



THE Peaks

AT SANTA RITA

Active Retirement Living

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

MAY 2020

THE PEAKS AT SANTA RITA STAFF

Management Team LEW & LINDA SPEARS
Management Team JOHN & JEAN HOGSTAD
Executive Chef MITCH THOMAS
Activity Coordinator BARBARA SUTTON
Maintenance Coordinator VERN COX
Transportation J.C. CARRIZOZA
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: 6 a.m. to 9 a.m.

Dinner: 11:30 a.m. to 1 p.m.



HAWTHORN
SENIOR LIVING

Welcome to the Peaks



We would like to welcome our new residents, Duane and Lavonne B., Peter and Sharon I., Ken and Kathy J., Don S., and Roy and Sherrie Van., and our new co-managers, John and Jean H.

We look forward to getting to know you and welcome to the Peaks family.

“Mother’s Love”

Her love is like
an island in life’s ocean,
vast and wide
A peaceful, quiet shelter
From the wind, the rain, the tide.
‘Tis bound on the north by Hope,
By Patience on the west,
By Tender Counsel on the south
And on the east by Rest.
Above it like a beacon light
Shine Faith, and Truth, and Prayer;
And thro’ the changing scenes of life
I find a haven there.

Author Unknown



Tell Me Something Good

One of our sister community activity coordinators shared a great idea of having the residents tell something that was good and take pictures.

So after exercise class, they wrote what they thought was good while having a frozen mixed berry with ginger ale! There were nine residents who participated. It was the nicest day with very little wind and lots of sunshine and warmth. Many of them stated, "The sunshine is wonderful."

Lynn J. said playing trivia, Arlette wrote the sun is shining, Edith quoted the weather is gorgeous, Pat's comment was everything is working out wonderful, Lois said seeing friends when we go out for our walks, Rosemary wrote good people and good friends, and Norman's comment was the sunshine is beautiful.

It was a fun and gorgeous day!



Elizabeth smiling ear to ear and thankful where she lives!



Mary loves the sunshine and good food!



Exercise outside and 6 feet apart

Serving Others

During the coronavirus outbreak, a couple of our ladies at The Peaks were staying busy making face masks for the residents and themselves. Some went shopping for others. Some wrote limericks to share. It was a time of helping each other.



Marilyn made more than 60 face masks and gave them to her neighbors.



Claudia made face masks for residents from prints.



A Bit of Trivia for May

Friday, May 1st

Is the birthday of Judy Collins. She may be turning 81 (she was born in 1939), but she is still an active musician, with an upcoming tour this year. Sing along to some of her songs, including "Send in the Clowns" today.

Sunday, May 3rd is the birth anniversary of Harry Lillis "Bing" Crosby (1903-1977).

Tuesday, May 5th is Cinco de Mayo.

Wednesday, May 6th: Happy birthday, George Clooney — American actor, film director, and producer George Clooney was born on this day in 1961. Clooney first gained fame on television.

Sunday, May 10th is Mother's Day.

Tuesday, May 19th is Senior Citizen's Day.

Wednesday, May 20th is Buddy Poppy Day — Red paper poppies are used to symbolize war dead because real poppies bloomed everywhere in the battle graveyards of France. The Veterans of Foreign Wars had their first paper "poppy sale" in 1922 to raise money for disabled and destitute veterans.

Sunday, May 24th is Bob Dylan Day. Bob Dylan was born on this day in 1941. Bob Dylan wrote and recorded "Blowin' in the Wind."

Monday, May 25th is Memorial Day.

Sunday, May 31st is Walt Whitman's Birth Anniversary. Walt Whitman was an American poet (1819–1892) whose collection of poems "Leaves of Grass" is considered one of the world's major literary works.

Also, Happy birthday, Clint Eastwood, born in 1930.



Remember

Remember those who served before.

Remember those who are no more.

Remember those who serve today.

Remember them all on Memorial Day.

Memorial Day has come to mean the beginning of summer, a time for picnics and barbecues, and a holiday to gather around the family.

That happiness and freedom, however, is a product of the real cause for the holiday: the sacrifice made by men and women who have fought and died for the freedoms and liberties Americans hold dear.

Memorial Day is a time to remember that the American way of life is not cheap, but rather has been purchased by the lives and blood of so many who have sacrificed for us to live free and happily now.

Thank you to all of you who have served and currently are serving our great country!



Remember those who are no more.

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.

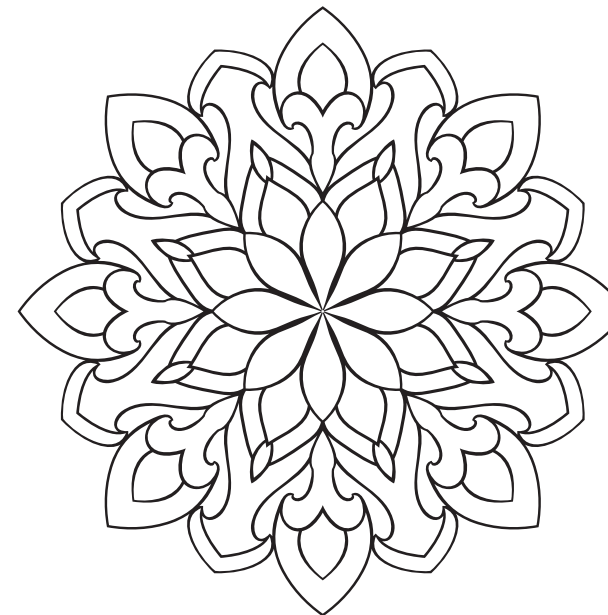


Simple Ways To Practice Mindfulness

- 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.

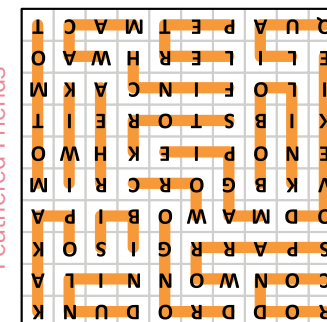
Take a Closer Look

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

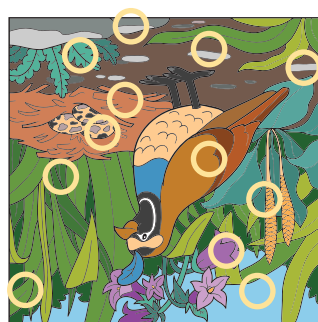
Solution can be found at the bottom of this page.



Feathered Friends



Take a Closer Look





Living a Century

Our dear sweet resident Marian had her 100th birthday on Saturday, April 4, 2020. We surprised her on Thursday with the managers, Lew and Linda, and her lifetime friend, Rosemary, after breakfast. Lew and Linda presented her with a plaque from Hawthorn Senior Living that celebrated her 100 centenarian years and we are honored to have Marian with us at The Peaks. Marian had many phone calls, many flower arrangements, birthday cake from her daughter, cards, and a bouquet of balloons. I am amazed at Marian, as she uses the stairwells instead of the elevators every day.

Marian stated her motto is "Where there is a will, there is a way!"

God never gives you more than you can handle!

What an amazing woman!



Marian celebrated with her daughter, Patty.



A 100-year banner, 6 feet long



Lew, Marian, Rosemary, and Linda with Marian's centenarian plaque



Blow out the 100 candles!

Happy Birthday

We would like to recognize and wish everyone with May birthdays and May anniversaries:

Birthdays:

May 1st: Barbara Mi. and Lavonne Ba.

May 2nd: Carole De. and Sondra W.

May 4th: Marty Mc. and Douglas Va.

May 5th: Ginny Sp.

May 6th: Judy Rob.

May 8th: Arra W. and Terry Re.

May 11th: Roz B. and Karen Re.

May 15th: June Jo.

May 16th: Stan Ch. and Judy Ric.

May 23rd: Helen B. and Joann Jo.

May 26th: M.D. W. and Cliff B.

May 28th: Phyllis N.

May 30th: Marilyn K.

May 31st: Anne L.

Anniversaries:

May 4, 1968: Bob and Louise M.

May 5th: Rick and Del B.

May 16, 1969: Lee and Sallye H.

May 23, 1970: Mike and Jan L. (Happy 50th Anniversary)



Mother's Day

Written in 1915,
"M-O-T-H-E-R,"
with music by
Theodore Morse
and lyrics by
Howard Johnson,
was also recorded
by Eddy Arnold
and Burl Ives.



Popular in its day,
and continuously
sung to the
present day, this
Happy Mother's Day
piece has become the standard by which
all other "mother" songs are measured,
and has been recorded by many different
solo and ensemble artists, in a variety of
musical styles.

I love this song and I remember singing it
every year at Mother's Day in our school
program with five other students. Happy
Mother's Day to all of our beautiful women.

"M" is for the million things she gave me,
"O" means only that she's growing old,
"T" is for the tears she shed to save me,
"H" is for her heart of purest gold;
"E" is for her eyes, with love-light shining,
"R" means right, and right she'll always be.
Put them all together, they spell MOTHER,
A word that means the world to me
"M" is for the mercy she possesses,
"O" means that I owe her all I own,
"T" is for her tender, sweet caresses,
"H" is for her hands that made a home,
"E" means ev'rything she's done to help me,
"R" means real and regular, you see.
Put them all together they spell MOTHER,
A word that means the world to me.

"Is She Somebody's Mother?"

When Roz lived at
Fellowship Square
many years ago, she
helped a blind man
catalog and try to
sell some of his very
old books.

Many of these books
belonged to a lady
named Benona Trigg.



*Quite poetic, Roz, thank
you for sharing.*

Roz knew this
because she had signed her name on the front
page of each book. This is a true story and Roz
wrote the following poem in tribute to Benona Trigg.

"Is She Somebody's Mother?"

By Roz Brewer

His sight is poor, the print is small,
The books are very old.

I offered to use my eyes.
Old books can be sold, we're told.
Most were owned by Benona Trigg,
Her signature, my only evidence.
Her letters are bold and strong,
With a flair of elegance.

The books she reads are classics
They reveal her intelligence.
She embraces Scott and Keats,
Among others of excellence.
She's someone I want to know,
She intrigues and fascinates me.
What was she like, I wonder?
I imagine her proud and free.
She lives because I made her live,
I write her tribute in present tense.
Is she somebody's mother?
To me it makes perfect sense.

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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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