

DESERT SPRINGS

Gracious Retirement Living

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

JUNE 2020

DESERT SPRINGS STAFF

Managers.....DAVID & BRENDA CERVANTES

Assistant ManagersCHUCK & CANDY
LACOMBE

Executive Chef..... JUSTIN MURDOCK

Marketing..... DONNA SINGLETON

Activity CoordinatorJEANETTE SIMI

Maintenance FRANK LOPEZ

Bus DriverANTHONY TRUJILLO

TRANSPORTATION

Monday, 10 a.m. and 2 p.m.:

Fry's, Target, Walmart and Walgreens

Tuesday & Thursday, 9 a.m.-3 p.m.:

Doctor Appointments

Wednesday: Outings

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

HAWTHORN
SENIOR LIVING

Thank-You Wall

How gratitude can change your workplace! Over the course of these last couple of months we have collected all the "thank-you" notes from our residents, family members and others. After one resident added a genuine note of thanks on our wall, soon many residents added heartfelt notes of thanks and appreciation.

Our "Wall of Thanks" holds collectively thankful thoughts of what our residents are thankful for! A wonderful way for our residents to embrace gratefulness. We would like to take this opportunity to let every resident know we are counting our blessings and thankful for every one of you. Your thoughtfulness and thanks are much appreciated!

Residents and staff alike are wearing their "All in this together" bands! Desert Springs coming together as one!





June Resident Highlight

Resident Highlight

Rudy and Kay VanRentghem

I would like to take this opportunity to introduce to you two of your wonderful neighbors, Rudy and Kay VanRentghem.

Rudy and Kay have been residents here at Desert Springs for three and a half years. They met in 1951 in Detroit, Michigan, and have been happily married for 65 years. Kay is originally from Detroit, Michigan, and Rudy is from Bruges, Belgium. In 1947, Rudy came to America on the ship Queen Mary; this was the ship's first voyage from Europe to America after the Second World War. The Queen Mary was used for a "troops ship" and was known as the fastest ship at that period of time.

Rudy and Kay are proud parents of three boys, proud grandparents of four grandchildren and the proud great-grandparents of three great-grandchildren.

When the children were young, Rudy and Kay enjoyed biking as a family and did so for many years. In 1975 Rudy and Kay bought their first tandem bike for their 20th anniversary. The tandem bike is a two-person bike and they both have ridden in more than 33 states in the United States and in Canada, with over one quarter of a million miles "Two Gether."

They both participated in the first tandem-only event in 1976 in Kokomo. Rudy shares that on this event, "I made a mistake eating a large breakfast of steak and eggs. I remember Kay stating, 'We will need to go faster,' after a while I was able to pick up the speed and completed the event."

Rudy and Kay's first competition was in Michigan, where they finished a hundred-mile event. Rudy states that they like the tandem bike as it allows them to do these events together. They have owned several tandems and have put many miles on them.

Rudy also stated the biggest accomplishment on the tandem bike was a 325-mile event here in Arizona with over 23,000 feet climbing. They both participated in the largest tandem event in Iowa where over 800 tandem riders participated. This was a three-day, police-escorted event; "even police officers rode in this event."

Kay states she stopped riding when she turned 84 years of age. Rudy proudly shares that Kay is a five-time cancer survivor and she continued to ride until this last year! What an accomplishment!

Thank you, Rudy and Kay, for sharing your story! You both are such a great inspiration to us all!



Rudy 2020



Rudy and Kay

June Birthdays

- | | |
|-----------------------|-----------------------------|
| • Robert Kalland, 1st | • Betty Jean Emberton, 13th |
| • Marie Macri, 1st | |
| • Hib Knape, 2nd | • Wanda Gallagher, 16th |
| • Rags Ragland, 2nd | • Millie Ragland, 18th |
| • Earl Scott, 10th | • Joan Schrepfer, 27th |

June Anniversaries

- Noel & Bob Gerken, 6/3/1961
- Ruth & Bob Carlson, 6/7/1958
- Elaine & John Goetz, 6/17/2006
- Joanne & John Willis, 6/24/1955
- Mary & Ron Barker, 6/26/1954
- Mary & Hib Knape, 6/29/2002



Welcome, New Residents

A special welcome from Desert Springs to our new residents. We are happy you have chosen Desert Springs to be your new home. I would like to take this opportunity to welcome you to our upcoming fun events, exploring your new community and activities scheduled for your enjoyment. If you were unable to attend this month's orientation for new residents, you are always welcome to attend one in the near future. If you have questions about activities or events, please feel free to see Jeanette, your Activity Coordinator, or one of your managers will be more than happy to answer any questions you may have. Welcome!

Cinco de Mayo Fiesta at Desert Springs

There is no better way to keep up residents' morale than with a fiesta! At Desert Springs we got in the spirit of things by honoring Mexican culture and traditions. Honoring the day Cinco de Mayo commemorates the Mexican army's unlikely victory over the French in 1862 at the Battle of Puebla. The residents enjoyed Mexican-themed cuisine of tacos, enchiladas, refried beans and five-layer bean dip with chips. The dessert was out of this world! Later in the afternoon the residents donned their sombreros and headed "south of the border" to enjoy toe-tapping, traditional mariachi music, a margarita (or two!) and churros! Good times at Desert Springs!

Mother's Day Adventures!

Fun Mother's Day adventures were had by all! A luncheon to satisfy any palate! Piano music was provided by Lynn Jones, a resident here at Desert Springs; raffle prizes were won! Mother's Day games, puzzles and social time with your neighbor was enjoyed.

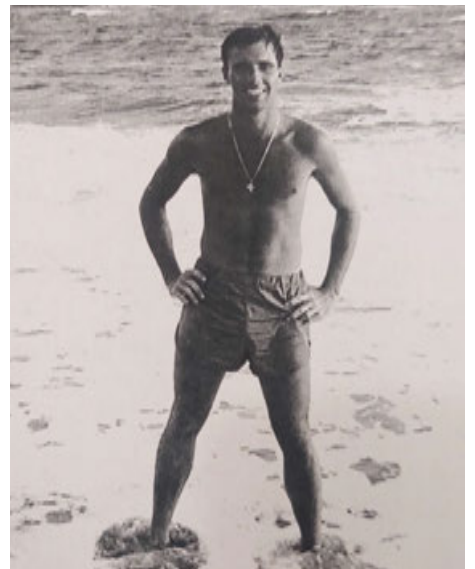


Guess Who?

Were you able to guess who the handsome gentleman for May was? This is our one and only Rick Dunn! Rick is fairly new, so give a shout-out of "Welcome" to Rick as you pass in the hall! Let's see who is the beauty for our June Guess Who? Can you guess who these twins are and which one is our "Guess Who" beauty for the month?



June Guess Who?



May Guess Who?

Brain Bender: What a Catch!

Four buddies—Calvin, Gary, Nate and Stan—went fishing. They each caught a different kind of fish: bass, walleye, perch and trout. From the clues below, can you determine the first and last names of each fisherman, what kind of fish he caught, and how much the fish weighed (3, 6, 8 or 10 pounds)?

1. Stan’s last name isn’t Hall.
2. Calvin, whose last name isn’t Reynolds, didn’t catch the smallest fish.
3. The man who caught the 8-pound fish didn’t catch the walleye.
4. Mr. White didn’t catch the 6-pound trout.
5. Nate caught the perch.
6. The fish were caught in the following order, from smallest to largest: Mr. Hall, Gary Benson, bass, and Calvin.

Virtual Visits

You can get a free ticket to visit world-famous museums and attractions and use it without leaving the comfort of your chair. A wide range of virtual tours and online exhibits are available at your fingertips. Here are just a few you can explore.

- The Louvre, Paris
Louvre.fr/en/visites-en-ligne
- National Gallery of Art, Washington, D.C.
NGA.gov
- Smithsonian National Museum of Natural History, Washington, D.C.
NaturalHistory.SI.edu
- San Diego Zoo, San Diego.
Zoo.SanDiegoZoo.org
- Monterey Bay Aquarium, Monterey, Calif.
MontereyBayAquarium.org/animals/live-cams

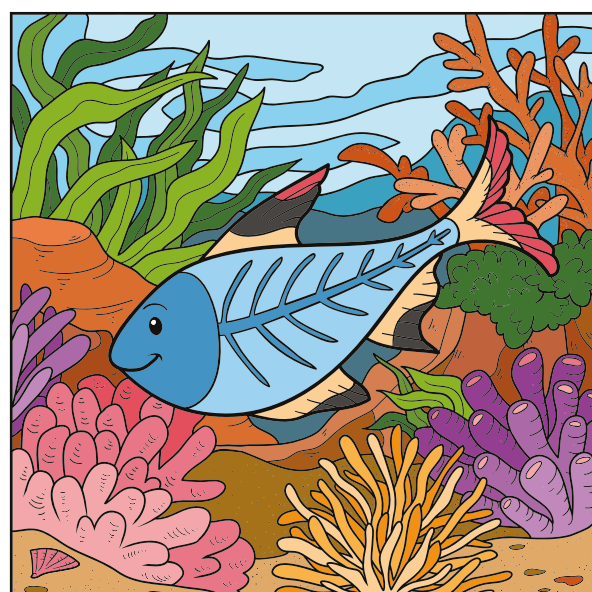
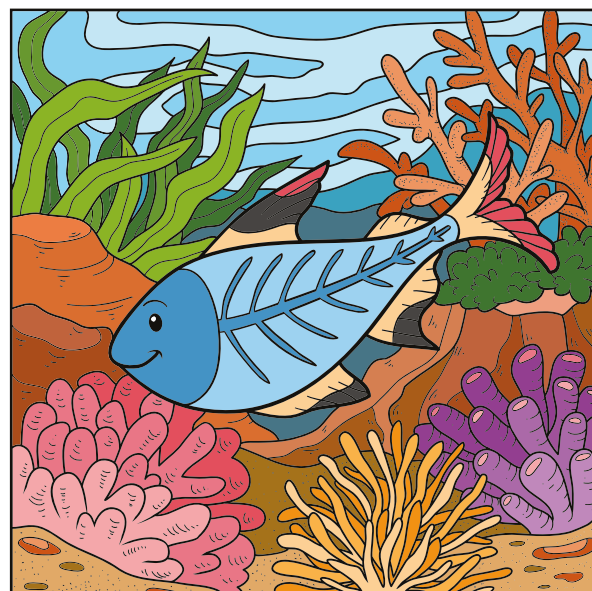
Summertime Snicker

Q: What holds the sun up in the sky?

A: Sunbeams!

Double Take

Fish around and find 10 differences in these two pictures.



Sudoku

The object of the game is to fill all the black squares with the correct numbers. Each row, column and 3x3 subsection must include all digits 1 through 9 in any order.

	2		1					5
	6	7	2				1	
				5	9			7
		2			1			
3	1			2			7	4
			9			3		
6			4	9				
	4				2	1	8	
2					7		3	

TV Dads

Match the father figure character to the TV show he appeared in.

Fictional Father

1. Tim Taylor
2. James Evans Sr.
3. Tom Corbett
4. Steve Douglas
5. Carl Winslow
6. Howard Cunningham
7. Jim Anderson

TV Show

- A. “Father Knows Best”
- B. “Home Improvement”
- C. “Good Times”
- D. “Family Matters”
- E. “My Three Sons”
- F. “Happy Days”
- G. “The Courtship of Eddie’s Father”

Word Ladders

In each set below, use the clues to change the first word, one letter at a time, to get the last word.

DAD

- ___ Took action
- ___ A cube with dots

TIE

GOLF

- ___ Wide chasm
- ___ Sea-loving bird
- ___ Bovine patriarch

BALL

FISH

- ___ A tightly closed hand
- ___ Tiny water droplets
- ___ Chewing gum flavor
- ___ Two cups
- ___ Sewing accessories

FINS

Puzzle Solutions

Brain Bender: What a Catch!

Nate Hall caught the 3-pound perch. Gary Benson caught the 6-pound trout. Stan Reynolds caught the 8-pound bass. Calvin White caught the 10-pound walleye.

TV Dads

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

Word Ladders

1. dad, did, die, tie; 2. golf, gulf, gull, bull, ball; 3. fish, fist, mist, mint, pint, pins, fins

9	3	4	7	1	5	8	6	2
6	8	1	2	9	3	5	7	4
2	5	7	8	6	4	1	3	9
1	2	3	5	4	6	9	7	8
4	7	5	9	2	8	6	1	3
8	6	9	1	3	7	2	5	4
7	4	2	6	5	9	3	8	1
3	1	6	4	8	2	7	9	5
5	9	8	3	7	1	4	2	6





Pet Therapy

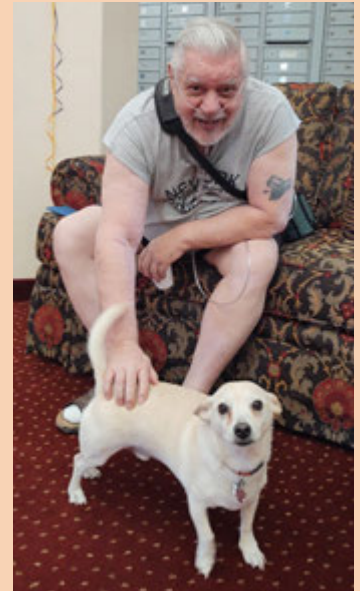
Did you know that having animals can significantly reduce pain, stress, anxiety and depression?

A special “thank-you” to the residents who share their pets with other residents! Your pets have brought comfort and joy. Thank you for enhancing the quality of life with your generosity of sharing your pets.

A little information on pet therapy:

The companionship of a pet can be an invaluable tool, bringing purpose and engagement for people of all ages, and especially for seniors. Spending time with a pet is a powerful way to combat loneliness and isolation, bringing comfort and companionship while reducing stress and promoting overall health and wellness.

Animals can help reduce stress, lower blood pressure and increase social interaction and physical activity. Pets provide other intangibles, too. “Dogs and cats live very much in the present,” says Dr. Jay P. Granat, a New Jersey-based psychotherapist. “They don’t worry about tomorrow, which can be a very scary concept for an older person. An animal embodies that sense of here and now, and it tends to rub off on people.”



Emotional Benefits of Pet Therapy for Seniors

Emotional benefits of pet therapy for seniors include:

- Increased self-esteem and confidence
- Improved social skills
- Reduced risk of depression
- Lessened levels of anxiety
- Reduced feelings of loneliness
- An increased ability to show gentleness and caring

Physical Benefits of Pet Therapy for Seniors

Physical benefits of pet therapy can differ depending on the type of therapy being practiced but often include:

- Increased levels of exercise
- More mobility from caring for a pet
- Lowered blood pressure
- Reduction in depression, stress, and anxiety levels
- Improved physical skills for more intensive programs like horseback riding or swimming with dolphins

Mental Benefits of Pet Therapy for Seniors

Pet therapy provides incredible mental benefits for seniors, especially for those living with dementia or another form of cognitive impairment.

- Improved mental stimulation
- Increased socialization
- Strengthened ability to plan for pet’s care
- Improved sense of purpose and meaning
- Memory stimulation
- Calming negative behaviors associated with dementia



Back to Activities at Desert Springs

Our residents are enjoying the pleasures of “being back and active” in the community. Many fun games and adventures have been added for the residents to enjoy! A special “thank-you” to the residents who are providing music for the residents’ entertainment. You are much appreciated.

Our residents at Desert Springs are practicing social distancing and small group events throughout the day. Residents are even practicing social distancing in the pool and during snack time. Thanks to all the residents for helping to keep our environment safe. We are all looking forward to getting back to a normal routine. Many fun events and adventures await you!



Out and about



Keeping cool and hydrated



Residents providing entertainment for residents



Studio “C” Hair Salon

Desert Springs has a wonderful hair salon located just out the back entrance to the right. Carol Smith, owner and operator of Studio “C” announced she will open her door Monday, May 11th. Carol is excited to see her regular customers! If you are interested in making an appointment, please give Carol Smith a call at (561) 248-5934.



Carol is excited to see her regulars!



Studio “C” hair salon to open! Yeah!

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When the world
is staying apart,
we are coming
together.

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