



Estrella

ESTATES

Gracious Retirement Living

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

AUGUST 2020

ESTRELLA ESTATES STAFF

Managers.....ROBBIE & VIKKI MORRIS
Assistant Managers DOUG & KENDRA ROSE
Executive ChefALAN THOMPSON
Marketing.....DICK BAUER
Activity CoordinatorTRACEE DERRA
Maintenance RANDY 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



HAWTHORN
SENIOR LIVING

Taste of the Tropics

Grown in warm, lush locales around the world, tropical fruits are famous for their bright colors and refreshingly sweet flavors. Be on the lookout for these varieties you may find on summer menus.

Mango — This fruit's thick skin, often a rosy blend of red, yellow and green, is peeled away to reveal tender yellow-orange flesh. Sweet and versatile, mangoes are delightful as a snack or dessert ingredient, but also shine in savory dishes such as salads, stir-fries and salsas.

Papaya — The pear-shaped papaya's soft, orange interior is rich in antioxidants. It's often enjoyed fresh, like melons, or roasted, like squash, and its black seeds can be dried and used as peppercorns.

Guava — Varieties of this fruit have green or yellow skin with pink, yellow or white flesh. Guava is entirely edible, from the rind to the seeds, and featured in jams, candies and thirst-quenching Latin American fruit drinks called aguas frescas.

Passion fruit — The common types of passion fruit are about the size and shape of a plum, and purple or yellow in color. Beyond the tough outer peel is a yellow, pulpy center filled with tart seeds, which can be eaten with a spoon or added to recipes.

Lychee — Round and bumpy like a golf ball, this unique fruit is also known as the alligator strawberry. Peeling away its red husk exposes translucent white flesh that covers an inedible brown seed. The lychee's flavor is described as light and floral, with hints of strawberry, watermelon and grape.



Monthly Birthday and Anniversary Party

We would like to wish a Happy Birthday to all the June and July Birthdays.

We would also like to congratulate all June and July Anniversaries as well.



Jack and Mary — 69 years!



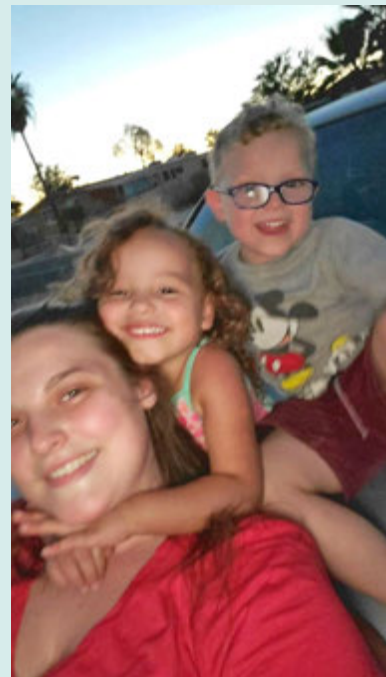
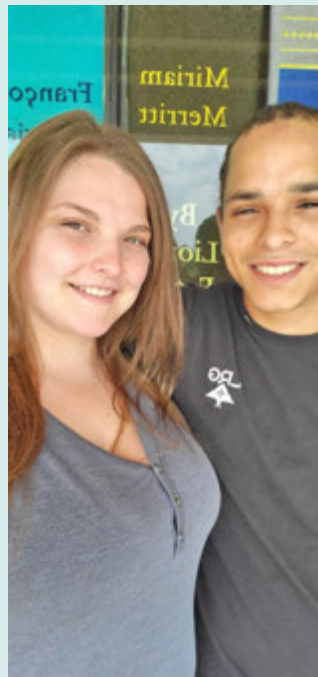
Family by Choice

We would like to welcome our newest family member by choice, Joshuwa Ketchup. Joshuwa would like to be called by his last name — “Ketchup.” Ketchup began his culinary career in 2011 by attending Le Cordon Bleu in Scottsdale, Arizona. Upon graduation, he began to work for senior communities and country clubs in the West Valley.

Ketchup is originally from Georgia and enjoys cooking Southern cuisine, but is inspired by and drawn to Asian and Thai spices and cuisine.

When Ketchup is not preparing delicious meals for us, he is spending time with his family. Ketchup is married with two children, Elijah, 5, and Kenzie, 3. The family enjoys nature walks in the northern region of Arizona. Drawing and art is another one of Ketchup’s passions.

We all look forward to Ketchup’s culinary delights.





Independence Day Celebration

The residents at Estrella Estates enjoyed a traditional 4th of July dinner.

After the delicious dinner we all enjoyed the Ice Cream Social followed by the “Yankee Doodle Dandy” movie. I would like to thank all of the residents of Estrella Estates for their support.



Seven Stages of Dealing With Arizona Heat

Many things bind Phoenicians together:

- Hiking the beautiful mountains — mostly when visitors come into town.
- Turning left on a stoplight long after it turned red.
- Fearing insects, because even though we have fewer insects than other places, the insects we do have actively try to kill us, including regular bees who join forces to take a few people out every year at random, and those super huge bees (“carpenter bees”) that apparently won’t kill you but will make you flinch like a little girl when they buzz by you.

But mostly, the thing we share living in Phoenix is the roller coaster of emotions we have coping with the heat. We bask in the nice weather during the “winter,” and we run the gamut of emotions when dealing with the heat.

Here are the seven stages we go through every year:

Stage 1: Mild panic. Sometime in February there’s a brief hot spell where the temperature rises to about 85. It seems like things are escalating too quickly. Those couple of nights in December and January in the upper 30s apparently took away any tolerance we had developed to warm weather and this minor temperature bump stirs a little panic. It’s not a major event, but it’s troubling.

Stage 2: Sadness. The first 100 degree day provokes sadness, especially if it’s in early April. We wonder why the first settlers decided to make a home here in the Valley, not up in Prescott. Or why didn’t they all settle in California? Did they predict the high taxation and that weird thing where motorcycles whip between lanes on the freeway and scare the bowel movement out of you?

Stage 3: Shock. The first 110+ degree day, hopefully in June, occasionally in May, always surprises us by reminding us just how hot that is. Like, it hurts to touch things that have been in the sun, including your shirt.

(Continued on page 6)

AUGUST 2020

Birthdays

Marty St. George, 6th
June Oliver, 8th
Linda Haddeman, 15th
Woody St. George, 25th
Mary Ellen Casale, 28th
Juanita Kizer, 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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 11:00 Therapeutic Coloring, AR 3:00 Bingo with Robbie, AR 7:00 Movie Presentation	3 9:30 Stretch and Strength Training, EX 11:00 Football Event, AR 11:30 Drum It Up 2:00 Bingo, AR 7:00 Movie Presentation	4 9:30 Strength and Balance Chair Exercise, EX 9:30 Basketball Event, SP 10:00 Volleyball, SP 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 3:00 Birthday/Anniversary Party 7:00 Movie Presentation	5 9:30 Outing with Tracee: Heat Relief, AT 9:30 Golf Event, PB 11:00 Wii Bowling, TV 3:30 Family Feud, TV 7:00 Movie Presentation	6 9:30 Strength and Balance Chair Exercise, AR 9:30 Weight Lifting, EX 11:00 Wii Bowling, TV 2:00 Bingo, AR 2:00 Residents and Managers Meeting 7:00 Movie Presentation 	7 Wear Red, Support Our Troops 9:30 Stretch and Balance Exercise, EX 10:30 Table Tennis Event, EX 11:00 Bocce Ball, DR 2:00 Horse Racing Event, AT 3:00 Horse Racing 4:00 Closing Ceremonty, AT 7:00 Movie Presentation	1 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 3:00 Bingo with Doug and Kendra, AR 7:00 Movie Presentation
9 11:00 Therapeutic Coloring, AR 3:00 Bingo with Robbie, AR 7:00 Movie Presentation	10 9:30 Stretch and Strength Training, EX 11:30 Drum It Up 2:00 Bingo, AR 7:00 Movie Presentation	11 9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 7:00 Movie Presentation	12 9:30 Outing with Tracee: Heat Relief, AT 3:30 Family Feud, TV 7:00 Movie Presentation	13 9:30 Strength and Balance Chair Exercise, AR 11:00 Wii Bowling, TV 2:00 Bingo, AR 2:00 Chef Chat 7:00 Movie Presentation	14 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	15 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 3:00 Bingo with Doug and Kendra, AR 7:00 Movie Presentation 
16 11:00 Therapeutic Coloring, AR 3:00 Bingo with Robbie, AR 7:00 Movie Presentation	17 9:30 Stretch and Strength Training, EX 11:30 Drum It Up 2:00 Bingo, AR 7:00 Movie Presentation	18 9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 7:00 Movie Presentation	19 9:30 Outing with Tracee: Heat Relief, AT 3:30 Family Feud, TV 7:00 Movie Presentation	20 9:30 Strength and Balance Chair Exercise, AR 11:00 Wii Bowling, TV 2:00 Bingo, AR 2:00 Ambassadors Meeting 7:00 Movie Presentation	21 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	22 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 3:00 Bingo with Doug and Kendra, AR 7:00 Movie Presentation
23 11:00 Therapeutic Coloring, AR 3:00 Bingo with Robbie, AR 7:00 Movie Presentation	24 9:30 Stretch and Strength Training, EX 11:30 Drum It Up 2:00 Bingo, AR 7:00 Movie Presentation	25 9:30 Strength and Balance Chair Exercise, EX 11:00 Beanbag Baseball, AR 2:00 Bingo: Care Partners, AR 7:00 Movie Presentation 	26 9:30 Outing with Tracee: Heat Relief, AT 3:30 Family Feud, TV 7:00 Movie Presentation	27 9:30 Strength and Balance Chair Exercise, AR 11:00 Wii Bowling, TV 2:00 Bingo, AR 7:00 Movie Presentation	28 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 	29 11:00 Bean Bag Baseball, AR 2:00 Movie Matinee, MT 3:00 Bingo with Doug and Kendra, AR 7:00 Movie Presentation
30 11:00 Therapeutic Coloring, AR 3:00 Bingo with Robbie, AR 7:00 Movie Presentation	31 9:30 Stretch and Strength Training, EX 11:30 Drum It Up 2:00 Bingo, AR 7:00 Movie Presentation 					



Seven Stages of Dealing With Arizona Heat (Continued)

Stage 4: Excitement. When the first monsoon storm sweeps in, usually around July 4th. So exciting. Unless you're on the road driving toward it.

Side note: Many people in the Midwest don't know about our monsoon storms. How is that possible? If there was a dust storm building in the distance right now, I would be paralyzed by intense interest.

Stage 5: Resignation. By late July, even with occasional monsoon storms, we just leave town, generally up north.

Stage 6: Anger. By early October, long after the vacations, when it's still 100, even the gentlest Phoenixians are so tired of the heat that they become irritable. It's not that any single day of our heat is that bad; it's certainly better than a bad winter day in the Midwest. The difference is a week after their -20 day, they get a +20 day that feels like summer. Here, every day is 100+ for five months.

Stage 7: Relief. But then all is forgiven on that October morning when you walk outside to a chill in the air (i.e., low in the upper 60s — settle down, Midwesterners). Break out the long-sleeve shirts and full-length yoga pants, and bundle up like we're in Game of Thrones because winter is coming and in about six weeks it's going to be 39 degrees some night, which feels so cold after living through summer that it hurts your feelings.

Phoenix Valley is a melting pot. Literally. Pots are melting.

But at the end of the day, all Phoenixians — no matter if we're from Iowa, Mexico, or in rare instances, Arizona — can band together and commiserate about the relentless heat and “Ah!” in wonder at the storm building on the horizon that occasionally brings magic water from the sky. We're all in this together. There's nowhere else we'd rather be.

Unfolding the History of Road Maps

These days, a road trip usually involves using a GPS device or smartphone. But before such technology existed, travelers in need of directions relied on paper road maps.

Some of the first road maps are scrolls from A.D. 350 that depict the network of Roman roads. America's first road atlas came centuries later, when the “The Survey of the Roads of the United States of America” was printed in 1789.

Throughout the 1800s, most people who traveled long distances did so by train, so the next major road map didn't arrive until 1901, with the “Official Automobile Blue Book.” Along with showing notable landmarks, the guide also included locations of service stations. Spurred by the success of the Ford Model T, other publishers soon began producing maps for automobile travelers.

The Federal Highway Act of 1921, which created the country's interstate road system, as well as the post-World War II baby boom years led to an increase in driving, and therefore, road maps. Many were giveaways from businesses such as oil companies, hotels and auto clubs, wanting to advertise their services. These early guides often featured original artwork that offered sightseeing tips, encouraging travelers to discover America.

Most paper road maps are now distributed by state tourism departments.



A Dream Come True by Linda Haddeman

All my life, I wanted to write a book. Ever since I learned what a book was, in the 1st grade, I have wanted to be the author of a book myself, even before I knew what the word “author” meant.

That was my dream, a dream that always stayed with me, throughout my early education, then high school and college, and after that during a long series of jobs as a secretary, a high school English teacher and eventually as I settled into my chosen profession of librarian.

When I finally retired from my full-time job at the library in 1989, I felt that this was the right time to begin writing my book. A romantic historical novel was the kind of book I loved to read, so I chose that kind of book to write.

I was ready to begin writing. I wrote in longhand on yellow legal pads, and I always wrote outside, usually at a table on the deck of my home.

A big surprise came to me when I began writing. I did not plan or outline the story in advance. I just began writing, and words flowed smoothly from my pen. In fact, as I would sit down to write, I would say to myself, “I wonder what will happen in my story today?” Then I began to write, and after what seemed like a substantial length of time, I would pause, read over what I had written, and say, “Oh, so that is what happened in the story today!” It was a surprising process.

I continued writing in this way, nearly every day, for the next 15 years.

Finding a publisher was a stroke of luck. A friend of mine knew an author who had a book published by a small publishing company in Chico, a town just a 20-minute drive from the town of Paradise where I lived. I contacted that publisher, and he liked my story immediately and agreed to publish it! I was overjoyed!

About two years later, after many conferences and approximately 10 complete proofreadings, the book was published in 2008. The editor and I worked well together.

When the book was all finished being printed, the publisher drove to my home and carried in one thousand books and piled them in the center of my living room.

After that, there were many book-signing parties, as well as sales of my books at local author nights at our libraries. It was exciting and rewarding. It was truly a lifelong dream come true!

It reminds me of that wonderful song from “South Pacific”:

“You gotta have a dream;

If you don’t have a dream,

How are you gonna have a dream come true?”

It is never too late to choose a dream to build for yourself!



14930 West Wigwam Boulevard
Goodyear, AZ 85395



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

Estrella
ESTATES
Gracious Retirement Living

623-535-9195

