

# DESERT SPRINGS

## Gracious Retirement Living



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

## SEPTEMBER 2020

### DESERT SPRINGS STAFF

Managers.....DAVID & BRENDA CERVANTES  
Assistant Managers ..... CHUCK &  
CANDY LACOMBE  
Executive Chef..... JUSTIN MURDOCK  
Activity Coordinator .....JEANETTE SIMI  
Maintenance ..... FRANK LOPEZ  
Bus Driver..... HUBERT MEDINA

### TRANSPORTATION

**Monday, 10 a.m.:** Fry's, Target,  
Walmart and Walgreens

**Monday, 2 p.m.:** Fry's, Target,  
Walmart and Walgreens

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

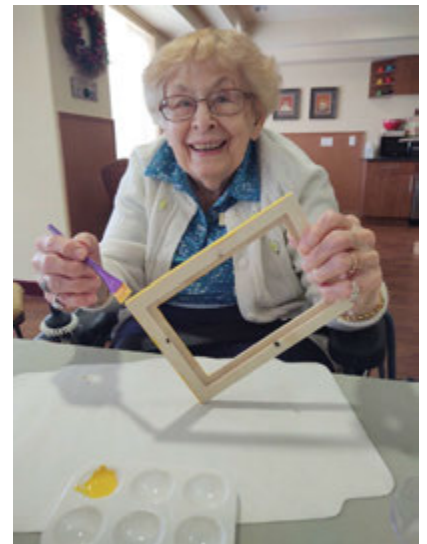
**Wednesday, TBD:** Outings

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

**HAWTHORN**  
SENIOR LIVING

## Upcoming Fun Events in August and September

- August 21st, Name That Tune Game! This will be a lot of fun! Elaine Goetz and Lynn Jones will be leading this fun activity in the Atrium.
- Arts and craft classes will be offered. We just finished our painted photo frames and heading into flower arrangements, holiday wreath, mosaic art, sunflower art, themed cards and luminary crafts. Come join us in these take home art and adventures!
- First Responders wreath to "thank" our First Responders for all they do! Please check with activities for dates and times.
- September 13th, music, treats and photo booth to celebrate National Grandparents Day.
- Please check your August and September calendars for new card games, board games and memory enhancement classes.
- September 21st is Deaf Awareness Day. The Activity Coordinator will be offering a basic sign language class.
- Flu shots will be available to you September 28th. Please see your Activity Coordinator for sign-up times available.





## Desert Springs Crowning of Our “Gorgeous Grandma”

Desert Springs hosted our yearly “Gorgeous Grandma” Contest this year and our most voted winner was Anna Pufahl! Our Anna turned 101 years of age this year! Every woman should have a tiara at least once in her lifetime! Tiara, roses and a “Gorgeous Grandma” sash was presented to our gracious winner. Congratulations, Anna!



*Desert Springs “Gorgeous Grandma” winner!*



*Anna Pufahl*

## Studio “C” Hair Salon at Desert Springs

Desert Springs has a wonderful full-service Hair Salon located just out the back entrance for your convenience. Carol Smith, the owner, is an experienced beautician for over 30 years! Carol is open and taking appointments. If you are interested in a haircut, style or your color refreshed, please feel free to contact Carol Smith at (561) 248-5934.



## Guess Who?

Did you guess who our beauty was for July? Sarah Friend! Sarah has been family here at Desert Springs for almost nine years!

Now here is our beauty for September. It is your turn to guess who this is!





## 100th Year Birthday Celebration!

Happy 100th Birthday Vera Horn! Vera's 100th birthday on August 8th was certainly deserving of a very special celebration! The number of people reaching their 100th birthday has been climbing, but it is still rare to reach the century mark — only about 1 in 4,500 people in the U.S. are centenarians. We wish you many more, Vera!

A Happy Birthday from Desert Springs to all our July and August Birthdays!



*100th Birthday Celebration!*



*Birthday Wishes!*



*Happy Birthday!*



*Paul Thielges*



*Vera Horn 100th Birthday*

SEPT 2020




Birthdays

Betty Odell, 16th  
Bob Smith, 19th  
Ken McCardle, 20th  
Jean Rideout, 20th  
Tony Chiasson, 29th

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

“We need to remember across generations that there is as much to learn as there is to teach.”  
—Gloria Steinem

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:20 Weight Exercise, AC <b>1</b> 10:00 Uno Card Game, AC 11:00 Morning Walk, L 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:00 Shuffleboard, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:20 Live & Learn Exercise, AC <b>2</b> 10:00 Uno Card Game, AC 11:00 Billiards 4 the Guys, BR 2:00 Movie Matinee, MT 3:00 Back to School Trivia, A 6:15 Euchre, TV 6:45 Evening Movie, MT	9:20 Weight Exercise, AC <b>3</b> 10:00 Uno Card Game, AC 11:00 Ping Pong, BR 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:00 Billiards 4 the Guys, BR 6:45 Evening Movie, MT	9:20 Aerobic Exercise, AC <b>4</b> 10:00 Uno Card Game, AC 10:25 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT <b>3:00 Social Hour, A</b> 6:45 Evening Movie, MT	9:20 Chair Exercise, AC <b>5</b> <b>10:00 Donut Social, TV</b> 10:00 Uno Card Game, AC 10:30 Bean Bag Baseball, AC 2:00 Movie Matinee, MT 6:15 Skip-Bo, TV 6:45 Evening Movie, MT
	<b>6</b> 9:20 Chair Exercise, AC 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:30 Wii Bowling, AC 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	<b>LABOR DAY 7</b> 9:20 Yoga Day Exercise, AC 10:00 Mah Jongg, BR 10:00 Uno Card Game, AC 2:00 Movie Matinee, MT 3:30 Horseshoes, AC 6:15 Dominos, TV 6:45 Evening Movie, MT	<b>8</b> 9:20 Weight Exercise, AC 10:00 Uno Card Game, AC 11:00 Food 4 Thought Memory Enhancement, A 2:00 Movie Matinee, MT 2:00 Bingo, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	<b>9</b> 9:20 Live & Learn Exercise, AC 10:00 Uno Card Game, AC 10:30 Current Events, CH 2:00 Movie Matinee, MT 3:00 Swimming Aerobics, Pool 6:15 Euchre, TV 6:45 Evening Movie, MT	<b>10</b> 9:20 Weight Exercise, AC 10:00 Uno Card Game, AC 10:30 Luminary Art, BR 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:00 Penny Pitching Game, AC 6:45 Evening Movie, MT	<b>PATRIOT DAY 11</b> 9:20 Aerobic Exercise, AC 10:00 Uno Card Game, AC 10:25 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT <b>3:00 Social Hour/Chocolate Milkshake Day, AC</b> 6:45 Evening Movie, MT
	<b>13</b> 9:20 Sit and Be Fit Exercise, AC 2:00 Bingo, AC 2:00 Movie Matinee, MT <b>3:00 National Grandparents Day Music and Treats, A</b> 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	<b>14</b> 9:20 Yoga Day Exercise, AC 10:00 Uno Card Game, AC 10:00 Mah Jongg, BR 2:00 Movie Matinee, MT 3:00 Walking Club, L 6:15 Dominos, TV 6:45 Evening Movie, MT	<b>15</b> <b>9:00 Dr. Warner, Podiatrist, EX</b> 9:20 Weight Exercise, AC 10:00 Uno Card Game, AC 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:00 Mosaic Arts and Crafts, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	<b>16</b> <b>9:00 Dr. Warner, Podiatrist, EX</b> 9:20 Live & Learn Exercise, AC 10:00 Uno Card Game, AC 11:00 Word Game Wednesday 2:00 Movie Matinee, MT 3:00 Basketball Shoot, AC 6:15 Euchre, TV 6:45 Evening Movie, MT 	<b>17</b> 9:20 Weight Exercise, AC 10:00 Uno Card Game, AC 11:00 Exercise Machine Training, EX 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:30 Ladder Game, AC 6:45 Evening Movie, MT	<b>18</b> <b>ROSH HASHANAH BEGINS AT SUNSET</b> 9:20 Aerobic Exercise, AC 10:00 Uno Card Game, AC 10:25 The Game of Farkle, AC 11:00 Checkers, TV 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT <b>3:00 Social Hour/Horse Races, A</b> 6:45 Evening Movie, MT
	<b>20</b> 9:20 Chair Exercise, AC 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:30 Wii Bowling, AC 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT 	<b>21</b> 9:20 Yoga Day Exercise, AC 10:00 Mah Jongg, BR 10:00 Uno Card Game, AC 2:00 Movie Matinee, MT 3:00 Learn Basic Sign Language, AC 6:15 Dominos, TV 6:45 Evening Movie, MT	<b>22</b> <b>AUTUMN BEGINS</b> 9:20 Weight Exercise, AC 10:00 Uno Card Game, AC <b>11:00 Tickle the Ivories Day with Lynn, A</b> 2:00 Movie Matinee, MT 2:00 Bingo, AC <b>3:00 October Calendar Meet, AC</b> 6:15 Rummikub, TV 6:45 Evening Movie, MT	<b>23</b> 9:20 Live & Learn Exercise, AC 10:00 Uno Card Game, AC 10:30 Current Events, CH 2:00 Movie Matinee, MT 3:00 Swimming Aerobics, Pool 6:15 Euchre, TV 6:45 Evening Movie, MT	<b>24</b> 9:20 Weight Exercise, AC 10:00 Uno Card Game, AC 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:30 Horseshoes, AC 6:45 Evening Movie, MT	<b>25</b> 9:20 Meditative Moment Exercise, AC 10:00 Uno Card Game, AC 10:25 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT <b>3:00 Social Hour/Ice Cream &amp; Photo Booth, AC</b> 6:45 Evening Movie, MT
	<b>27</b> <b>YOM KIPPUR BEGINS AT SUNSET</b> 9:20 Chair Exercise, AC 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:30 Wii Bowling, AC 4:00 Coloring Group, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	<b>28</b> 9:20 Yoga Day Exercise, AC 10:00 Uno Card Game, AC 10:00 Mah Jongg, BR 11:00 Cranial Training, TV 2:00 Movie Matinee, MT 3:00 Basketball Shoot, AC 6:15 Dominos, TV 6:45 Evening Movie, MT	<b>29</b> 9:20 Weight Exercise, AC 10:00 Uno Card Game, AC 2:00 Movie Matinee, MT 2:00 Bingo, AC <b>3:00 October Calendar Delivery</b> 6:15 Rummikub, TV 6:45 Evening Movie, MT 	<b>30</b> 9:20 Live & Learn Exercise, AC 10:00 Uno Card Game, AC 11:00 Ladder Game, BR 2:00 Movie Matinee, MT 2:00 Connect 4 Game, AC 3:00 Walking Club, L 6:15 Euchre, TV 6:45 Evening Movie, MT		



## Book Club News by Kay Gragg

### BOOK CLUB NEWS

We're back! At our meeting in July, we discussed "The Guernsey Literary and Potato Pie Society" by Mary Ann Shaffer and Annie Barrows. It's a novel about how the people of the island of Guernsey (owned by the British) survived the German occupation during WWII. For August, we discussed "Martha Washington" by Patricia Brady. Martha Washington's name is one of the most recognizable in American history. Never the kindly frump of popular mythology, she was an able landowner, an indomitable patriot, and her husband's constant confidante in military, political, and personal matters for four decades.

For the September 19, 2020 meeting, we are discussing "Little Fires Everywhere" by Celeste Ng. It's about a family of four who live in the perfectly planned Cleveland suburb of Shaker Heights — from the roads, the colors of the houses, to the successful lives its residents will go on to lead.

No one embodies this spirit more than Elena Richardson who likes to play by the rules. But when Mia Warren, mysterious artist and single mother comes to town with her teenage daughter, Pearl, and a disregard for the status quo, Elena is determined to uncover the secrets in Mia's past.

"Little Fires Everywhere" explores the weight of secrets, the nature of art and identity, the ferocious pull of motherhood and the danger of believing that following the rules can avert disaster.

Come join us! We meet the third Saturday of the month, at 11 a.m., in the Chapel. Please bring and wear a mask as we socially distance and want to continue to be safe. For questions, please contact Kay Gragg at 520-544-2545. Sadly, Maxine Campbell has decided to retire as Chair of the group after five years of leadership. We are currently taking turns as Chair and leading the discussion. We thank Maxine for her service and faithful leadership of our group!

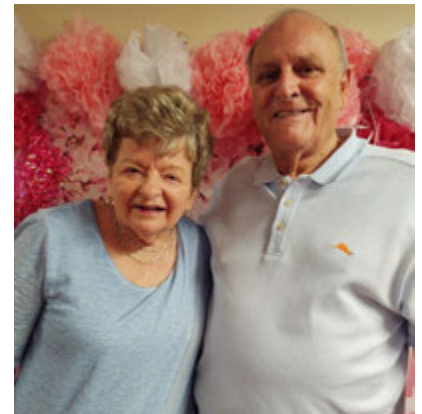
— Kay Gragg

## 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 September. 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.

## Anniversary Celebration

Food, friends and music ... enjoying anniversary celebrations! Happy Anniversary from Desert Springs!





## Exercise Makes You Happy and Healthy!

The Real Reason Exercise Makes You Happy, According to Research on the Brain.

Anyone who has ever gone on a run is likely familiar with the ubiquitous “runner’s high,” that euphoric sense you get after a jog where you feel on top of the world. Over the years, scientific research has found that, in addition to physical benefits like promoting longevity and healthy eating, exercise actually does help boost your emotions.

What exercise does to the brain.

Researchers have been looking into the link between exercise and cognition for several decades. One conclusive has emerged from these studies: Exercise boosts your mood because it fundamentally changes your brain, both in the moment and over time. Explains Art Kramer, Ph.D., a Professor of Psychology and Director of the Center for Cognitive and Brain Health at Northeastern University. “What everyone agrees on at this point is that exercise has the ability to change your mood because it has a dramatic impact on your brain.” For starters, when you exercise, your heart rate increases, and your body pumps more oxygen to your brain. That process can affect your overall positivity, as multiple studies have found that a well-oxygenated brain helps manage anxiety and depression. Other studies have found that exercise may help alleviate depression and anxiety overall.

Research has also shown that after 20 or 30 minutes of aerobic exercise, your body releases chemicals called endorphins that interact with receptors in your brain that reduce your perception of pain — meaning you’re more likely to feel positive and upbeat during a tough workout. It also releases other mood-enhancing chemicals like serotonin and dopamine that can stick around in your brain for a couple of hours after you exercise.

What kinds of exercise are best for happiness?

While all physical activity is beneficial, aerobic activity (aka cardio exercises such as running, biking, or swimming) seems to be best for your brain, though it’s important to acknowledge that could be because there are simply more studies done on aerobic activity at this point in time. “We do have some research that shows doing yoga and Tai Chi has a similarly positive effect on the brain as aerobic exercise.

His advice: Do the exercise you like the most because you will actually do it in the first place — and doing something, whatever it is, is pretty much always better than doing nothing. That, coupled with other healthy practices like getting enough sleep, eating well, and setting aside time to maintain fulfilling relationships, will help guarantee that both your body and your brain are in great shape for years to come.

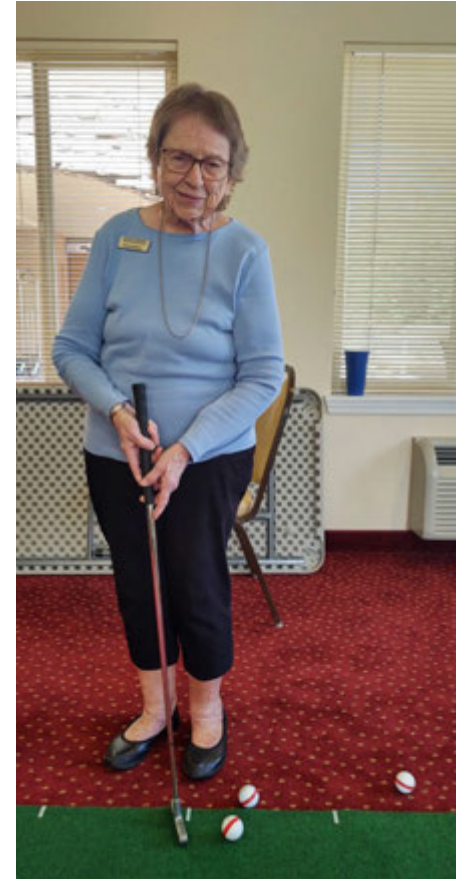
By Annie Daly; Medical Review by Bindiya Gandhi, M.D.



*Rick putting on the Green!*



*Ball Exercise Class*



*Golfing on the Green*

**DESERT SPRINGS**  
Gracious Retirement Living

30 West Lambert Lane  
Oro Valley, AZ 85737

A vibrant autumn-themed still life featuring several pumpkins in orange and white, ears of corn, and gourds on a dark, textured surface.

*Fall in love...*

**With Our Gracious Lifestyle**

Our caring staff is here for you any time, day or night, and all utilities except phone are included in one reasonable monthly rent. We offer local, comfortable transportation for shopping, appointments and other scheduled activities. We also take care of the cooking, weekly housekeeping and maintenance, so you can spend more time with new friends and family.

**DESERT SPRINGS**  
Gracious Retirement Living

**520-219-8100**