

DESERT SPRINGS

Gracious Retirement Living

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

AUGUST 2020

DESERT SPRINGS STAFF

Managers.....DAVID & BRENDA CERVANTES
Assistant Managers CHUCK &
CANDY LACOMBE
Executive Chef JUSTIN MURDOCK
Marketing..... DONNA SINGLETON
Activity CoordinatorJEANETTE SIMI
Maintenance FRANK LOPEZ
Bus Driver HUBERT MEDINA

TRANSPORTATION

Monday, 10 a.m. & 2 p.m.: Fry's,
Target, Walmart and Walgreens

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

Wednesday, TBD: Outings

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

HAWTHORN
SENIOR LIVING

Resident Highlight

Masking it up here at Desert Springs.

Did you know this is the picture on the cover of our Hawthorne's Facebook page? Desert Springs and our residents take great pride in knowing this picture made it on the front page. A great honor indeed!

Having a little fun with the "masking it up" here at Desert Springs! Joining us in this picture is: Bob, Ruth, Mary and Herb! Thank you to these residents for stepping up and making this such a wonderful photo!

We feel if we must wear the masks, we might as well have fun with it and we did!

Each month, I meet with a resident to feature "their story" in our Desert Springs Newsletter. If you are interested in having your story featured and being a part of our newsletter, please let me know. Looking forward to learning your life stories. See Jeanette your Activity Coordinator.



Can you guess who this is?



Birthdays Celebrations in July

Desert Springs Birthday Bash in July!

Birthdays are celebrated with balloons, banana splits and a lot of birthday singing! Happy Birthday and Happy Anniversary to all our July residents!



Guess Who for August

Did you guess who our Resident for July was? Yes, you guessed it right again! Earl Scott; a picture when he was a small lad.

Who is our gorgeous gal for our August Guess Who? Look for the answer in the September Newsletter!



Fun Upcoming Events for August

Happy August Desert Springs! The excitement at Desert Springs keeps growing every week! We have several new adventures coming up in July and August.

Our Gorgeous Grandmother Contest will happen on July 23rd and our Gorgeous Grandmother will be crowned and sashed at lunchtime. There will be a special photo session with the crowned beauty holding her bouquet of roses. Look for a picture of our Gorgeous Grandmother in our September Newsletter!

A fun activity coming up in August will be our can you Name That Tune game. The residents will be teaming up to try and guess several titles of songs and competing for fun prizes and goodies! This will be a great game to invite your neighbor.

Many more fun events coming up in August include monthly trivia whiteboard games, memory enhancement games, Pictionary, pool exercise, exercise equipment training, getting creative with arts and crafts projects, as well as shuffleboard, ping pong, billiards and much more! We are keeping it purpose focused here at Desert Springs, as it is important to keep our minds and bodies active. Check your calendar for our fun upcoming activities and come join the fun!

Studio "C" Hair Salon

Desert Springs has a wonderful full-service Salon located just out the back entrance for your convenience. Carol Smith is open and taking appointments. If you are interested in a haircut, style or your color refreshed, please feel free to call Carol Smith at (561)248-5934.



Carol Smith, owner and operator



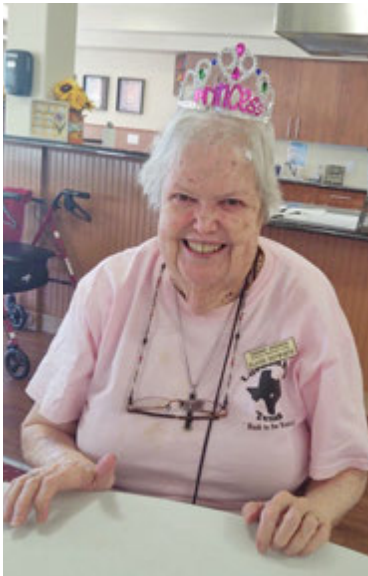
Father's Day Gone Fishing Event

Fishing anyone? Desert Springs Father's Day theme was Going Fishing! With the help of our Managers, Brenda and David, our residents participated in throwing "a line" into the fishing pond to win fun prizes! As you can see by the pictures, our Manager David got a bop on the head on occasion and laughs were heard all around! The event ended with root beer floats at our Father's Day social event.



Farkle Game Queen

At Desert Springs, our Farkle game is not just about dice-rolling and risk-taking, it's all about crowning the Farkle Queen! Each Friday, at 10:20 a.m., it is a competitive game to see who the next winner with the highest score will be to be crowned the Farkle Queen! Good times! Come join the fun!



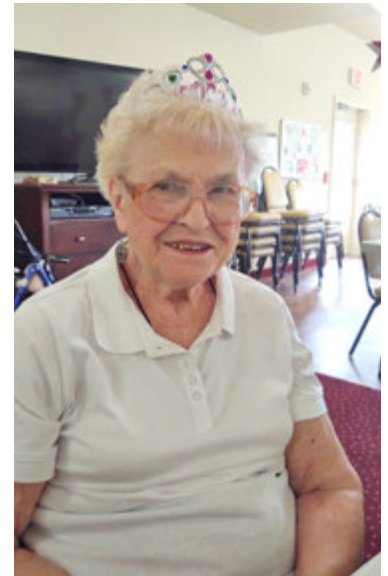
Elaine, our five-time winner



Janet



Pat



Claire

AUGUST 2020

Birthdays

Mary Barker, 4th
Vera Horn, 8th
Susan Stockton, 13th
Glenda Taylor, 17th
Mildred Shannon, 18th
Rosemary Donnelly, 22nd
Florence Duckett, 25th
Efrain De Jesus, 26th
Diane Kautenburger, 31st

Anniversaries

Diane & Bill Kautenburger, 8/15/1950
Claire & Tony Chiasson, 8/16/1958
Edie & Pete Agur, 8/20/1985

Locations

Activity Center, AC
Activity Center Kitchen, ACK
Atrium, A
Billiards Room, BR
Chapel, CH
Computer Center, CC
Dining Room, DR
Exercise Room, EX
Front Lobby, L
Library, LB
Movie Theater, MT
Swimming Pool, Pool
TV Room, TV

“A dog is a window to Mother Nature.”
—Cesar Millan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<div>9:15 Chair Exercise, AC</div> <div>10:00 Donut Social, TV</div> <div>10:30 Bean Bag Baseball, AC</div> <div>2:00 Movie Matinee, MT</div> <div>6:15 Skip-Bo, TV</div> <div>6:45 Evening Movie, MT</div>
<div>9:15 Chair Exercise, AC</div> <div>2:00 Bingo, AC</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Wii Bowling, AC</div> <div>4:00 Coloring Group, AC</div> <div>6:15 Rummikub, TV</div> <div>6:45 Evening Movie, MT</div>	<div>9:20 Stretch and Balance Exercise, AC</div> <div>10:00 Mah Jongg, BR</div> <div>10:00 Uno Card Game, AC</div> <div>2:00 Bridge, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Golfing on the Green, AC</div> <div>6:15 Mexican Train, TV</div> <div>6:45 Evening Movie, MT</div>	<div>9:20 Weight Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:00 Mah Jongg, BR</div> <div>11:00 Memory Enhancement Class, A</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Bingo, AC</div> <div>6:15 Rummikub, TV</div> <div>6:45 Evening Movie, MT</div> 	<div>9:20 Isometric Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>2:00 Bridge, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Trivia in the Atrium, A</div> <div>6:15 Euchre, TV</div> <div>6:45 Evening Movie, MT</div>	<div>9:20 Weight Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>11:00 Billiards, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Bingo, AC</div> <div>3:00 Ping Pong</div> <div>6:45 Evening Movie, MT</div>	<div>9:20 Aerobic Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:25 The Game of Farkle, AC</div> <div>2:00 Wii Bowling, AC</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Root Beer Float Social, A</div> <div>6:45 Evening Movie, MT</div>	<div>9:15 Chair Exercise, AC</div> <div>10:00 Donut Social, TV</div> <div>10:30 Bean Bag Baseball, AC</div> <div>2:00 Movie Matinee, MT</div> <div>6:15 Skip-Bo, TV</div> <div>6:45 Evening Movie, MT</div> 
<div>9:15 Chair Exercise, AC</div> <div>2:00 Bingo, AC</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Wii Bowling, AC</div> <div>4:00 Coloring Group, AC</div> <div>6:15 Rummikub, TV</div> <div>6:45 Evening Movie, MT</div>	<div>9:20 Stretch and Balance Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:00 Mah Jongg, BR</div> <div>2:00 Bridge, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Basketball Shoot, AC</div> <div>6:15 Mexican Train, TV</div> <div>6:45 Evening Movie, MT</div>	<div>9:00 Dr. Warner, Podiatrist, EX</div> <div>9:20 Weight Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:00 Mah Jongg, BR</div> <div>11:00 Memory Enhancement Class, A</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Bingo, AC</div> <div>6:45 Evening Movie, MT</div>	<div>9:00 Dr. Warner, Podiatrist, EX</div> <div>9:20 Isometric Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:30 Current Events, CH</div> <div>2:00 Bridge, BR</div> <div>2:00 Movie Matinee, MT</div> <div>6:15 Euchre, TV</div> <div>6:45 Evening Movie, MT</div>	<div>9:20 Weight Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>11:00 Billiards, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Bingo, AC</div> <div>3:30 Golfing on the Green, AC</div> <div>6:45 Evening Movie, MT</div> 	<div>9:20 Aerobic Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:25 The Game of Farkle, AC</div> <div>2:00 Wii Bowling, AC</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Arts and Crafts, AC</div> <div>6:45 Evening Movie, MT</div> 	<div>9:15 Chair Exercise, AC</div> <div>10:00 Donut Social, TV</div> <div>10:30 Bean Bag Baseball, AC</div> <div>11:00 Book Club Meeting, CH</div> <div>2:00 Movie Matinee, MT</div> <div>6:15 Skip-Bo, TV</div> <div>6:45 Evening Movie, MT</div> 
<div>9:15 Chair Exercise, AC</div> <div>2:00 Bingo, AC</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Wii Bowling, AC</div> <div>4:00 Coloring Group, AC</div> <div>6:15 Rummikub, TV</div> <div>6:45 Evening Movie, MT</div> 	<div>9:20 Stretch and Balance Exercise, AC</div> <div>10:00 Mah Jongg, BR</div> <div>10:00 Uno Card Game, AC</div> <div>2:00 Bridge, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Shuffleboard, AC</div> <div>6:15 Mexican Train, TV</div> <div>6:45 Evening Movie, MT</div> 	<div>9:20 Weight Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:00 Mah Jongg, BR</div> <div>11:00 Memory Enhancement Class, A</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Bingo, AC</div> <div>3:30 Ring Toss Game, AC</div> <div>6:45 Evening Movie, MT</div> 	<div>9:20 Isometric Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>2:00 Bridge, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Pictionary Game, A</div> <div>6:15 Euchre, TV</div> <div>6:45 Evening Movie, MT</div>	<div>9:20 Weight Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>11:00 Billiards 4 the Guys, BR</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Bingo, AC</div> <div>3:00 Ping Pong, BR</div> <div>6:45 Evening Movie, MT</div> 	<div>9:20 Aerobic Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:25 The Game of Farkle, AC</div> <div>2:00 Wii Bowling, AC</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Name That Tune Game Ice Cream Social, A</div> <div>6:45 Evening Movie, MT</div>	<div>9:15 Chair Exercise, AC</div> <div>10:00 Donut Social, TV</div> <div>10:30 Bean Bag Baseball, AC</div> <div>2:00 Movie Matinee, MT</div> <div>6:15 Skip-Bo, TV</div> <div>6:45 Evening Movie, MT</div> 
<div>9:15 Chair Exercise, AC</div> <div>2:00 Bingo, AC</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Wii Bowling, AC</div> <div>4:00 Coloring Group, AC</div> <div>6:15 Rummikub, TV</div> <div>6:45 Evening Movie, MT</div>	<div>9:20 Stretch and Balance Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:00 Mah Jongg, BR</div> <div>2:00 Bridge, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Pool Exercise, Pool</div> <div>6:15 Mexican Train, TV</div> <div>6:45 Evening Movie, MT</div>	<div>9:20 Weight Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:00 Mah Jongg, BR</div> <div>11:00 Memory Enhancement Class, A</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Bingo, AC</div> <div>3:30 Ladder Game, AC</div> <div>6:15 Rummikub, TV</div> <div>6:45 Evening Movie, MT</div> 	<div>9:20 Isometric Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:30 Current Events, CH</div> <div>2:00 Bridge, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 August Hangman Game, AC</div> <div>6:15 Euchre, TV</div> <div>6:45 Evening Movie, MT</div> 	<div>9:20 Weight Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>2:00 Movie Matinee, MT</div> <div>2:30 Bingo, AC</div> <div>3:30 Billiards 4 the Guys, BR</div> <div>6:45 Evening Movie, MT</div>	<div>9:20 Aerobic Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:25 The Game of Farkle, AC</div> <div>2:00 Wii Bowling, AC</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Arts and Crafts, AC</div> <div>6:45 Evening Movie, MT</div>	<div>9:15 Chair Exercise, AC</div> <div>10:00 Donut Social, TV</div> <div>10:30 Bean Bag Baseball, AC</div> <div>2:00 Movie Matinee, MT</div> <div>6:15 Skip-Bo, TV</div> <div>6:45 Evening Movie, MT</div>
<div>9:15 Chair Exercise, AC</div> <div>2:00 Bingo, AC</div> <div>2:00 Movie Matinee, MT</div> <div>3:30 Wii Bowling, AC</div> <div>4:00 Coloring Group, AC</div> <div>6:15 Rummikub, TV</div> <div>6:45 Evening Movie, MT</div>	<div>9:20 Stretch and Balance Exercise, AC</div> <div>10:00 Uno Card Game, AC</div> <div>10:00 Mah Jongg, BR</div> <div>2:00 Bridge, BR</div> <div>2:00 Movie Matinee, MT</div> <div>3:00 Calendar Delivery, AC</div> <div>6:15 Mexican Train, TV</div> <div>6:45 Evening Movie, MT</div> 					



July Fourth Desert Springs Carnival

Bringing in July with a bang or better yet, a Carnival! Desert Springs kicked off the summer with a fun July Fourth Carnival filled with new adventures and fun! Residents tried their hand at knocking down ducks, dunking balls at the basketball toss game, pinging ping pong balls into the fish pond, spinning the giant wheel for awesome prizes and finally ... trying their hand at dunking a roll of toilet paper in the toilet seat game! Laughter was heard all around! We had carnival music, lights, a fun photo booth and let's not forget the good eats! Lynn and Clair, our resident volunteers, served up hot butter popcorn loaded with choice of M&M's or gummy bears, and Lynn scooped up big servings of root beer floats, orangesicle floats or old-fashioned vanilla cream sodas! Yum! One of our best adventures yet at Desert Springs!



Spin the wheel for prizes



Photo booth adventures



Bob enjoying carnival treats



Thanks Lynn and Claire, for your help!

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! We are focused on the well-being of our residents and would like to take this opportunity to welcome you to our upcoming fun events and activity programs scheduled for your enjoyment in the upcoming month of August. If you were unable to attend this month's orientation for new residents, you are always welcome to attend one soon. If you have questions about activities or events, please feel free to see Jeanette, your Activity Coordinator, or one of your Managers will be happy to answer any questions you may have. Welcome and come join the fun!

Fourth of July Door Decoration Winner

Congratulations to our Fourth of July door decorating contest winner, Rosemary Donnelly. She won our "Unbelievably Chocolate" basket with lots of goodies. A shout out of thanks to all the residents who participated in our door decorating contest! Our winner for the contest was chosen by Right at Home.



Four Simple Relaxation Ideas to Help De-stress

Many seniors go through life changes that could make them more vulnerable to stress and depression. In addition, many find it increasingly difficult to relax, as aging wears down systems in the brain that responds to stressors. They may experience anxiety, panic attacks, sleep deprivation, migraine and chest pains, mood swings, and other symptoms of stress.

Some common sources of stress include the loss of a partner, financial and retirement concerns, and loneliness. While there are no quick fixes for these issues, seniors can develop some relaxation techniques to help put their body and mind at ease. Below are some ideas to help them de-stress.

1. Breathing meditation

One of the most effective relaxation practices is breathing meditation. This practice comes with many emotional and physical benefits, including slowing down brain aging and fighting depression. There are a variety of breathing techniques to try, some being more advanced than others. Below are a couple of simple breathing exercises for beginners:

A simple exercise, called equal breathing involves breathing in and out through your nose, while keeping your mouth shut and relaxed. Inhale for a count of four, then exhale for a count of four. Repeat this exercise for 10 minutes. For an additional challenge, hold your breath longer and count higher than four in steady increments, and then exhale and count again.

Remove tension from head to toe by closing the eyes and focusing on tensing and relaxing each muscle group for two to three seconds each. This time, inhale through the nose and hold for five seconds, then exhale through the mouth. Start with the feet and toes, then slowly work your way up to your calves, thighs, waist, chest, arms, fingers, neck, jaw, eyes, and forehead.

2. Calming music

Relaxing music can ease fear and anxiety in the elderly. Music connects with the autonomic nervous system (brain function, blood pressure and heartbeat) and the limbic system (feelings and emotions). Slow music helps slow down the bodily system, leading to lower blood pressure, slower breaths, and natural pain relief. Some popular genres that can help with relaxation include the following:

- Classical music
- Nature sounds

It's the simple things that matter.

Often, it's the simple things that make people happy even as one ages. Whether it be enjoying a savory meal, spending time with family friends or looking out the window and appreciating the moment. Through practicing mindfulness activities such as breathing meditation, listening to music, solving crossword puzzles and visualization, seniors can develop the relaxation techniques to help them cope with stress and the challenges of aging.

- Spa or meditation music
- Easy listening
- Smooth jazz

Typically, music without any vocals or loud rhythmic beats are ideal for creating tranquility.

3. Crosswords and puzzles

There are numerous puzzle books you can find to help seniors focus and take their mind off stressful thoughts. These activities are easily accessible and very affordable. Some of the fancy pocket-size puzzle books come with unique cover designs and are available online and in bookstores. Popular puzzle books include the following:

- Crosswords
- Sudoku
- Word hunt
- Codewords
- Roundup
- Hidato
- Sukendo

As well, the classic jigsaw puzzles are also great for relaxation and mindfulness. Assembling interlocking and tessellation pieces can help seniors not only become more focused and relaxed, it can also improve memory and moderate Alzheimer's.

4. Visualization

This technique involves participants closing their eyes and imagining a pleasant setting, such as watching the sunset rise on a sandy beach, being surrounded by a beautifully landscaped garden, or sitting at a cafe in Paris with the Eiffel Tower in plain sight.

Play music or nature sounds in the background to help create the setting. As an alternative, reading books with colorful imagery and a good storyline can also relieve stress, as well as provide comfort and entertainment.

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

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