Estrella ESTATES
Gracious Retirement Living

14930 West Wigwam Boulevard • Goodyear, AZ 85395 • Phone (623) 535-9195 • www.seniorlivinginstyle.com

APRIL 2020

ESTRELLA ESTATES STAFF

Managers.....ROBBIE & VIKKI MORRIS
Assistant Managers ...BOB & LORI ANN REBER
Executive Chef.....ALAN THOMPSON
Marketing.....JOSHUA BRYANT
Activity Coordinator .....TRACEE DERRA
Maintenance ..... RANDY COLLINS
Transportation.....HOWARD COKLEY
Head Housekeeper .....ALICIA HERNANDEZ

TRANSPORTATION

Tuesday, 8 a.m.-1 p.m.: Doctor Appointments
Wednesday, 8 a.m.-1 p.m.: Outings
Thursday, 8 a.m.-1 p.m.: Doctor Appointments
Friday, 8 a.m.-1 p.m.: Shopping

Introducing Estrella Estates New Therapy Pet

Monroe, our therapy bunny, brought a friend with him, Mrs. . Mrs. Maisel looks a little different but she does tricks and is just as sweet.

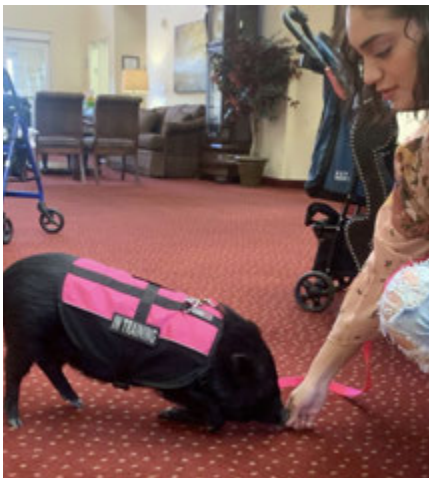
Some of the benefits of animal-assisted therapy include:

- Improved fine motor skills
- Improved balance
- Increased focus and attention
- Increased self-esteem and ability to care for oneself
- Reduced anxiety, grief and isolation
- Reduced blood pressure, depression, and risk of heart attack or stroke
- Improved willingness to be involved in a therapeutic program or group activity

Both Mrs. Maisel, the potbelly pig, and Monroe, the therapy bunny, will be at Estrella Estates the first Tuesday of every month at 10:15 a.m. in the Atrium.

(Pictures continued on Page 2.)

Introducing Estrella Estates New Therapy Pet (Continued)



Estrella Estates Fights Back by Boosting Their Immune System

In the midst of the current pandemic, Estrella Estates family has come together to fight back the only way we know how: by adhering to all universal precaution and by naturally boosting our immune system.

According to the Centers for Disease Control, influenza viruses continue to wreak misery in 41 states. However, keep in mind that other viruses cause respiratory illness: parainfluenza viruses, adenoviruses, coronaviruses, rhinoviruses, not to mention bacteria such as Streptococcus.

In order to function well, our immune systems require balance and harmony. Here are several ways to promote that balance naturally.

1. Remember your A-B-C-D-Es. A lack of micronutrients, i.e., vitamins, has been linked to reduced immunity. Taking a multivitamin supplement, along with eating a healthy diet rich in natural sources of nutrients, boosts overall health as well as the immune system. In particular, Vitamins A, B-2, B-6, C, D and E have been studied in relation to immune response, and seem to play a key role in helping us avoid illness.
2. Get some sun. Spending some time in natural light is one of the key ways our bodies manufacture Vitamin D. Vitamin D plays a role in helping our immune systems produce antibodies; low levels of Vitamin D, on the other hand, have been correlated with a higher risk of respiratory infection.
3. Open your mouth and say "om." While the physical effects of stress are still being studied by scientists, studies have so far proven that chronic stress can lead to a variety of negative effects on physical and emotional well-being, including a reduced immune response. Stress-reducing practices like meditation, massage, and even music can help us relax and improve our immune function.
4. Try turmeric. The bright orange-yellow spice that gives curries a distinct flavor and mustard its color also has anti-inflammatory properties, and there is increasing evidence that it helps prevent illness, too. Particularly relevant for seniors, extracts of turmeric seem to play a role in preventing cancer, slowing Alzheimer's, and alleviating arthritis pain.
5. Sleep is one of the key ways our bodies repair themselves, and sleep deprivation, reports Mother Earth News, "activates the stress response, depresses immune function and elevates inflammatory chemicals."
6. Eat more vegetables. Vegetables, as well as fruits,

Ramblings

Wisdom gained in life!

- Reduce the amount of negative inputs to your life.
- There is almost always more than one way to accomplish something.
- Make your peace with money.
- Focus on income more than expenses.
- Balanced people don't change the world.
- Deadlines and quotas are your friends.
- Get over it.
- Even atheists want something to believe in.
- In any project, create your own definition of success.
- Understand that some positions and organizations exist solely to make your life difficult.
- Helping others makes your own life better.

nuts, and seeds, are loaded with nutrients that we need to keep our immune systems in top health. In particular, cruciferous vegetables like cabbage, kale and broccoli help support liver function, a key part of our body's natural detoxification process.

7. Micromanage your minerals. In addition to a range of vitamins, it is important to get enough, but not too much, of key minerals that are important to daily health. Selenium, according to Harvard Medical School, may help prevent cancer, and zinc is a critical ingredient for the proper function of our immune cells. However, experts caution that too much zinc can actually impair immune function, so it's important to stick to the recommended daily allowance.
8. Make room for 'shrooms. Certain types of mushrooms, particularly Japanese mushrooms like shiitake, maitake, and oyster mushrooms, have recently been shown to help support the production of immune cells. They're also loaded with antioxidants.
9. Try herbal remedies. Scientists are still studying the effectiveness of many herbal supplements traditionally used as health boosters, like echinacea and ginseng, but whether or not they have a measurable effect on the immune system, a soothing tea can help with relaxation, sleep, and stress reduction. Of course, you should always talk to a doctor before making herbal treatments a regular part of your arsenal.
10. Spice up your cooking. Pungent but tasty garlic and ginger are both delicious, immune-boosting additions to the family diet. Raw garlic in particular contains antimicrobial and cancer-fighting agents, and ginger has been used for centuries in traditional medicine to treat nausea, colds and flu symptoms.
11. Keep on moving. Regular exercise contributes to our overall health in numerous ways, and a healthy body means a smoothly functioning immune system. Some forms of exercise, like Tai Chi and Yoga, are also particularly suited for reducing stress and improving the strength, balance and flexibility that we often lose as we age.
12. Consider taking probiotics. Probiotics, or "good" bacteria, are not only an important part of a healthy digestive process but also our immune systems, though scientists are still studying exactly how and why this happens. A study on athletes found that probiotic supplements helped prevent and combat colds, but you can also get probiotics from naturally fermented food sources, like yogurt and kimchi.

APRIL 2020

Birthdays
Josie Moreno, 7th
Dolores (Lorrie) Briles, 10th
Frank Cataldo, 13th
Hallie Latasa, 14th
Dave Clark, 16th
Bob Heinz, 18th
Joann Tisdale, 19th
Patsy Sinclair, 19th
Jean Ritter, 23rd
Anne Miquelon, 26th
Norma Hagen, 28th

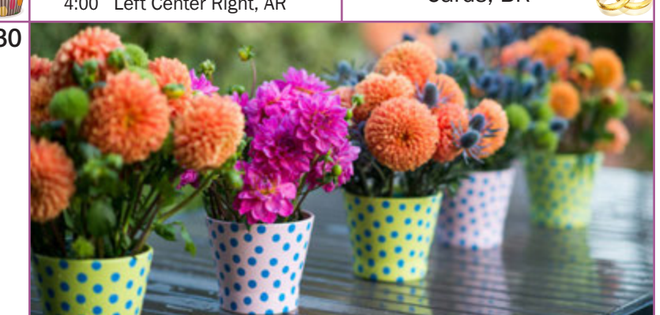
Anniversaries
Don & Billie Holleran, 4/25/1960

Locations
Activity Room, AR
Atrium, AT
Billiards Room, BR
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Front Lobby, Lobby
Library, LB
Movie Theater, MT
Patio-Back Of Building, PB
Swimming Pool, SP
TV Room, TV

Hello Darling Hair Salon
(602) 434-8997
Open Tuesday-Friday, 9:30 a.m.-3 p.m. and by appointment on other days.
Nail appointments on Saturdays.

Care Partners Blood Pressure Checks
Given in the Bistro Monday, Wednesday & Friday at 3 p.m.

Estrella Essentials Store
Tuesday, Thursday & Saturday from 9:30–10:30 a.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 2:00 Hand & Foot Cards, BR *2:30 Blood Pressure Checks, AR* **4:00 Walk and Talk, AR** **4:30 Resident Night Out, Lobby**	2 9:30 Strength and Balance Chair Exercise, AR 10:00 Knit, Crochet Group, AR **10:00 Bible Journey and Fellowship, CH** 2:00 Rummikub Group, TV **2:00 Resident Meeting, AR** **4:00 Social Hour with Entertainment, AR**	3 **Wear Red, Support Our Troops** 9:30 Stretch and Balance Exercise, EX 10:15 Bell Choir: Estelle, AR 11:00 Beanbag Baseball, AR 2:00 Hand & Foot Cards, BR *2:30 Blood Pressure Checks, AR* 4:00 Bible Study: Pastor Del Rosario, CH 4:00 Left Center Right, AR	4 10:00 Donuts & Coffee Social, AR 11:00 Bean Bag Baseball, AR 1:45 Scrabble: Everett, BR 2:00 Movie Matinee, MT 2:00 Hand & Foot Cards, BR
PALM SUNDAY 5 9:00 Catholic Mass/ Communion, MT 11:00 Therapeutic Coloring, AR 2:00 Hand & Foot Cards, BR **3:00 Bingo with Robbie, AR**	6 **9:30 Stretch and Strength Training, EX** 10:30 Smoothies with Tracee, AR 2:00 Bingo, AR 2:00 Hand & Foot Cards, BR **2:00 Movie Presentation, MT** *2:30 Blood Pressure Checks, AR* 4:00 Ceramics with Roger, AR	7 9:30 Strength and Balance Chair Exercise, EX 10:15 The Bunny and Potbelly Pig 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 2:00 Rummikub Group, TV 2:00 Hand & Foot Cards, BR 3:00 Birthday/ Anniversary Party	**PASSOVER BEGINS AT SUNSET** 8 2:00 Hand & Foot Cards, BR *2:30 Blood Pressure Checks, AR* **4:00 Walk and Talk, AR**	9 9:30 Strength and Balance Chair Exercise, AR 10:00 Knit, Crochet Group, AR **10:00 Bible Journey and Fellowship, CH** 2:00 Rummikub Group, TV **2:00 Ambassador Meeting, DR** **4:00 Chill and Grill, AR**	**GOOD FRIDAY** 10 **Wear Red, Support Our Troops** 9:30 Stretch and Balance Exercise, EX 10:15 Bell Choir: Estelle, AR 11:00 Beanbag Baseball, AR 2:00 Hand & Foot Cards, BR *2:30 Blood Pressure Checks, AR* 4:00 Bible Study: Pastor Del Rosario, CH 4:00 Left Center Right, AR	11 10:00 Donuts & Coffee Social, AR 11:00 Bean Bag Baseball, AR 1:45 Scrabble: Everett, BR 2:00 Movie Matinee, MT 2:00 Hand & Foot Cards, BR
EASTER 12 9:00 Catholic Mass/ Communion, MT 11:00 Therapeutic Coloring, AR 2:00 Hand & Foot Cards, BR **3:00 Bingo with Robbie, AR**	13 **9:30 Stretch and Strength Training, EX** 10:30 Smoothies with Tracee, AR 2:00 Bingo, AR 2:00 Hand & Foot Cards, BR **2:00 Movie Presentation, MT** *2:30 Blood Pressure Checks, AR* 4:00 Ceramics with Roger, AR	14 9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 2:00 Rummikub Group, TV 2:00 Hand & Foot Cards, BR	15 2:00 Hand & Foot Cards, BR *2:30 Blood Pressure Checks, AR* **4:00 Walk and Talk, AR**	16 9:30 Strength and Balance Chair Exercise, AR 10:00 Knit, Crochet Group, AR **10:00 Bible Journey and Fellowship, CH** 2:00 Rummikub Group, TV **2:00 Chef/Resident Meeting, AR** **4:00 Social Hour with Entertainment, AR**	17 **Wear Red, Support Our Troops** 9:30 Stretch and Balance Exercise, EX 10:15 Bell Choir: Estelle, AR 11:00 Beanbag Baseball, AR 2:00 Hand & Foot Cards, BR *2:30 Blood Pressure Checks, AR* 4:00 Bible Study: Pastor Del Rosario, CH 4:00 Left Center Right, AR	18 10:00 Donuts & Coffee Social, AR 11:00 Bean Bag Baseball, AR 1:45 Scrabble: Everett, BR 2:00 Movie Matinee, MT 2:00 Hand & Foot Cards, BR
19 9:00 Catholic Mass/ Communion, MT 11:00 Therapeutic Coloring, AR 2:00 Hand & Foot Cards, BR **3:00 Bingo with Robbie, AR**	20 **9:30 Stretch and Strength Training, EX** 10:30 Smoothies with Tracee, AR 2:00 Bingo, AR 2:00 Hand & Foot Cards, BR **2:00 Movie Presentation, MT** *2:30 Blood Pressure Checks, AR* 4:00 Ceramics with Roger, AR	21 9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 2:00 Rummikub Group, TV 2:00 Hand & Foot Cards, BR	**EARTH DAY** 22 2:00 Hand & Foot Cards, BR *2:30 Blood Pressure Checks, AR* **4:00 Walk and Talk, AR**	23 9:30 Strength and Balance Chair Exercise, AR 10:00 Knit, Crochet Group, AR **10:00 Bible Journey and Fellowship, CH** 2:00 Rummikub Group, TV **4:00 Chill and Grill, AR**	**Wear Red, Support Our Troops** 24 9:30 Stretch and Balance Exercise, EX 10:15 Bell Choir: Estelle, AR 11:00 Beanbag Baseball, AR 2:00 Hand & Foot Cards, BR *2:30 Blood Pressure Checks, AR* **3:00 Horse Racing, AT** 4:00 Bible Study: Pastor Del Rosario, CH 4:00 Left Center Right, AR	25 10:00 Donuts & Coffee Social, AR 11:00 Bean Bag Baseball, AR 1:45 Scrabble: Everett, BR 2:00 Movie Matinee, MT 2:00 Hand & Foot Cards, BR
26 9:00 Catholic Mass/ Communion, MT 11:00 Therapeutic Coloring, AR 2:00 Hand & Foot Cards, BR **3:00 Bingo with Robbie, AR**	27 **9:30 Stretch and Strength Training, EX** 10:30 Smoothies with Tracee, AR 2:00 Bingo, AR 2:00 Hand & Foot Cards, BR **2:00 Movie Presentation, MT** *2:30 Blood Pressure Checks, AR* 4:00 Ceramics with Roger, AR	28 9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 2:00 Rummikub Group, TV 2:00 Hand & Foot Cards, BR	29 2:00 Hand & Foot Cards, BR *2:30 Blood Pressure Checks, AR* **4:00 Walk and Talk, AR**	30 9:30 Strength and Balance Chair Exercise, AR 10:00 Knit, Crochet Group, AR **10:00 Bible Journey and Fellowship, CH** 2:00 Rummikub Group, TV		

The Mystery Tour with Spectacular Views

The first stop was The Lost Dutchman Museum.

A rich gold ore mine was made famous by Jacob Waltz, known as "the Dutchman," who took the secret of "his mine" to the grave in 1891. Even today, treasure hunters scour the mountains searching for the Lost Dutchman Mine, but now they share the region with campers, hikers, horseback riders and conservationists, in what has officially become the Superstition Wilderness Area. The attractions include The Elvis Memorial Chapel, a movie prop that was built for the 1969 Elvis Presley western "Charro!," which was the only movie Elvis made in which he did not sing, but played a strictly dramatic role, and the Audie Murphy Barn, which were moved to the museum piece-by-piece, following the second fire which destroyed the Apacheland Movie Ranch.

20-Stamp Mill

This 20-stamp ore crusher was donated in 1989 by Mr. and Mrs. Joseph Jones of Albuquerque, New Mexico. Twenty-eight days were required for five men, all volunteers, to disassemble and move the Mill to Apache Junction, Arizona. This Mill was state-of-the-art technology for recovering gold in the 1800s. Rare, historical, surviving equipment of this nature today can be counted on one hand, let alone in such great condition.

The Labyrinths are ancient human symbols known to date back at least 3,500 years and probably much farther. They appeared on most inhabited continents in prehistory, with examples known from North and South America, Africa, Asia and across Europe from

the Mediterranean to Scandinavia. The labyrinth symbol was incorporated into the floors of the great Gothic pilgrimage cathedrals of France in the twelfth century. The most famous extant design is the example in the nave floor of the Cathedral of Notre Dame de Chartres outside of Paris.

This labyrinth was built of honey-colored limestone with marble lines around the year 1200 and is now over 800 years old. Hardscrabble and spartan living conditions were the norm for old time prospectors and miners who lived in shacks such as this one, as they pursued their dreams of striking it rich.

Second Stop Tortilla Flat

Based on available records, Tortilla Flat got its start because of the road construction to Roosevelt Dam in 1904. There was a need for a stagecoach stop for freight haulers on their way to the construction site at Roosevelt Dam and Tortilla Flat served that purpose. Shortly following the construction of the road, Roosevelt Dam became a big tourist attraction. At that point, Tortilla Flat was a stage stop for tourists and mail carriers through the 1930s. A visit to Tortilla Flat isn't complete without a stop in the Superstition Restaurant and Saloon. The decor alone will send you back in time, from the Saddle Bar Stools, to the walls of dollar bills from around the world.

The day trip was full of surprises, but the best surprise was the spectacular view of Saguaro Lake.

The next mystery tour will be leaving Estrella Estates at 9:30 a.m. on April 8th.

Estrella
ESTATES
Gracious Retirement Living

14930 West Wigwam Boulevard
Goodyear, AZ 85395

EQUAL HOUSING OPPORTUNITY

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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623-535-9195