



Estrella

ESTATES

Gracious Retirement Living

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

JULY 2020

ESTRELLA ESTATES STAFF

Managers.....ROBBIE & VIKKI MORRIS
Assistant ManagersDOUG & KENDRA ROSE
Executive Chef.....ALAN THOMPSON
Marketing.....DICK BAUER
Activity CoordinatorTRACEE DERRA
MaintenanceRANDY COLLINS
TransportationHOWARD COKLEY
Head HousekeeperALICIA 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

Fourth of July Celebration



The Fourth of July — also known as Independence Day or July Fourth — has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July Fourth has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues. The Fourth of July 2020 is on Saturday, July 4, 2020.

From Our New Assistant Managers

We are so happy to be here with you at Estrella Estates. We have been living in the East Valley for nearly 25 years. We are excited to explore the West Valley now. Arizona is paradise compared to cold winters in Michigan where we grew up. We are blessed to have three sons. We are looking forward to getting to know you. Stay well, Doug and Kendra Rose



HAWTHORN
SENIOR LIVING



Estrella Estates Is Full of Heart



Dusty Titles Plays Outside for the Residents

Living in Phoenix, Arizona, it is not very often that we get a day under 100 degrees in June. The residents took full advantage of the beautiful mid-June day. We all enjoyed sitting out front of our building listening to one of our favorite entertainers, Dusty Titles. We look forward to having him back as soon as the weather permits.



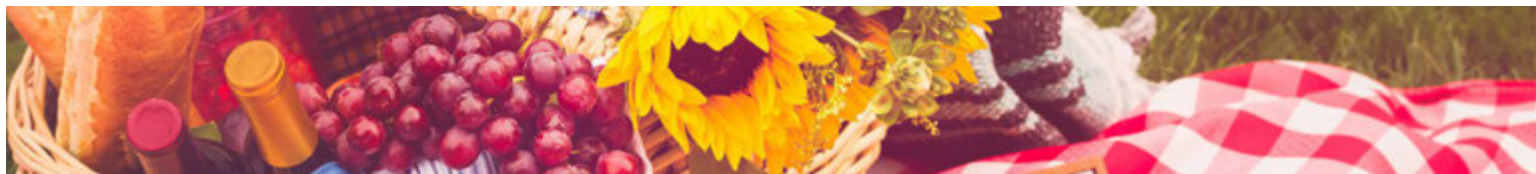
The Importance of Happiness by Linda Haddeman

I had been a resident of Estrella Estates for approximately a year and a half when the global pandemic turned the world upside down. I asked myself, "How can I possibly cope with such a strange and different world?" As I was searching for an answer, I identified the one quality that I believe is the most important for me to cultivate — happiness. I believe it is vital to understand how important it is for me to diligently maintain my own happiness.

If you ask almost anyone what they want out of life, most will reply, "I just want to be happy." It is clear that happiness is a vital priority for most of us. And yet, we fail to realize how essential our own happiness is. We fail to notice what activities make us happy. We do not intentionally engage in actions that would increase the happiness in our daily life.

Here is an important liberating principle which, if continually practiced, will contribute greatly to our happiness: Each one of us has the power to choose the attitude we will take toward any situation we encounter in life.

It occurred to me that it might be totally self-centered to choose to focus on my own happiness. But then I realized that my beloved family and friends would have their spirits lifted by associating with a happy person. If I choose a gloomy, depressed attitude, I would be spreading doom and gloom to everyone around me. I believe that happiness is the very best choice I can make to bring joyfulness to myself and to everyone.



Family by Choice

We pride ourselves on having such a strong family here at Estrella Estates. Our family extends to our outside staff. Each month I will spotlight an outside staff member. In the Family by Choice article, the Estrella Estates' staff member will have the opportunity to share a little bit about themselves with the residents and the community.

Our first Family by Choice is Miriam Arce De Vasquez and Noe Vasquez, our mother and son team.



Miriam has been a part of our family for a year and a half. She has two boys and two girls, ages 25, 21, 20, and 7. Miriam also has two granddaughters and two grandsons. Noe is Miriam's third child. Miriam spends her weekends visiting her other children and grandchildren in Yuma and taking her daughter to the park. Noe likes to spend his free time playing video games.

Before our mother and son team came to Estrella Estates they lived in San Luis, Arizona. Miriam cooked and baked for the children in the San Luis School District and Noe was in school.

Miriam has always enjoyed cooking, making tortillas with her mother as a child and sharing the tradition with her daughters. Miriam has been baking professionally since 2003. Our Estrella Estates' family can always taste the love and care she puts into everything she does. Her work ethic is beyond compare. You will never see Miriam or Noe not working. They don't stop.

It can be challenging for Noe to work with his mother. Noe's favorite thing about his job is the food and his least favorite is taking out the trash.

It is a pleasure to work with such a dedicated mother and son team.

Estrella Estates' 2020 Summer Olympics Are Not Cancelled

The Summer Olympics scheduled for 2020 in Tokyo have been cancelled. However, we at Estrella Estates will still compete. The events will take place in the Pool, the Atrium and Putting Green. First, second and third place medals will be awarded to winners in each event. The opening ceremonies will take place in the Atrium, Friday, July 31st.



Olympics



JULY 2020

Birthdays

John Jay Boyer, 2nd
Don Coday, 7th
Don Holleran, 17th
Margeret Boudreau, 21st
Joe McCracken, 25th
Wendy Kelly, 31st

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.

John Jay Boyer, 2nd
Don Coday, 7th
Don Holleran, 17th
Margeret Boudreau, 21st
Joe McCracken, 25th
Wendy Kelly, 31st

Activity Room, AR
Atrium, AT
Billiards Room, BR
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**Tuesday, Thursday
& Saturday from
9:30–10:30 a.m.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
			1 3:30 Family Feud, TV 4:30 Resident Night Out, Lobby 7:00 Movie Presentation	2 9:30 Strength and Balance Chair Exercise, AR 11:00 Wii Bowling, TV 2:00 Bingo, AR 7:00 Movie Presentation 	3 Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Horse Racing 7:00 Movie Presentation	4 INDEPENDENCE DAY 8:30 4th of July Game with Prizes, DR 11:00 Bean Bag Baseball, AR 12:00 4th of July Facts and Fiction, DR 2:00 Movie Matinee, MT 3:00 Bingo with Managers, AR 6:30 4th of July Celebration with Fireworks, AR 7:00 Movie Presentation	
	5 11:00 Therapeutic Coloring, AR 3:00 Bingo with Robbie, AR 7:00 Movie Presentation	6 9:30 Stretch and Strength Training, EX 11:30 Drum It Up 2:00 Bingo, AR 7:00 Movie Presentation	7 9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 3:00 Birthday/Anniversary Party 3:00 Garden Club 7:00 Movie Presentation 	8 9:30 Outing with Tracee, AT 3:30 Family Feud, TV 7:00 Movie Presentation	9 9:30 Strength and Balance Chair Exercise, AR 11:00 Wii Bowling, TV 2:00 Ambassador Meeting, DR 2:00 Bingo, AR 7:00 Movie Presentation	10 Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Horse Racing 7:00 Movie Presentation	11 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 3:00 Bingo with Managers, AR 7:00 Movie Presentation
	12 11:00 Therapeutic Coloring, AR 3:00 Bingo with Robbie, AR 7:00 Movie Presentation	13 9:30 Stretch and Strength Training, EX 11:30 Drum It Up 2:00 Bingo, AR 7:00 Movie Presentation	14 9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 3:00 Garden Club 7:00 Movie Presentation	15 9:30 Outing with Tracee, AT 3:30 Family Feud, TV 7:00 Movie Presentation	16 9:30 Strength and Balance Chair Exercise, AR 11:00 Wii Bowling, TV 2:00 Bingo, AR 7:00 Movie Presentation	17 Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Horse Racing 7:00 Movie Presentation 	18 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 3:00 Bingo with Managers, AR 7:00 Movie Presentation
	19 11:00 Therapeutic Coloring, AR 3:00 Bingo with Robbie, AR 7:00 Movie Presentation	20 9:30 Stretch and Strength Training, EX 11:30 Drum It Up 2:00 Bingo, AR 3:30 Ice Cream Soda Day Celebration, AR 7:00 Movie Presentation	21 9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 3:00 Garden Club 7:00 Movie Presentation 	22 9:30 Outing with Tracee, AT 3:30 Family Feud, TV 7:00 Movie Presentation	23 9:30 Strength and Balance Chair Exercise, AR 11:00 Wii Bowling, TV 2:00 Bingo, AR 7:00 Movie Presentation	24 Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Horse Racing 7:00 Movie Presentation	25 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 3:00 Bingo with Managers, AR 7:00 Movie Presentation 
	26 11:00 Therapeutic Coloring, AR 3:00 Bingo with Robbie, AR 7:00 Movie Presentation	27 9:30 Stretch and Strength Training, EX 11:30 Drum It Up 2:00 Bingo, AR 7:00 Movie Presentation	28 9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 3:00 Garden Club 7:00 Movie Presentation	29 9:30 Outing with Tracee, AT 3:30 Family Feud, TV 7:00 Movie Presentation	30 9:30 Strength and Balance Chair Exercise, AR 11:00 Wii Bowling, TV 2:00 Bingo, AR 7:00 Movie Presentation	31 Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 11:00 Bocce Ball, DR 3:00 Horse Racing 7:00 Movie Presentation 	



Estrella Estates' Residents Reach Out to Loved Ones

During the recent quarantine, family members of the residents would drive by with homemade signs and wave. This has been a tremendous spirit lifter for all the residents at Estrella Estates. When the quarantine was lifted and scenic drives were allowed, the residents wanted to give back.



On our scenic tour, we drove by the family members' homes and waved with our "Estrella Strong" posters on every window on the bus. Howard would stop in front of the family members' house and they would come out and visit while maintaining social distancing. Some family members stepped on the bus and gave some words of encouragement.

It was a lot of fun seeing how happy the family members were to see us.

A 'Beautiful' Tribute

Expressing national pride "from sea to shining sea," the stirring anthem "America the Beautiful" turns 125 this month.

The song's lyrics are the words of a poem written by Katharine Lee Bates, who was an English professor at Massachusetts' Wellesley College. In 1893, while on a trip to Colorado, Bates visited Pikes Peak, and was struck by the view of natural beauty from the mountain and, in her words, "the sea-like expanse of fertile country ... under those ample skies."

Inspired, she finished her poem during the trip, but didn't publish it until two years later. The first version appeared in a weekly Massachusetts newspaper, The Congregationalist, on July 4th, 1895.

For a while, "America the Beautiful" was sung to the melodies of various folk tunes, including "Auld Lang Syne." But it was a hymn titled "Materna," composed in 1882 by Samuel A. Ward, that became the most common music for Bates' lyrics and is still used today.

"America the Beautiful" has become a patriotic standard and is often played at national celebrations and sporting events.



The Views on the Scenic Tours Are Spectacular

It is so good to be able to get out and about after being quarantined. Living in Arizona allows for us to enjoy the beautiful scenery and wide open spaces.

Our outings have been limited to scenic drives and social distant picnics.

So far, the residents have had the opportunity to go to: Lake Pleasant, Surprise Community Park, Estrella Mountain Park and Sedona. Everyone gets a snack bag and we take a picnic lunch. So far, Kentucky Fried Chicken has been the favorite.





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

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