

# THE Peaks

## AT SANTA RITA

### Active Retirement Living

661 W. Calle Torres Blancas • Green Valley, AZ 85614 • Phone (520) 777-4800 • [www.seniorlivinginstyle.com](http://www.seniorlivinginstyle.com)

## OCTOBER 2019

### THE PEAKS AT SANTA RITA STAFF

Management Team ..... LEW & LINDA SPEARS  
Management Team ..... GRANT & JANIS ANAKA  
Executive Chef ..... CHRIS SMITH  
Activity Coordinator ..... BARBARA SUTTON  
Head Housekeeper ..... MARIA PALOMINO

### TRANSPORTATION

**Monday, 9 a.m.:** Green Valley Shopping

**Tuesday, All Day:** Tucson Medical Appointments

**Thursday, All Day:** Green Valley Medical Appointments

**Friday, 9 a.m.:** Outing Day

### HOURS OF OPERATION

**Daily:** 6 a.m. to 6 p.m.

**Breakfast:** 7 a.m. to 9 a.m.

**Dinner:** Noon to 1:30 p.m.

HAWTHORN  
SENIOR LIVING

## “Harvest Favorites”

Fall is my favorite time of year, with fall colors that pop and a beautiful array of colors such as red, orange, and yellow. 'Tis the season for brisk breezes and cooler weather. It is also a time of harvest.

A few fall harvest favorites and their health benefits:

Cranberries are filled with antioxidants called proanthocyanins, can help to prevent UTIs, and are packed with fiber for overall stomach health.

Pomegranates are an excellent source of fiber, Vitamins A, C and B, as well as minerals such as calcium, potassium, and iron. They also help fight arthritis and joint pain.

Pumpkins contain potassium that can have a positive effect on blood pressure and antioxidants to help prevent degenerative damage to the eyes.

Root vegetables such as carrots are packed with Vitamin A and maintain healthy skin and eyes; sweet potatoes carry a hefty dose of Vitamins A and C and can help stabilize blood sugar levels; and beets help support blood circulation and are packed with folate, potassium, calcium and iron.

October 8th and October 29th at 3 p.m., we will have a gathering to taste pumpkin cookies, Pomegranate Citrus Juice, Pumpkin Spice Latte and test our knowledge with some trivia. We'll even make Cranberry Vanilla Shea Butter Soap.





## “Welcome to the Peaks”

We would like to welcome you to your new home, The Peaks:

- Vanda B.
- Alex B.
- Jack and Roberta D.
- Cliff B. and Lucy G.
- Ed and Mary D.
- Sam F. and Joan B.
- Peter F.
- Lee and Sallye H.
- JoAnn J.
- Ralph and Maryann L.
- Marilyn L.
- Terry and Chic R.
- Pam W.
- Barbara P.

We look forward getting to know you. Again, welcome to your new home and new extended family.



## “Save the Date”

October is filled with great entertainment, food and outings. Check your calendar and save the following dates:

- Tuesday, October 1st, at 10 a.m. in the Lobby, David Jacome has information on Medicare and United Health Care.
- Friday, October 4th, at 9:30 a.m., the bus leaves for Casino del Sol with \$10 free play and a \$16 food voucher at any restaurant.
- Tuesday, October 8th, at 9:30 a.m., Robin Saiz returns for craft time and exercise your brain.
- Thursday, October 10th, at 3 p.m., Bavarian Brass Band plays during our Oktoberfest.
- Friday, October 11th, at 9:30 a.m., the bus travels to Madera Canyon for a picnic.
- Friday, October 11th, at 5:45 p.m., we will have a Bingo Bash (Bingo only) in the Lobby and refreshments.
- Tuesday, October 15th, at 10 a.m., Farmers’ Market will be in the Lobby.
- Thursday, October 17th, at 3 p.m., Mary Lou Catania, Pianist, returns for singalong.
- Friday, October 18th, at 9 a.m., there will be shopping at Tucson malls.
- Wednesday, October 23rd, at 10 a.m., New Image Fashion will set up their clothing boutique.
- Thursday, October 24th, at 3 p.m., Carmen Dahley is here with Karaoke and singalong.
- Friday, October 25th, at 5:45 p.m., we will have Casino Night, so get ready to try Roulette and Blackjack with refreshments.
- Tuesday, October 29th, at 11 a.m., Denise De Haven will be available in the Lobby with Medicare Open Enrollment and a time for Q and A.
- Thursday, October 31st, at 3 p.m., a Costume Halloween party with the Rusty Joints entertainment.

## “Food for Thought”

Put down that phone! Ever go to a restaurant and all the diners seem to be looking at their screens? Whatever happened to being in the

moment? One California restaurant is encouraging customers to enjoy their table companions with a “Talk to Each Other” discount. At Fresno’s Curry Pizza Co., parties of four or more who agree to lock up their phones get a free pie! Afterward, they can text their friends Emojis of pizza and smiling faces.



*Pizza and free pie!*



## “Boxing Tips”

Corinne P. takes boxing lessons at a gym in Tubac. She loves it and states, “It is quite a workout.” So we had her give tips at our morning exercise class. She stated that she does 30 repetitions of different moves that her instructor tells her to do. For example, a jab, then an uppercut, followed by a cross or hook.

### The different moves are as follows:

- **Jab:** a quick, straight punch thrown with the lead hand from the guard position
- **Cross:** a powerful straight punch thrown with the rear hand
- **Hook:** a semi” circular punch thrown with the lead hand to the side of the opponent’s head
- **Uppercut:** a vertical, rising punch thrown with the rear hand

She demonstrated how the hands are wrapped and asked for a volunteer, and Dot jumped at the chance to take a few hits. She said she likes it because she doesn’t get hit, she is the boxer. It was very interesting and fun. A big thank you, Corinne, for sharing!



*Dot volunteered to be Corinne’s punching partner.*



*Corinne demonstrates the Jab.*



*Powerful straight punch, a Cross*

# OCTOBER 2019

## Birthdays

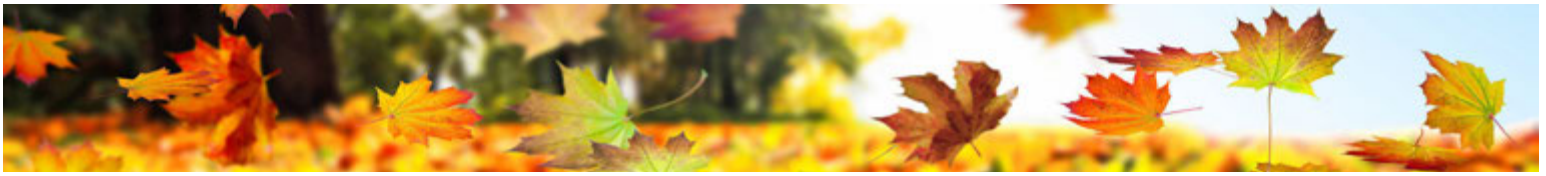
LaDonna G., 7th  
 Rachel S., 10th  
 Crecia C., 11th  
 Ed M., 11th  
 Penny H., 12th  
 Sallye H., 13th  
 Bill S., 16th  
 Lothar K., 17th  
 Mona L., 19th  
 Yocinda (Yocie) M., 20th (Employee)  
 Lynn W., 21st  
 Arlyn A., 22nd  
 Linda C., 22nd  
 Jan W., 24th  
 Jose C., 25th (Employee)  
 Peggy S., 25th  
 Pam W., 26th  
 Marianne W., 27th  
 Norma M., 30th  
 Jim R., 30th  
 Bev T., 31st

## Locations

Bistro Room, BR  
 Cinema, CN  
 Dining Room, DR  
 Fireplace Patio, FP  
 Fireside Lobby, FL  
 Game Room, GR  
 Gym, GY  
 Library, LB  
 Poolside, PL  
 Putting Green, PG  
 Resident Computer Room, RC

**Don't forget  
 our Costume  
 Party on  
 October 31st  
 at 3 p.m.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:00 Exercise, FL <b>9:30 Blood Pressure Check, GY</b> 10:00 Aqua Aerobics, PL <b>10:00 David Jacome United Health Care, FL</b> <b>1:00 Hand 'N Foot, LB</b> 1:30 Movie and Popcorn, CN <b>2:00 Manager, Activity &amp; Resident Meeting, BR</b>	<b>8:45 Wii Bowling Team 7, CN</b> 9:00 Trivia, LB 9:00 Exercise, FL 10:00 Aqua Aerobics, PL 10:30 Wii Bowling Team 3, LB 11:00 Bookmobile <b>1:00 Card Making with Sharon, FL</b> 1:30 Movie and Popcorn, CN 2:00 Bingo, BR <b>3:15 Choir Practice, FL</b>	9:00 Storytelling, LB 9:00 Exercise, FL <b>9:30 Blood Pressure Check, GY</b> 10:00 Aqua Aerobics, PL 10:00 Wii Bowling Team 2, LB 1:30 Movie and Popcorn, CN	9:00 Exercise, FL <b>9:30 Outing: Casino Del Sol</b> 10:00 Aqua Aerobics, PL 1:00 Wii Bowling Team 6, LB 1:30 Movie and Popcorn, CN	9:00 Wii Bowling Team 8, LB <b>9:30 Card Making with Claudia and Anne, FL</b> 10:30 Wii Bowling Team 9, LB 1:00 Mahjong, GR 1:30 Scrabble, FL 1:30 Movie and Popcorn, CN <b>1:45 Mexican Train, DR</b>
9:30 Wii Bowling Team 10, LB <b>11:00 Chapel at the Peaks, Pastor Gary Myers, CN</b> 1:30 Movie and Popcorn, CN 1:30 Wii Bowling Team 13, LB 2:00 Mexican Train, DR	9:00 Green Valley Shopping 9:00 Exercise, FL 9:30 Wii Bowling Team 5, LB 10:00 Aqua Aerobics, PL 1:00 Wii Bowling Team 1, LB 1:30 Movie and Popcorn, CN <b>3:15 Choir Practice, FL</b>	<b>YOM KIPPUR BEGINS AT SUNSET</b> 9:00 Exercise, FL <b>9:30 Exercise Your Brain/ Crafts with Robin Saiz, FL</b> <b>9:30 Blood Pressure Check, GY</b> 10:00 Aqua Aerobics, PL <b>1:00 Hand 'N Foot, LB</b> 1:30 Movie and Popcorn, CN <b>3:00 Trivia with Pumpkin Cookies &amp; Pumpkin Spice Latte, BR</b>	<b>8:45 Wii Bowling Team 7, CN</b> 9:00 Trivia, LB 9:00 Exercise, FL 10:00 Aqua Aerobics, PL 10:30 Wii Bowling Team 3, LB <b>1:00 Card Making with Sharon, FL</b> 1:30 Movie and Popcorn, CN 2:00 Bingo, BR <b>3:15 Choir Practice, FL</b>	9:00 Storytelling, LB 9:00 Exercise, FL <b>9:30 Blood Pressure Check, GY</b> 10:00 Aqua Aerobics, PL 10:00 Wii Bowling Team 2, LB 1:30 Movie and Popcorn, CN <b>3:00 Bavarian Brass Band Oktoberfest, FL</b>	9:00 Exercise, FL <b>9:30 Outing Madera Canyon &amp; Picnic</b> 10:00 Aqua Aerobics, PL 1:00 Wii Bowling Team 6, LB 1:30 Movie and Popcorn, CN <b>5:45 Bingo Bash, DR</b>	9:00 Wii Bowling Team 8, LB <b>9:30 Card Making with Claudia and Anne, FL</b> 10:30 Wii Bowling Team 9, LB 1:00 Mahjong, GR 1:30 Scrabble, FL 1:30 Movie and Popcorn, CN <b>1:45 Mexican Train, DR</b>
9:30 Wii Bowling Team 10, LB <b>11:00 Chapel at the Peaks, Pastor Gary Myers, CN</b> 1:30 Movie and Popcorn, CN 1:30 Wii Bowling Team 13, LB 2:00 Mexican Train, DR	<b>COLUMBUS DAY</b> 9:00 Green Valley Shopping 9:00 Exercise, FL 9:30 Wii Bowling Team 5, LB 10:00 Aqua Aerobics, PL 1:00 Wii Bowling Team 1, LB 1:30 Movie and Popcorn, CN <b>2:00 Flu Shot Clinic with Walgreens, LB</b> <b>3:15 Choir Practice, FL</b>	9:00 Exercise, FL <b>9:30 Blood Pressure Check, GY</b> 10:00 Aqua Aerobics, PL <b>10:00 Farmers' Market, FL</b> <b>1:00 Hand 'N Foot, LB</b> 1:30 Movie and Popcorn, CN <b>2:00 Chef &amp; Resident Meeting, BR</b> <b>2:00 Choir Practice, FL</b>	<b>8:45 Wii Bowling Team 7, CN</b> 9:00 Trivia, LB 9:00 Exercise, FL 10:00 Aqua Aerobics, PL 10:30 Wii Bowling Team 3, LB <b>1:00 Card Making with Sharon, FL</b> 1:30 Movie and Popcorn, CN 2:00 Bingo, BR	9:00 Storytelling, LB 9:00 Exercise, FL <b>9:30 Blood Pressure Check, GY</b> 10:00 Aqua Aerobics, PL 10:00 Wii Bowling Team 2, LB 1:30 Movie and Popcorn, CN <b>3:00 Social Time with Mary Lou at the Piano, FL</b>	9:00 Exercise, FL <b>9:00 Outing Tucson Shopping</b> 10:00 Aqua Aerobics, PL 1:00 Wii Bowling Team 6, LB 1:30 Movie and Popcorn, CN	9:00 Wii Bowling Team 8, LB <b>9:30 Card Making with Claudia and Anne, FL</b> 10:30 Wii Bowling Team 9, LB 1:00 Mahjong, GR 1:30 Scrabble, FL 1:30 Movie and Popcorn, CN <b>1:45 Mexican Train, DR</b>
9:30 Wii Bowling Team 10, LB <b>11:00 Chapel at the Peaks, Pastor Gary Myers, CN</b> 1:30 Movie and Popcorn, CN 1:30 Wii Bowling Team 13, LB 2:00 Mexican Train, DR	9:00 Green Valley Shopping 9:00 Exercise, FL 9:30 Wii Bowling Team 5, LB 10:00 Aqua Aerobics, PL 1:00 Wii Bowling Team 1, LB 1:30 Movie and Popcorn, CN	9:00 Exercise, FL <b>9:30 Grand Canyon Presentation by Marianne Wilson, CN</b> <b>9:30 Blood Pressure Check, GY</b> 10:00 Aqua Aerobics, PL <b>1:00 Hand 'N Foot, LB</b> 1:30 Movie and Popcorn, CN	8:45 <i>Wii Bowling Team 7 (Fireplace Patio), FP</i> 9:00 <i>Trivia (Fireplace Patio), FP</i> <b>10:00 New Image Fashion, FL</b> 10:30 <i>Wii Bowling Team 3 (Fireplace Patio), FP</i> 2:00 Bingo, BR	9:00 Storytelling, LB 9:00 Exercise, FL <b>9:30 Blood Pressure Check, GY</b> 10:00 Aqua Aerobics, PL 10:00 Wii Bowling Team 2, LB 1:30 Movie and Popcorn, CN <b>3:00 Karaoke with Carmen Dahley, DR</b>	<b>8:30 Outing Flandrau Science</b> 9:00 Exercise, FL 10:00 Aqua Aerobics, PL 1:00 Wii Bowling Team 6, LB 1:30 Movie and Popcorn, CN <b>5:45 Casino Night, DR</b>	9:00 Wii Bowling Team 8, LB <b>9:30 Card Making with Claudia and Anne, FL</b> 10:30 Wii Bowling Team 9, LB 1:00 Mahjong, GR 1:30 Scrabble, FL 1:30 Movie and Popcorn, CN <b>1:45 Mexican Train, DR</b>
9:30 Wii Bowling Team 10, LB <b>11:00 Chapel at the Peaks, Pastor Gary Myers, CN</b> 1:30 Movie and Popcorn, CN 1:30 Wii Bowling Team 13, LB 2:00 Mexican Train, DR	9:00 Green Valley Shopping 9:00 Exercise, FL 9:30 Wii Bowling Team 5, LB 10:00 Aqua Aerobics, PL 1:00 Wii Bowling Team 1, LB 1:30 Movie and Popcorn, CN <b>3:15 Choir Practice, FL</b>	9:00 Exercise, FL <b>9:30 Blood Pressure Check, GY</b> 10:00 Aqua Aerobics, PL <b>11:00 Medicare Q&amp;A with Denise De Haven, FL</b> <b>1:00 Hand 'N Foot, LB</b> 1:30 Movie and Popcorn, CN <b>3:00 Making Cranberry Vanilla Shea Butter Soap, FL</b>	<b>8:45 Wii Bowling Team 7, CN</b> 9:00 Trivia, LB 9:00 Exercise, FL 10:00 Aqua Aerobics, PL <b>10:00 Zounds Free Hearing Aid Cleaning, GY</b> 10:30 Wii Bowling Team 3, LB <b>1:00 Card Making with Sharon, FL</b> 1:30 Movie and Popcorn, CN 2:00 Bingo, BR	<b>HALLOWEEN</b> 9:00 Storytelling, LB 9:00 Exercise, FL <b>9:30 Blood Pressure Check, GY</b> 10:00 Aqua Aerobics, PL 10:00 Wii Bowling Team 2, LB 1:30 Movie and Popcorn, CN <b>3:00 The Rusty Joints Halloween Party, FL</b>		



## “Proud Grandma”

**Nick’s Story: The Only College Quarterback Ever to Convert to a Fullback and Make it to the NFL**

Diane Vernon never thought she would be spending her fall Sundays watching her grandson, Nick Bawden, playing football in the NFL. Only eight in 10,000 high school seniors make it to the NFL, and that’s just the beginning of Nick’s very unusual story.

Nick grew up in the typical Northern California suburban town of Los Gatos, with one middle school and one high school. Nick, like many of his friends, participated in many sports: karate, swimming, soccer, basketball, baseball, and wrestling. He proved to be a gifted athlete, achieving his Taekwondo Black Belt, setting records in swimming and Little League, and winning a national title in boys’ basketball. His mother, who told him no football until high school, was delighted with his interest in other sports, as she thought he would surely find his passion somewhere other than football.

Nick entered high school and asked to try out for the Freshman football team. His mom was then advised to let him play: “You can’t keep a kid away from football, if that’s where his heart is.” The first day of practice, when no one stepped forward to claim the quarterback position, Nick stepped up and said, “I can do it.” He had never played organized football, no Pop Warner, no casual leagues, nothing. Turns out he was pretty good and led the Freshman team to a winning



*Diane and her grandson, Nick*

season. The next year, as the starting Junior Varsity quarterback, he was moved to Varsity and that year, Los Gatos High School won the Central Coast Championship. Nick’s Junior and Senior years, he was the starting quarterback and Senior year, Team Captain, leading the team once again to a winning season and Championship. Nick was named Best Quarterback in the league.

He caught the eye of several college scouts and he and his parents went on the road for try-outs around the county. Nick had a few offers to play at the top collegiate level and chose San Diego State. He left high school early to start college at 17 on a full scholarship, and set his sights on earning the backup quarterback position behind the Senior starter. He proved again to be a competitor

and was named the backup, a big deal for a Freshman. When the Senior starting quarterback got injured, Nick was thrust in the spotlight as the starting QB. He started two games, and even threw a touchdown.

The next year, there was a coaching change and Nick was told he was no longer going to be a quarterback at San Diego State. He was given the option of leaving to pursue being a quarterback elsewhere or stay and change positions. It was a heartbreaking and life-changing moment. All the hard work and dreams of being the next starting quarterback for San Diego State were no longer an option for him. He decided to stay on the San Diego State football team and learn a new position: fullback. It was not an easy transition. A fullback is a blocker. He’s typically a big, “beasty” guy. He’s the one who clears the way for the running back carrying the ball to get yardage. Fullbacks play “old school” football. Their job is to hit guys hard, and occasionally to run with or catch the ball, a far different position than a quarterback. That year, he sat on the bench learning from the Senior fullback and changing his mental game and his body. He gained 20 pounds and came back his Junior year “a 245-pound beast.”

Nick found his place as an outstanding fullback and started in that position his Junior and Senior years, blocking the way



for two running backs, each with a whopping 2,000 yards in each season. One, Donnel Pumphrey, gained the most yards in NCAA football history. He plays for the Philadelphia Eagles. The other, Raashad Penny, was drafted in the first round to the Seattle Seahawks. Nick was named All American and drafted in 2018 to the Detroit Lions. He was the only true fullback drafted that year and considered the best in the country.

Then came another bump in the road and a test of his inner strength and commitment. During the first month of practice last year with the Detroit Lions, he had a freak accident on the field and tore his ACL (knee). This was a season-ending injury and was devastating. Nick underwent surgery and started the year-long process of recovery and



*San Diego State Championship  
in Las Vegas*

rehabilitation. He asked the Lions Head Coach if he would meet with Nick weekly, allowing him to take on special projects to contribute to the team. That began an amazing opportunity for Nick to learn from the best. Coach Patricia came from the Super Bowl-winning New England Patriots. Nick excelled at his weekly assignments, attended team meetings, and studied everything about the fullback position and the Detroit system. He stayed in Detroit after the season and for a two-month period, was the only player at the training facility, as postseason, players leave to live and train elsewhere. It was a lonely time, and he spent hours a day with his rehabilitation program: physical therapy, heat and other key treatments, weight training, stretching and yoga.

Nick was ready for this season and last week, when the team trimmed from 90 players to the mandatory 53, he realized his dream of a roster spot. He's the starting fullback and plays on Special Teams, No. 46. He is the only college quarterback converted to a fullback ever in the NFL. He wears his hair long, sticking out of his helmet. The Detroit Press has dubbed it the "Lions' Mane." He's fierce on the field and gracious and kind off the field. He started a program at a local Detroit hospital, volunteering with a few teammates, to spend time with kids with serious illnesses. He is working with the Detroit Lions organization to have his program moved under the Lion's mantle to receive additional

resources and an opportunity to expand.

Nick attributes all that has happened along this journey to his faith, commitment to excellence, and the support, guidance and grace from many along the way, including family, coaches, trainers, doctors and friends.



*Nick accepted in NFL Pro Football,  
as Fullback for the Detroit Lions*

His grandmother, Diane Vernon, is an ardent fan. You can't miss her on game day, wearing her Lions gear at breakfast. Go, Lions!

Happy Birthday, NFL – 100 years old this year! The Lions are one of the original eight teams.

**Nick Bawden, Detroit Lions**

**Fullback**

**Height:** 6 feet 2 inches

**Weight:** 245 pounds

**Jersey Number:** 46

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AT SANTA RITA  
Active Retirement Living

661 W. Calle Torres Blancas  
Green Valley, AZ 85614



*Fall in love...*  
with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

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