

DESERT SPRINGS

Gracious Retirement Living

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

JULY 2019

DESERT SPRINGS STAFF

Managers.....TOM & TINA REVANE
Assistant Managers DAVID & BRENDA CERVANTES
Executive Chef..... EDDIE WHEELER
Activity CoordinatorLISA MATTHEWS
Bus Driver DAVID MATA

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 a.m.: Outings

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

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

HAWTHORN
SENIOR LIVING

A Special 97th Birthday Adventure

On Earl Scott's 97th birthday, he went on a sunset flight on an Ultralight Trike. Thomas Nielsen, Owner and Pilot of the Ultralight Trike, took Earl on a 20-minute flight around the



Marana airfield. *Earl, getting ready for the flight* to see the sunset. Thomas was very impressed with Earl's background and conducted a short interview with him. Here are some of the highlights in Thomas' words:

There are times in life that can be described as highlights. Moments that will stay with you and mark a cut on life's timeline, after which something in the story changed.

Such a moment happened on June 8th, 2019, on a beautiful Tucson summer evening, with calm warm desert winds and soft light, painting distant ranges with a bouquet of pastel. It had been an exhausting work week, but the call to fly this gentleman for his 97th birthday could not be ignored. An honor flight was about to take place.

Earl Scott stopped counting his flight hours at 25,000. He earned wings during World War II as a P-51 reconnaissance pilot. It was a dangerous job, flying well into enemy territory, but crucial for the allied effort. In that capacity, he played a part in the planning of D-Day and was later awarded the Legion of Honour, the highest military order of France.

(Continued inside)

A Special 97th Birthday Adventure (Continued)

On one mission, he got engaged by seven Focke Wulf 190 fighters. He survived by outmaneuvering them, relying on the P-51's superiority in steep turns. As he later recounted, "I dropped them one by one, by stalling them out of the sky as they tried to stay on my turns."

After the war, Earl flew for American Airlines, a career spanning decades, becoming Superintendent of Flight for LGA, JFK and EWR, New York.

I seated Earl in "Erik the Red," my open cockpit aircraft, also known as a "Trike." We started up, and suddenly I heard music? Well, Earl's good buddy, John, himself a World War II veteran and also a Legion of Honour recipient with tales to tell, began playing his trumpet to salute his friend. As we taxied out toward the runway, it was accompanied with a surprisingly vibrant jazz trumpet, played by Earl's 94-year-old fellow warrior.

Earl has significant hearing loss from spending 1,000 hours in roaring cockpits in the early days. His hearing aids kept falling out, as we tried to fit his flight helmet. He decided to remove them, which meant we could not communicate during flight. This, of course, could be a safety concern, but something we both accepted, since he was 97 and survived seven FW 190s!

Once stabilized at 1,000 feet and throttled back to a slow cruise, it was time to check on Earl. I turned around and saw a smile on his face and someone completely comfortable, taking in the views. He clearly felt at home up there. I gave a thumbs up and he responded in kind. During the next 20 minutes, I curved the aircraft through some gentle turns as the sun began to set and the light got that special glow you often see on a calm desert evening. The radio was quiet and it was nothing but flight in one of the purest forms, shared with an old aviator.

After the flight, the first thing Earl told me was, "Thank you very much. This was way better than when I parachuted for my 96th." I told him I loved hearing that; he repeated it for good measure.

It wasn't until I got home that it really dawned on me what had happened and how special this really was, spending a lovely summer evening in the company of the finest and one of the greatest generation still with us, the send-off with trumpet playing, and the quiet moments shared with Earl surfing the sky. No, thank you, Earl, for allowing me this honor, and happy 97th.



Just landed after a 20-minute flight



Earl with Thomas, the pilot of the aircraft



Earl's good friend, John, playing his trumpet before take-off.

Welcome New Residents

We welcome all our new residents to Desert Springs! We are excited you have chosen Desert Springs to be your new home. We have so much fun with outings, entertainment, activities and just socializing. You are invited to attend our New Resident Orientation on Tuesday, July 9th, at 3 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. If you have any questions, please see Lisa, Activities Coordinator, and she will be more than happy to answer any questions you have.



Yoga for Seniors

Chair Yoga safely improves senior health and is a great way for older adults to get the wonderful health benefits of Yoga. Staying seated means that even frail seniors or those who aren't flexible can safely do the exercises.

Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation.

It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance.

Our class at Desert Springs is led by Sasha, an experienced Yoga instructor. Check the calendar for dates.

<https://dailycaring.com/chair-yoga-for-seniors-reduce-pain-and-improve-health-video/>



Yoga Class being led by Sasha

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. She enjoys doing hair and loves having her salon at Desert Springs. 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! Carol is awesome and she loves what she does. The salon hours are: Tuesday, 8:30 a.m. to 1 p.m.; Wednesday and Thursday, 8:30 a.m. to 3:30 p.m.; Friday, 8:30 a.m. to 4 p.m. Please call 561-248-5934 to make an appointment. Women's Haircut: \$18; Men's: \$14.



JULY 2019

Birthdays

Cathy Reynolds, 2nd
Kay Gragg, 12th
John Willis, 14th
Maxine Campbell, 17th
Betty Chase, 23rd
Al Nybeck, 25th

Anniversaries

Herbert & Susan
Roth, 7/8/1951
Betty & Dean Zilmer,
7/24/1953

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 9:30 Bible Study, CH 10:00 Mah Jongg, BR 10:00 Shopping, L 10:00 Volleyball, A 10:30 Crafty Palette, AC 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bean Bag Baseball, A 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 10:00 Volleyball, A 10:00 Catholic Communion, CH 11:00 Memory Enhancement Class, AC 11:00 Blood Pressure Checks, TV 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:15 Resident/Managers' Meeting, AC 3:45 Resident/Chefs' Meeting, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 9:30 Errand Day 10:00 Volleyball, A 11:00 Mai Jewelry, A 2:00 Bridge, BR 2:00 Movie Matinee, MT 2:00 Outing: Dairy Queen 6:15 Euchre, TV 6:45 Evening Movie, MT	INDEPENDENCE DAY 9:20 Chair Exercise, AC 10:00 Volleyball, AC 11:00 Fourth of July Entertainment: Ray Funk, A 2:00 Bingo with Liz, AC 2:00 Movie Matinee, MT 3:30 Donut Eating Contest, AC 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 10:00 Volleyball, A 10:45 The Game of Farkle, AC 2:00 Bridge, BR 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 6:45 Evening Movie, MT	10:00 Donut Social, TV 10:30 Bean Bag Baseball, AC 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 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 9:30 Bible Study, CH 10:00 Shopping, L 10:00 Volleyball, A 10:30 Crafty Palette, AC 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bean Bag Baseball, A 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 9:20 Chair Exercise, AC 10:00 Volleyball, A 10:00 Catholic Communion, CH 11:00 Yoga with Sasha, LB 11:00 Memory Enhancement Class, AC 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:00 New Resident Orientation, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:00 Dr. Warner, Podiatrist, EX 9:20 Chair Exercise & Balance, AC 10:00 Volleyball, A 10:00 Ride the Streetcar Downtown Tucson & Lunch 10:30 Current Events, CH 2:00 Bridge, BR 2:00 Movie Matinee, MT 6:15 Euchre, TV 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 10:00 Volleyball, AC 10:30 Handmade Cards, AC 2:00 Bingo with Liz, AC 2:00 Movie Matinee, MT 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 10:00 Volleyball, A 10:45 The Game of Farkle, AC 11:00 Facebook Workshop with Homewell Home Care, MT 2:00 Bridge, BR 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 6:45 Evening Movie, MT	10:00 Donut Social, TV 10:30 Bean Bag Baseball, AC 11:00 Paparazzi Jewelry, A 11:00 Book Club, CH 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 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 9:30 Bible Study, CH 10:00 Mah Jongg, BR 10:00 Shopping, L 10:00 Volleyball, A 10:30 Crafty Palette, AC 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bean Bag Baseball, A 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 10:00 Volleyball, A 10:00 Catholic Communion, CH 11:00 Memory Enhancement Class, AC 11:00 Mary Kay Cosmetics, A 2:00 Bingo, AC 2:00 Movie Matinee, MT 4:00 Entertainment: John Dupont, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 9:30 Errand Day 10:00 Volleyball, A 10:30 "Aging in Place" W/Soreo, MT 2:00 Bridge, BR 2:00 Movie Matinee, MT 2:00 Mystery Ride 6:15 Euchre, TV 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 10:00 Volleyball, AC 10:30 Culinary Education Series with Chef, AC 2:00 Bingo with Liz, AC 2:00 Movie Matinee, MT 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 10:00 Volleyball, A 10:45 The Game of Farkle, AC 2:00 Bridge, BR 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 6:45 Evening Movie, MT	10:00 Donut Social, TV 10:30 Bean Bag Baseball, AC 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 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 9:30 Bible Study, CH 10:00 Shopping, L 10:00 Volleyball, A 10:30 Crafty Palette, AC 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bean Bag Baseball, A 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 10:00 Volleyball, A 10:00 Catholic Communion, CH 11:00 Memory Enhancement Class, AC 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:30 Gingerbread House Meeting, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 10:00 Volleyball, A 10:00 Desert Diamond Casino and Lunch 10:30 Current Events, CH 2:00 Bridge, BR 2:00 Movie Matinee, MT 2:00 July Birthday Celebration; Music with Wild Bill, AC 6:15 Euchre, TV 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 10:00 Volleyball, AC 10:30 Handmade Cards, AC 2:00 Bingo with Liz, AC 2:00 Movie Matinee, MT 3:30 Welcoming Committee Meeting, AC 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 10:00 Volleyball, A 10:45 The Game of Farkle, AC 2:00 Bridge, BR 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 2:00 Bunco, AC 6:45 Evening Movie, MT	10:00 Donut Social, TV 10:30 Bean Bag Baseball, AC 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 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 9:30 Bible Study, CH 10:00 Shopping, L 10:00 Volleyball, A 10:30 Crafty Palette, AC 2:00 Movie Matinee, MT 2:00 Shopping, L 2:00 Bean Bag Baseball, A 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 10:00 Volleyball, A 10:00 Catholic Communion, CH 11:00 Memory Enhancement Class, AC 2:00 Movie Matinee, MT 2:00 Bingo, AC 2:00 Walker Repair, A 2:00 Movie Matinee, MT 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:20 Chair Exercise & Balance, AC 9:30 Errand Day 10:00 Volleyball, A 10:00 Marshalls 10:30 Cooking Demo, AC 2:00 Movie Matinee, MT 2:00 Bridge, BR 2:30 Chillin' At Desert Springs; Retro Swing 7, AC 6:15 Euchre, TV 6:45 Evening Movie, MT			

Memorial Day Service

Desert Springs took time to remember and honor those men and women who died while serving in the U.S. military. We were honored to have two of our own veterans and the Monthan AFB Honor Guard participate in the ceremony.

Left in the Photo: John Goetz, Colonel, U.S. Army Retired, was born in Detroit, Michigan, and graduated from Michigan State University. He was on active duty in the Army for over 27 years, and served in many different organizations and assignments. Some were the Office of the Secretary of Defense; Commander Southeast Asia Pictorial Center Vietnam; Commander 13th Signal Battalion Fort Hood, Texas; Commander 1st Signal Brigade Korea; and Commander Army Communicative Technology Office.

Right in the Photo: Ron Barker, Colonel, U.S. Air Force Retired, is a native of Lansing, Michigan. He received his bachelor's degree and his commission through the ROTC program at Michigan State University in 1954. He went immediately into the Air Force and into the pilot training program. He flew a variety of aircraft, including the F-86, F-100, F-111 and F-4. He has over 400 hours of combat time in Vietnam. Colonel Barker and his wife, Mary, have been married over 65 years and have four children. They lived overseas in Japan, England, Germany and Hawaii. They are fully retired and loving it in Tucson, Arizona.



John Goetz, Colonel, U.S. Army Retired and Ron Barker, Colonel, U.S. Air Force Retired



Flag Folding Ceremony

Book Club News

By Kay Gragg

On Saturday, July 13th, we will meet to discuss "Not Without My Daughter," by Betty Mahmoody. In August 1984, Michigan housewife Betty Mahmoody accompanied her husband to his native Iran for a supposedly two-week vacation. To her horror, she found herself and her four-year-old daughter, Mahtob, virtual prisoners of a man rededicated to his Shiite Muslim faith, in a land where women are near-slaves and Americans are despised. Their only hope for escape lay in a dangerous underground that would not take her child.

Join us in the Chapel at 11 a.m. for what promises to be a lively discussion of this harrowing true story of a mother's courage. All are welcome. Maxine Campbell is the Chairwoman of the group and can answer any questions you may have.



Culinary Education Series, Water Infusion!

The Chef made some wonderfully refreshing water-infused drinks for the Culinary Education Series.

You can spice up your water by adding in a variety of fruits and vegetables. Drinking water infused with fruit or herbs is a smart and tasty way to hydrate and cleanse without getting overloaded with sugar and calories. There are many health benefits of infused water, including appetite control, hydration, immune defense, heartburn prevention, blood sugar regulation and weight management.

Fruit-infused water is great to bring along with you and sip all day as a delicious hydrating treat. The drinks listed below were prepared by the Chef for residents to taste. All drinks can be easily made.

1. **Ginger Rush Ingredients:** Lemon, mint, ginger, cucumber
2. **Melon-Berry Bliss Ingredients:** Watermelon, strawberries, blueberries
3. **Fresh Rain Water Ingredients:** Lemon, cucumber, celery
4. **Summer Squeeze Ingredients:** Strawberries, lemon, mint
5. **Laughing Buddha Iced Tea Ingredients:** 8 cups water, 1 stalk lemongrass, 1 piece of ginger, about the size of two thumbs, 1/3 cup sugar (or 1/4 cup agave nectar, or sugar substitute to taste), 10 individual bags of green tea



Chef Steve and Chef Irma



Marie and Noel waiting to try the delicious Infused Water.

My Tree by Jeanne Lehnert

Outside my window is my tree of life.

Its leaves are fern-like spindles of soft green
that wink in the sun and shiver in anticipation
in the shade.

It speaks to me of new hope, of new friends,
of new adventures in a life that I had thought
to be over ... that there would be no
more thrills.

No more excitement ...

Just the every-day, mundane march of days
toward that last final one.

Ah, but my tree says differently. The branches
dance in the wind.

The leaves whisper their secrets of eternity
and a small bird like a
star on a Christmas tree
clings valiantly to his perch high above
his world.

Look at me says the tree.

See how I bend and sway.

See how I stand up to the devil winds
and shake off the drenching rain.

Though in the dark of night, you may not
always see me ...

Just know that I am here.

And when dawn's first golden rays
break through enveloping our world with
warmth and love,
I am here.

Follow me. Follow me.



Jeanne has been writing poems since she was a child and is still writing at the young age of 100.

DESERT SPRINGS
Gracious Retirement Living

30 West Lambert Lane
Oro Valley, AZ 85737



Hello Sunshine!

We do believe that our home is where the heart is. Please come join us for a cold glass of lemonade and see firsthand how things are really heating up with our summer activities calendar. Give us a call for more information on any of the activities you would like to participate in or feel free to stop by to meet our caring staff and have a complimentary meal and tour.

DESERT SPRINGS
Gracious Retirement Living

520-219-8100

