needed to regulate your body temperature,

remove toxins and waste, carry nutrients and more. Signs of dehydration include confusion, feeling fatigued or drowsy, dry mouth, low blood pressure and rapid heart rate and low urine output. If you aren't sure if you're dehydrated, try pulling on the skin on the back of your hand. If it doesn't return to normal right away, it's time to increase your water intake.

Enjoy all the health benefits drinking water provides and prevent dehydration by following these tips:

- **Keep a bottle of water next to you.** If you have water nearby at all times you'll be more apt to drink it regularly. Keep a bottle of water on the end table or nightstand, or fill a pitcher with water and place it on your coffee table to easily refill your glass.
- **Balance water output with water input.** If you're going to be partaking in any physical activity, it's likely that you'll be sweating, especially during warm summer days. Before, during and after your workout, make sure to drink plenty of water to ensure you're replacing the fluids you're losing.
- **Try different beverages.** You don't have to drink plain old water all the time. You can get the necessary fluids from hot drinks like tea or coffee, or cold drinks like fruit juices. Add some lemon, limes or other fruit to your water to give it a little boost in flavor.
- **Avoid sugary choices.** While getting fluids from drinks other than just tap or bottled water is fine, avoid sodas sweetened with sugar or high fructose corn syrup. Your body doesn't need those types of ingredients. They provide little to no nutrients, and they can contribute to developing diabetes and other problems.
- **Get water from other sources.** Some fruits and vegetables are high in water content, with the added bonus of providing vitamins, minerals and other healthy nutrients.

<https://www.asccare.com/water-health-benefits/>

Welcome New Residents

We welcome all our new residents to Desert Springs! You are invited to attend our New Resident Orientation on Wednesday, April 10th at 2 p.m. in the Activity Center. At that time, you will learn how to sign up for outings, doctors' appointments and shopping trips along with additional information to make your transition a pleasant one. If you are unable to attend this month's orientation, you are always welcome to attend a future one.

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Oro Valley, AZ 85737



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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