

# Estrella

## ESTATES

Gracious Retirement Living

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

MAY 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

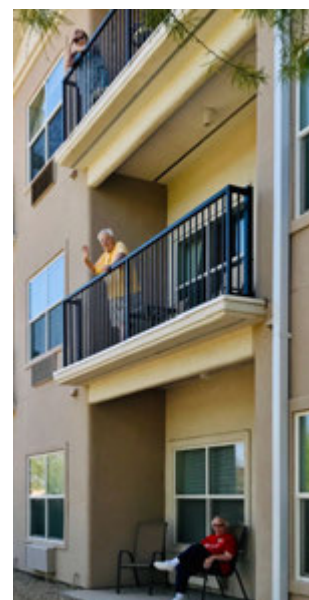
**Friday, 8 a.m.-1 p.m.:** Shopping

HAWTHORN  
SENIOR LIVING

## Steve Summers Brings Music to Estrella Estates Despite Social Distancing

The residents at Estrella Estates enjoyed a Saturday afternoon of entertainment. Steve Summers gave a wonderful and heartfelt performance on the lawn. While the residents practiced responsible social distancing, they were able to enjoy an amazing performance.

Thank you supporting our residents, Steve Summers, during these changing times.







## Mystery Tour

First Stop: Frontier Town, located in the heart of Cave Creek, will take you back in time. Walking through the main street in the old West town we saw gallows and Boot Hill Cemetery. We found special gifts in the handcrafted shops.

Second Stop: The original El Encanto, a romantic old-world mission-style restaurant in the heart of Cave Creek. Walk through the archway and you will feel as though you have been transported to Mexico. The El Encanto restaurants have the feel of old Mexico and water features that created a warm and comforting atmosphere while we enjoyed authentic handmade Mexican cuisine and Lorrie had a hamburger.

Third Stop: Rare Earth Gallery, one of the most comprehensive gemstone jewelry collections on the planet. With more than 150 types of gemstones to choose from and more than 300 stunning displays you are sure to find that special piece for any occasion. At Rare Earth Gallery, they showcase rare art from the treasures of the earth. Epic, awe-inspiring natural art is available like never before. Rare Earth Gallery offers an intriguing and eclectic collection of natural art pieces to incorporate into your outdoor space, from hand-carved sculptures to incredible Arizona petrified wood specimens, basalt columns, onyx and much more.

We all enjoyed the outing despite the rainy day.



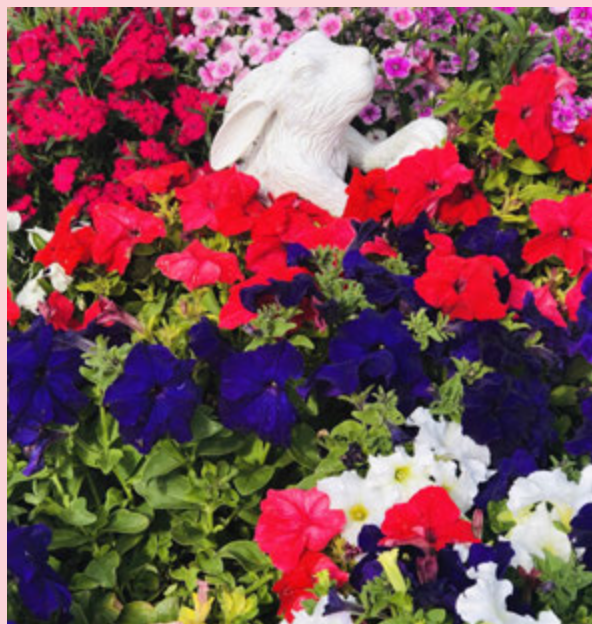




## The Garden Club Brings Cheer to the Community

The Garden Club works tirelessly weeding, watering and pruning our beautiful garden. They are growing flowers, vegetables and herbs. The breathtaking beauty of the garden against the Estrella Mountains is a sight to behold.

It brings cheer and joy to all. A special thanks to Bob Heinz and Chuck Ritter for their consistent watering. Thank you, Estrella Estates Garden Club, for making our world brighter and helping us all stay Estrella Strong.



## May Birthdays

Robert (Bob) Molleston, 4th  
Irene Powell, 7th  
Estelle Pilon, 10th  
Chuck Ritter, 12th  
Sherry Harrison, 20th  
June Bjerke, 21st  
Clara Mae Benner, 24th  
Tom Grider, 25th  
Dale Duffey, 27th  
Billie Holleran, 29th  
Brigitte Beringer, 29th

## 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.



## Movie Moms

Each of the ladies listed are film characters. Can you match the mom to her movie?

- |                     |                               |
|---------------------|-------------------------------|
| 1. Winifred Banks   | A. "Mamma Mia!"               |
| 2. Lena Younger     | B. "The Grapes of Wrath"      |
| 3. Mary Bailey      | C. "A Tree Grows in Brooklyn" |
| 4. Donna Sheridan   | D. "Mary Poppins"             |
| 5. Leigh Anne Tuohy | E. "Imitation of Life"        |
| 6. Ma Joad          | F. "The Blind Side"           |
| 7. Lora Meredith    | G. "A Raisin in the Sun"      |
| 8. Katie Nolan      | H. "It's a Wonderful Life"    |

## Feathered Friends

This is a zigzag word search. Words go left, right, up, down, and can bend at a right angle, but not diagonally. Every letter is used only once.

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| R | O | D | D | R | O | D | U | N | K |
| C | O | N | W | O | N | N | I | L | A |
| S | P | A | R | R | G | I | S | O | K |
| O | D | M | A | W | O | B | I | P | A |
| V | K | B | G | O | R | C | R | I | M |
| E | N | O | P | I | E | K | H | W | O |
| K | I | B | S | T | O | R | E | I | T |
| I | L | O | F | I | N | C | A | K | M |
| E | L | I | L | E | R | H | W | A | O |
| Q | U | A | P | E | T | M | A | C | T |

BOBOLINK  
CONDOR  
~~CROW~~  
DOVEKIE  
DRONGO  
DUNLIN  
FINCH  
IBIS  
KAKAPO

KIWI  
MACAW  
MAGPIE  
MOTMOT  
PETREL  
QUAIL  
RHEA  
SPARROW  
STORK

## Brain Bender: What a Doll

Amy owns a four-piece set of Russian nesting dolls. Each of the four dolls has her own name—Anastasia, Irina, Katya or Natasha. Each is painted a different color—blue, purple, red or yellow. Using the following clues, can you place the dolls in order from smallest to largest, and determine the color of each one?

- When the dolls are nested, Natasha is only touching one other doll, the purple one.
- Katya is the red doll.
- The blue doll is larger than Irina, but smaller than Katya.
- The second-largest doll is not yellow.

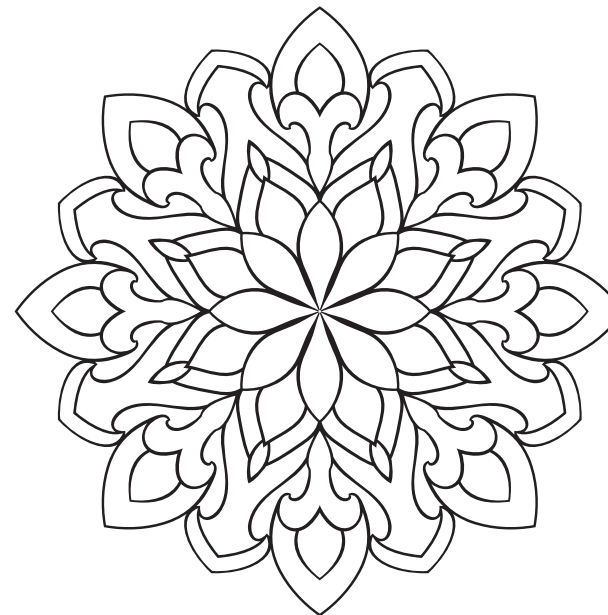


## Simple Ways To Practice Mindfulness

- Savor a snack. Whether it's a crisp, fresh apple or a decadent candy bar, enjoy a snack slowly and deliberately. Close your eyes and think about the food's flavors and textures and the rhythm of your chewing.
- Enjoy nature — even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.
- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.
- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.

## Mandala Meditation

From a Sanskrit word meaning "circle," a mandala is a popular tool used in meditation, often representing wholeness. You may have seen a mandala without realizing what it was. Simply stated, it is a circular shape filled with repeating geometric patterns. Creating your own mandala — by drawing at least three concentric circles, then filling in the spaces between the circles with various shapes — can be therapeutic and relaxing. Coloring or painting pre-drawn mandalas has the same effect.



## A Dose of Deep Breathing

Deep breathing, also known as belly breathing, can help alleviate stress, increase relaxation and lower heart rate and blood pressure. You can do it almost anywhere. Breathe in slowly through your nose for four counts until your abdomen feels fully expanded, hold your breath for one count, then exhale through your mouth for five counts. Experts recommend doing this three times an hour.

## Puzzle Solutions

### Movie Moms Answers

1. D; 2. G; 3. H; 4. A; 5. F; 6. B; 7. E; 8. C

### Brain Bender Answers

The smallest doll, Natasha, is yellow. The second-smallest doll, Irina, is purple. The second-largest doll, Anastasia, is blue. The largest doll, Katya, is red.

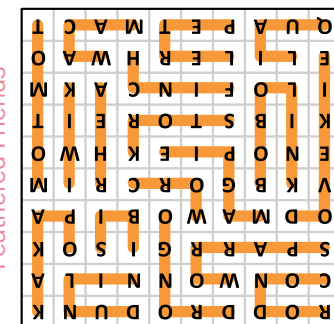
## Take a Closer Look

See if you can identify 12 differences in these two illustrations.

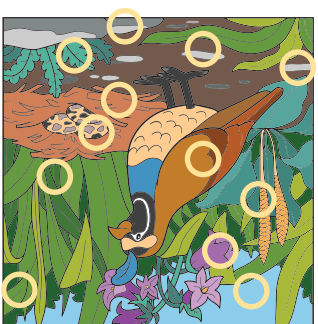
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look







## The Estrella Estates Fun Walk! Estrella Strong!

Our Estrella Estates Annual Fun Walk was another example of Estrella Strong.

The weather was perfect. The opening ceremony began at 9:30 a.m. Our Drum Jam performed two songs. Bob Molleston, our World War II veteran led us in the Pledge of Allegiance. A quick prayer was given and the walk began.

The walkers have been training for over a year. Strength training and walking at least three days a week. We had three participants over 90 years old that led the way and inspired others. All of the walkers pushed through their aches and pains, lack of sight and many other underlying conditions to complete a full mile. The residents that were unable to participate showed their support by displaying our Estrella Strong poster and stepping outside to cheer on the walkers as they passed.

All finishers received a medal, a T-shirt and bragging rights!

Way to go, finishers! You are Estrella Strong!







## How We Are Staying Estrella Strong



We are staying strong by maintaining a healthy diet. Chef prepares meals delivered to our doors. There are lots of fresh fruit and salads for us to choose from followed by an assortment of cookies, muffins and other delicious dessert baked with love by Miriam Arce de Vasquez.

We are staying strong by physically moving every day. The exercise group is continuing its training exercises in their apartments. A nice walk in this paradise weather through our beautiful garden is a great way to exercise and get a little vitamin D.

We are staying strong by being patient and learning as the world learns about this pandemic.

We are staying strong by responsibly following the CDC recommendations.

We are staying strong by using humor as our daily medicine.

We are staying strong by being kind and reaching out to our neighbors.

We are staying strong following the example of our leaders by holding the vision of all the hugs we will give and all the games we will play, the places we will go and the fellowship we will enjoy in the Dining Room.

The management and staff are staying strong by the residents and staff taping a heart in our window daily.

We are keeping our families strong and free of worry by keeping our Estrella Strong posters in our windows so they can see them as they drive by.

If you get the chance to meet an Estrella Estates resident you will see Estrella Strong and hopefully some of it will rub off on you.

May we all stay safe and Estrella Strong during these trying times.





14930 West Wigwam Boulevard  
Goodyear, AZ 85395



## **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.



**623-535-9195**

