

DESERT SPRINGS

Gracious Retirement Living



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

OCTOBER 2020

DESERT SPRINGS STAFF

Managers.....DAVID & BRENDA CERVANTES
Assistant ManagersCHUCK
& CANDY LACOMBE
Executive Chef JUSTIN MURDOCK
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



Fun Upcoming Events for October

Are we ready for warm sweaters and football?
It is October already!
Can you believe it?
Our upcoming events include tons of fall fun for everyone!

October brings social hours with music by Lynn and Elaine and treats to follow!

The season would not be complete without our traditional pumpkin decorating contest on October 9th!

October 12th: Columbus Day Trivia

October 22nd will bring in our traditional Oktoberfest! Music by The Stardusters !

We will be celebrating the fall season with creative fall arts, crafts and games.

October 31st we will be getting our "boo" on with a Halloween Party, including fun prizes for the most creative costumes!

Our community provides endless opportunities to develop close social connections and friendship and to engage in fun events and activities. Come join the fun!





Labor Day Fun

Labor Day fun at Desert Springs Gracious Living — this occasion was celebrated with music, food and friends!



Book Club News by Kay Gragg

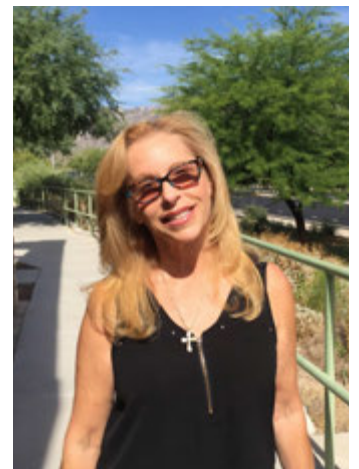
On October 17, 2020, we will meet to discuss “The Red Notebook” by Antoine Laurain. Bookseller Laurent Letellier comes across an abandoned handbag on a Paris street. There’s nothing in the bag to identify its owner, but there are other things, including a red notebook with its jottings, which makes Laurent wants to meet her. He really feels compelled to find the owner. But with no name to go on and only a few of her possessions to help him, how is he to find one woman in a city of millions?

Come find out on Saturday, October 17th! Because of COVID-19, time and place to be determined later. If you are interested in our group, please call Kay Gragg at 544-2545 for more information.



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 having your color refreshed, please feel free to call Carol Smith at (561)-248-5934.





“Name That Tune” Game!

What a fun adventure this game has been at Desert Springs. Three of our residents — Elaine Goetz, Lynn Jones and Claire Bourque — led the Name That Tune game and residents took turns guessing the music and winning prizes! Elaine (on the piano) educated our residents on the history of the music and played lively tunes to inspire the guests to participate! Claire and Lynn sang and danced, a performance that had our residents laughing and singing! Following our show, the residents of Desert Springs came together to celebrate our eighth-year anniversary here at Desert Springs. Good times!



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 October. 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!

Guess Who

Did you guess who our little cuties are for August “Guess Who”? You are right again! Those little cuties are Claire Bourque!

Now can you guess our September “Guess Who”? Bet you can!



OCT 2020

Birthdays

Noel Gerkin, 4th
Marie Wuerch, 7th
Dean Zilmer, 8th
Marilyn Middler, 10th
Elaine Heyworth, 24th
Joyce Buehler, 27th
Ruth Carlson, 28th
Corky Taylor, 31st

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

“Autumn’s the mellow time.”
—William Allingham

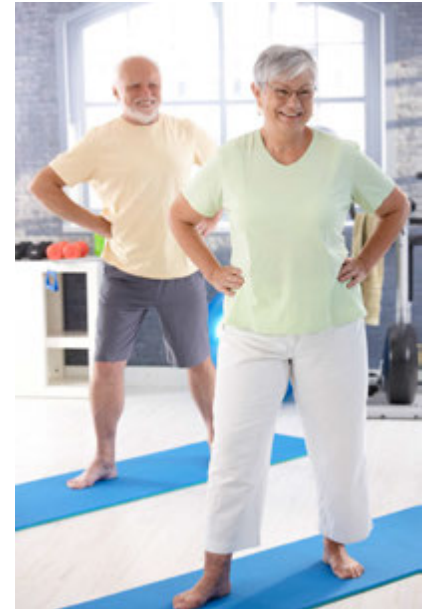
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
				9:20 Weight Exercise, AC 1 10:00 Uno Card Game, AC 11:00 Billiards 4 the Guys, AC 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:00 Pool Aerobics, Pool 6:45 Evening Movie, MT	9:20 World Smile Day Execise, AC 2 10:00 Uno Card Game, AC 10:25 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 3:00 Social Hour Music with Lynn & Holiday Treats, A 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 3 10:00 Donut Social, TV 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
9:20 Chair Exercise, AC 4 2:00 Bingo with Claire, 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 	9:00 Walking Club, L 5 9:20 Yoga Day Exercise, AC 10:00 Mah Jongg, BR 10:00 Uno Card Game, AC 2:00 Movie Matinee, MT 3:00 Basketball Shoot 6:15 Dominos, TV 6:45 Evening Movie, MT	9:20 Weight Exercise, AC 6 10:00 Uno Card Game, AC 10:00 Mah Jongg, BR 11:00 Memory Enhancement, A 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:00 Golfing on the Green, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:20 Breathing & Yoga Exercise, AC 7 10:00 Uno Card Game, AC 11:00 Billiards 4 The Guys, BR 2:00 Movie Matinee, MT 3:00 Creative Art Class, AC 6:15 Euchre, TV 6:45 Evening Movie, MT 	9:20 Weight Exercise, AC 8 10:00 Uno Card Game, AC 11:00 Ping-Pong, BR 2:00 Bingo, AC 2:00 Movie & Candy Corn Popcorn, MT 3:00 Water Aerobics, Pool 6:45 Evening Movie, MT 	9:20 Ball Exercise, AC 9 10:00 Uno Card Game, AC 10:25 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 3:00 Social Hour: Pumpkin Decorating Party, AC 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 10 10:00 Donut Social, TV 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 
9:20 Chair Exercise, AC 11 2:00 Bingo with Claire, 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	COLUMBUS DAY 12 9:00 Walking Club, L 9:20 Yoga Day Exercise, AC 10:00 Uno Card Game, AC 2:00 Movie Matinee, MT 3:00 Columbus Day Trivia, A 6:15 Dominos, TV 6:45 Evening Movie, MT	9:00 Dr. Warner, Podiatrist, EX 13 9:20 Weight Exercise, AC 10:00 Uno Card Game, AC 10:00 Mah Jongg, BR 11:00 Memory Enhancement, AC 2:00 Bingo, AC 2:00 Movie Matinee, MT 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:00 Dr. Warner, Podiatrist, EX 14 9:20 Breathing & Yoga Exercise, AC 10:00 Uno Card Game, AC 10:30 Current Events, CH 2:00 Movie Matinee, MT 3:00 Creative Art Class, AC 6:15 Euchre, TV 6:45 Evening Movie, MT	9:20 Weight Exercise, AC 15 10:00 Uno Card Game, AC 10:30 Baking Pumpkin Bread, AC 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:00 Water Aerobics, Pool 6:45 Evening Movie, MT	9:20 Ball Exercise, AC 16 10:00 Uno Card Game, AC 10:25 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 3:00 Social Hour, AC 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 17 10:00 Donut Social, TV 10:00 Uno Card Game, AC 10:30 Bean Bag Baseball, AC 11:00 Book Club Meeting, CH 2:00 Movie Matinee, MT 6:15 Skip-Bo, TV 6:45 Evening Movie, MT
9:20 Chair Exercise, AC 18 2:00 Bingo with Claire, 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	9:00 Walking Club, L 19 9:20 Yoga Day Exercise, AC 10:00 Mah Jongg, BR 10:00 Uno Card Game, AC 2:00 Movie Matinee, MT 3:00 Live & Learn Trivia, A 6:15 Dominos, TV 6:45 Evening Movie, MT	9:20 Weight Exercise, AC 20 9:20 Monster Mash Exericse, AC 10:00 Uno Card Game, AC 10:00 Mah Jongg, BR 11:00 Memory Enhancement, A 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:00 Calendar Meet, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT	9:20 Breathing & Yoga Exercise, AC 21 10:00 Uno Card Game, AC 11:00 Ghoulishly Funny Riddles, A 2:00 Movie Matinee, MT 3:00 Creative Art Class, AC 6:15 Euchre, TV 6:45 Evening Movie, MT	9:00 Tek Audiology, EX 22 9:20 Weight Exercise, AC 10:00 Uno Card Game, AC 11:00 Billiards 4 the Guys, BR 2:00 Bingo, AC 2:00 Movie Matinee, MT 2:30 October Festival Music by Starbusters!, A 6:45 Evening Movie, MT	9:20 Ball Exercise, AC 23 10:00 Uno Card Game, AC 10:25 The Game of Farkle, AC 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 3:00 Social Hour, AC 6:45 Evening Movie, MT	9:20 Chair Exercise, AC 24 10:00 Donut Social, TV 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 
9:20 Chair Exercise, AC 25 2:00 Bingo with Claire, 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	9:00 Walking Club, L 26 9:20 Yoga Day Exercise, AC 10:00 Uno Card Game, AC 2:00 Movie Matinee, MT 3:00 Pumpkin Day Art & Crafts, AC 6:15 Dominos, TV 6:45 Evening Movie, MT	9:20 Weight Exercise, AC 27 10:00 Uno Card Game, AC 10:00 Mah Jongg, BR 11:00 Memory Enhancement, AC 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:00 Ghost Day Arts & Crafts, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT 	9:20 Breathing & Yoga Exercise, AC 28 10:00 Uno Card Game, AC 10:30 Current Events, CH 2:00 Movie Matinee, MT 3:00 Creative Art Class, AC 6:15 Euchre, TV 6:45 Evening Movie, MT 	9:20 Weight Exercise, AC 29 10:00 Uno Card Game, AC 11:00 November Calendar Delivery, A 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:00 Water Aerobics, Pool 6:45 Evening Movie, MT	9:20 Ball Exercise, AC 30 10:00 Uno Card Game, AC 10:25 The Game of Farkle, AC 12:00 Door Deco Prize Winner, DR 2:00 Wii Bowling, AC 2:00 Movie & Candy Corn Popcorn, MT 3:00 Social Hour, AC 6:45 Evening Movie, MT	HALLOWEEN 31 9:20 Chair Exercise, AC 10:00 Donut Social, TV 10:00 Uno Card Game, AC 10:30 Bean Bag Baseball, AC 2:00 Movie Matinee, MT 2:30 Halloween Party, A 6:15 Skip-Bo, TV 6:45 Evening Movie, MT 



Preserve Your Independence by Avoiding Falls

Protecting yourself against injury is key to preserving your independence as you age — and one of the most important things you can do to ensure that you stay injury-free in your older years is to avoid falls. We're looking at ways to do that in this month's issue.

Most of us know someone whose life was changed by a fall. In rare cases people die or break a hip, but most often they get bruised, shaken or are unable to get up off the floor without help. It's vital to take steps to reduce your fall risk, but you need to do this without limiting your activities and autonomy. For many older adults, experiencing a fall — or even the fear of falling — does just that. Many also believe that there's nothing they can do to prevent falls. However, there are many preventive measures you can take, and there are risk factors you need to be aware of. These include age-related changes to your balance, vision and strength — but there are also some factors you may not have considered. For example, if you get a new prescription for glasses, or switch to wearing bifocal or trifocal lenses, it may take time for you to adjust. During this transition, your vision and balance may be compromised. Research suggests that older adults who wear bifocals or trifocals are more likely to fall, but that using single-vision distance glasses — particularly outdoors — may reduce the risk of falling.



Anyone who is rushing or distracted is more likely to trip and fall. And if you live in a city, take extra care when walking across streets: Traffic lights are set up for people who can walk four feet per second, and very few older adults walk that fast. So if you're not right at the intersection when the light turns green, it may be best to wait instead of rushing to beat the light.

If you enjoy a glass of wine with dinner, keep in mind that the older you get, the faster the alcohol will affect you. Drinking less can still relax you without affecting your balance. Take extra care if you also take medications; some may cause dizziness on their own, but if you drink alcohol too, it could add up to a fall waiting to happen.

Even your shoes can make a big difference. I advise my patients to choose flat shoes with treads that grip (sneakers are ideal) rather than heels or smooth soles. If you're venturing outdoors in winter ice and snow, consider using ice cleats that you can slip or strap on over your shoes (you can purchase these at shoe stores and online). And please, don't let your pride get in the way of using aids such as walkers and canes; these devices can help preserve your mobility and independence while greatly reducing your fall risk. Besides, isn't the alternative — a painful and potentially debilitating fall — far worse, and even more embarrassing?

Another mistake would be to cut back on activities in an attempt to avoid falling. If you do this, you may miss out on the muscle-strengthening physical exertion that can help prevent falls. So stay active, but also take some precautions to keep your balance and remain upright.

By Rosanne M. Leipzig, MD, PhD

Editor-in-Chief, Focus on Healthy Aging



Resident Highlight

My Tree

Outside my window is my tree of life.

Its leaves are fern-like spindles of soft green

that wink in the sun and shiver in anticipation in the shade.

It speaks to me of new hope, of new friends,

of new adventures in a life that I had thought

to be over ... that there would be no more thrills.

No more excitement ...

Just the everyday, mundane march of days

toward that last final one.

Ah, but my tree says differently. The branches dance in the wind.

The leaves whisper their secrets of eternity

and a small bird like a star on a Christmas tree

clings valiantly to his perch high above his world.

Look at me says the tree.

See how I bend and sway.

See how I stand up to the devil winds and shake off the drenching rain.

Though in the dark of night, you may not

always see me ...

just know I am here.

And when dawn's first golden rays break through enveloping you with warmth and love,

I am here.

Follow me. Follow me.



Poem by Jeanne Lehnert (Resident at Desert Springs Gracious Living)

Note: Each month the Activity Department will feature a resident to share with the community in our local newsletter. Let me know if you are interested in being a part of this.

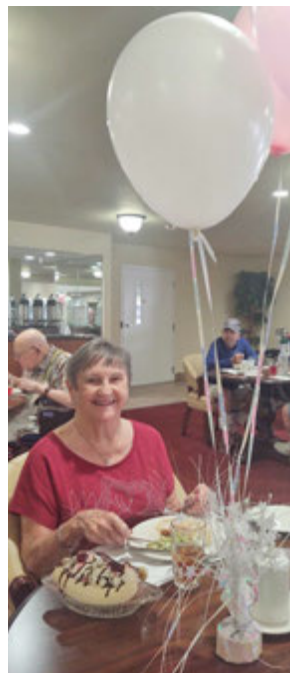
Thank you.

Jeanette

Activity Coordinator

Birthday Celebrations

Excitement was in the air for our August Birthday gang! Our residents engaged in singing "Happy Birthday." There were balloons and the birthday gals and guys were provided a delicious banana split that would suit any palate! "Happy Anniversary" to all our August anniversaries!



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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.

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