

# DESERT SPRINGS

## Gracious Retirement Living

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

### JANUARY 2021

#### DESERT SPRINGS STAFF

Assistant Managers ..... CHUCK  
& CANDY LACOMBE  
Executive Chef ..... JUSTIN MURDOCK  
Activity Coordinator ..... JEANETTE SIMI  
Maintenance ..... FRANK LOPEZ  
Bus Driver ..... PAUL STEFFEN

#### 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, 10 a.m.:** Shopping

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

HAWTHORN  
SENIOR LIVING

### Fun Upcoming January and February Events and Activities

A new year is upon us, and it is time to get our "fun on" in 2021! We have several events coming up to help us be more social, outgoing and to make a better choice to be more mentally and physically healthy in this coming year! Let us not forget to stay hydrated with plenty of water.

Let us start our New Year on a virtual vacation! How about starting in Hawaii? Our 11th Annual Hawthorn Adventure will be a three-week tropical journey coming up each week in January and the beginning of February. We will be starting this adventure off with a Hawthorn Adventure kick-off party! Then all aboard for a trip to Hawaii. Following, we will island hop in Fiji to play in the sand, sea and sun! We will finish our journey in New Zealand, exploring beautiful landscapes! Be sure to check your calendars for many more fun upcoming events and adventures. Come aboard the Hawthorn Adventure and join in the fun!





## Welcome New Residents to Desert Springs!

A special welcome from Desert Springs Gracious Retirement Living 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 fun events and activity programs scheduled for your enjoyment in the upcoming month of January. 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. Our managers will be happy to answer any questions you may have. Welcome, and come join the fun!



*A "Welcome" from our Residents*

## Guess Who?

Our beautiful December "Guess Who" was Shea Grieme.

Are you ready to "Guess Who" our New Year's child is? Can you guess?



*Your New Year's  
"Guess Who"*

## Book Club News by Kay Gragg

At our Saturday, January 16, 2021, meeting, we will be discussing "The Alice Network" by Kate Quinn. 1947. In the chaotic aftermath of World War II, American college girl Charlie St. Clair is pregnant, unmarried and about to be thrown out of her very proper family. She's also nursing a desperate hope that her beloved cousin Rose, who disappeared in Nazi-occupied France during the war, might be alive. So, when her mother takes her to Europe to have her "little problem" taken care of, Charlie escapes and heads to London, determined to find out what happened to the cousin she loves like a sister. The only clue she has is the name, Eve Gardiner, who signed some paperwork about Rose. Eve, once a spy for the Alice Network during the Great War, is in terrible shape. She's spends her days drunk and secluded helped only by Finn Kilgore, her "man of all work." Charlie needs her help and persuades her and Finn to help her find the truth about Rose. And Eve needs some answers about her old enemy who caused her downfall. If you have not attended Book Club before and are interested in joining us, please contact Kay Gragg at 520-544-2545. Time and place will be decided later due to Covid-19.



*Have a Happy and  
Healthy New Year!*





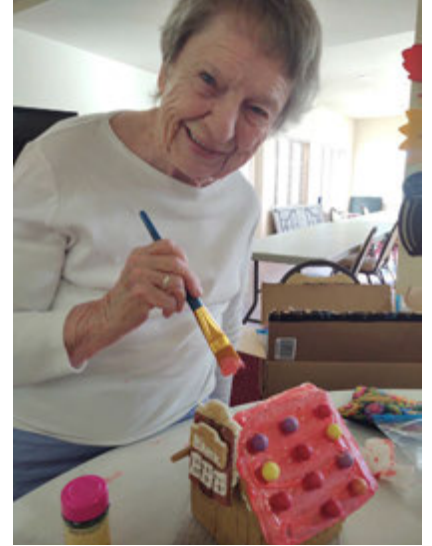
## Hawthorn's Annual Build a Gingerbread House Contest

During the holiday season, our residents gathered around the table to celebrate our annual "build a gingerbread house" village here at Desert Springs. This is an event our residents look forward to every year! The residents enjoyed the meeting of the minds and coming up with the ideas.

This year, they chose to build a western town, "The Wild, Wild West Christmas" village. This project brought out the creative side of our residents, and many hours were put into this project. The village included many styles of buildings including a bank, a church, hotel and bath house, two general stores, a saloon, sheriff's office and a livery stable. A special "Thank You" to all the residents who participated in this fun event! The quality time together doing this enjoyable activity will make cherished memories to remember for years to come!



*Lynn put many hours in building the hotel.*



*Helen stated, "This is the fanciest bank you have ever seen!"*



*Helen, Joyce and Lynn hard at work!  
Joyce building the Saloon.*



*In the process of building the "Wild Wild West Christmas" village.*

## Salon "C"

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.





JAN 2021

Birthdays

Atsuko Whiteford, 2nd  
Jeanne Lehnert, 8th  
Gene Taylor, 16th  
Mayola Zech, 17th  
Susan Roth, 19th  
Virginia Reed, 26th

Anniversaries

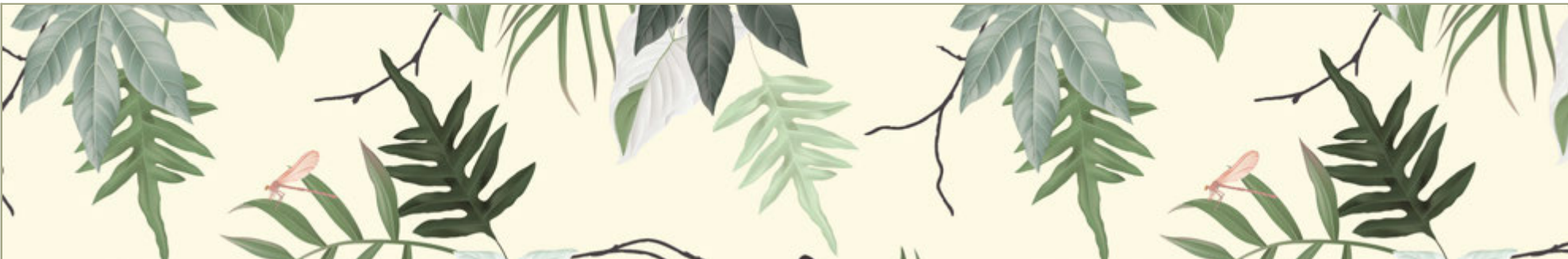








Kay & Rudy  
VanRenterghem,  
1/29/1955

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

“It’s a  
wonderful  
thing to be  
optimistic.  
It keeps you  
healthy and  
it keeps you  
resilient.”

—Daniel  
Kahneman

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<div><div>NEW YEAR'S DAY</div><div>1</div><div>9:15 A New Year Exercise, AC 10:00 Uno Card Game, AC 10:25 The Game of Farkle, AC 11:00 Billiards 4 the Guys, BR 2:00 Wii Bowling, AC 2:00 Movie Matinee, MT 3:00 <b>New Resident Social Hour, AC</b> 6:45 Evening Movie, MT</div></div>	<div><div>2</div><div>9:20 Chair Exercise, AC 10:00 <b>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</div><div></div></div>
<div><div>3</div><div>9:20 Chair Exercise, AC 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 Football in the Theater, MT</div></div>	<div><div>4</div><div>9:20 Healthy Living Exercise, AC 10:00 Mah Jongg, BR 10:00 Uno Card Game, AC 2:00 Movie &amp; Popcorn, MT 2:00 Ladder Game, AC 3:00 Mocktails and Art, AC 6:15 Mexican Train, TV 6:45 Evening Movie, MT</div></div>	<div><div>5</div><div>9:20 Exercise &amp; Coconut Water Smoothies, AC 10:00 Uno Card Game, AC 11:00 Memory Enhancement, A 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:00 February Calendar Meet, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT</div></div>	<div><div>6</div><div>9:20 Rest and Relaxation Exercise, AC 10:00 Uno Card Game, AC 11:00 Ping Pong, BR 2:00 Movie Matinee, MT 3:00 Indoor Golfing, AC 6:15 Euchre, TV 6:45 Evening Movie, MT</div></div>	<div><div>7</div><div>9:20 Hola Exercise and Hydration, AC 10:00 Uno Card Game, AC 11:00 Scrabble, AC 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:00 January Hangman Game, AC 6:45 Evening Movie, MT</div></div>	<div><div>8</div><div>9:20 Island Music &amp; Yoga 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 3:00 <b>BYOD Social Hour and Music, A</b> 6:45 Evening Movie, MT</div><div></div></div>	<div><div>9</div><div>9:20 Chair Exercise, AC 10:00 <b>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</div></div>
<div><div>10</div><div>9:20 Chair Exercise, AC 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 Football in the Theater, MT</div></div>	<div><div>11</div><div>9:20 Healthy Living Exercise, AC 10:00 Uno Card Game, AC 11:00 "Color Me Beautiful" Class, AC 2:00 Movie &amp; Popcorn, MT 3:00 Checkers &amp; Connect 4 Games, AC 6:15 Mexican Train, TV 6:45 Evening Movie, MT</div></div>	<div><div>12</div><div>9:00 <b>Dr. Warner Podiatrist, EX</b> 9:20 Exercise &amp; Coconut Water Smoothies, AC 10:00 Uno Card Game, AC 11:00 Memory Enhancement — Test Your Whale Knowledge, AC 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:00 Creative Arts, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT</div></div>	<div><div>13</div><div>9:00 <b>Dr. Warner Podiatrist, EX</b> 9:20 Rest and Relaxation Exercise, AC 10:00 Uno Card Game, AC 10:30 <b>Current Events, CH</b> 2:00 Movie Matinee, MT 3:00 Elvis Trivia and Hawaiian Coffee Tasting, AC 6:15 Euchre, TV 6:45 Evening Movie, MT</div></div>	<div><div>14</div><div>9:20 Hola Exercise and Hydration, AC 10:00 Uno Card Game, AC 11:00 Ping Pong, BR 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:00 Indoor Horseshoes, AC 6:45 Evening Movie, MT</div></div>	<div><div>15</div><div>9:20 Island Music &amp; Yoga 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 3:00 <b>Hawthorn Adventures Kick Off Party, A</b> 6:45 Evening Movie, MT</div></div>	<div><div>16</div><div>9:20 Chair Exercise, AC 10:00 <b>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</div><div></div></div>
<div><div>17</div><div>9:20 Chair Exercise, AC 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 Football in the Theater, MT</div><div></div></div>	<div><div>MARTIN LUTHER KING JR. DAY</div><div>18</div><div>9:15 Healthy Living Exercise &amp; Pineapple Smoothies, AC 10:00 Mah Jongg, BR 10:00 Uno Card Game, AC 12:30 <b>Hawaiian Shirt Luncheon &amp; Minute to Win it Game, DR</b> 2:00 Movie &amp; Popcorn, MT 3:00 Hawaiian Seaside Arts &amp; Crafts, AC 6:15 Mexican Train, TV 6:45 Evening Movie, MT</div></div>	<div><div>19</div><div>9:20 Exercise &amp; Coconut Water Smoothies, AC 10:00 Uno Card Game, AC 11:00 Memory Enhancement, A 2:00 Bingo, AC 2:00 Elvis Movie in Hawaii, MT 3:00 Hawaiian Fun Facts Trivia, A 6:15 Rummikub, TV 6:45 Evening Movie, MT</div><div></div></div>	<div><div>20</div><div>9:20 Rest and Relaxation Exercise, AC 10:00 Uno Card Game, AC 2:00 Travelogue: Adventures of Hawaii, MT 3:00 Baking Papaya Rolls, AC 6:15 Euchre, TV 6:45 Evening Movie, MT 6:45 Movie Night in Kauai, MT</div></div>	<div><div>21</div><div>9:00 <b>Audiologist, EX</b> 9:20 Hola Exercise and Hydration, AC 10:00 Uno Card Game, AC 11:00 Hawaiian Whiteboard Game, AC 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:00 Hawaiian Creative Arts, AC 6:45 Evening Movie, MT</div></div>	<div><div>22</div><div>9:20 Island Music &amp; Yoga 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 3:00 <b>Hawaiian Luau Tiki Bar Social, A</b> 6:45 Evening Movie, MT</div></div>	<div><div>23</div><div>9:20 Chair Exercise, AC 10:00 <b>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</div></div>
<div><div>24</div><div>9:20 Chair Exercise, AC 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 Football in the Theater, MT</div></div>	<div><div>25</div><div>9:20 Healthy Living Exercise, AC 10:00 Uno Card Game, AC 11:00 Billiards 4 the Guys, BR 12:30 <b>Fiji Luncheon and Games, DR</b> 2:00 Movie: Castaway 3:00 Garden of the Secret Giant Trivia, A 6:15 Mexican Train, TV 6:45 Evening Movie, MT</div></div>	<div><div>26</div><div>9:20 Exercise &amp; Coconut Water Smoothies, AC 10:00 Uno Card Game, AC 11:00 <b>February Calendar Delivery</b> 2:00 Bingo, AC 2:00 Movie Matinee, MT 3:00 Fiji Sea Art &amp; Mocktails, AC 6:15 Rummikub, TV 6:45 Evening Movie, MT</div><div></div></div>	<div><div>27</div><div>9:20 Rest and Relaxation Exercise, AC 10:00 Uno Card Game, AC 10:00 Amazing Benefits of Coconut Game, AC 10:30 <b>Current Events, CH</b> 2:00 Travelogue: Adventures of Fiji, MT 3:00 Underwater Adventures Trivia, A 6:15 Euchre, TV 6:45 Evening Movie, MT</div></div>	<div><div>28</div><div>9:15 Tai Chi Warm-Up and Exercise, AC 10:00 Uno Card Game, AC 10:00 Hands on Reflexology &amp; Its Benefits, AC 11:00 Ping Pong, BR 2:00 Movie Matinee, MT 2:00 Bingo, AC 3:00 Baking a Fiji Delight, AC 6:45 Evening Movie, MT</div></div>	<div><div>29</div><div>9:00 <b>Fiji Treasure Hunt Starts!, A</b> 9:20 Island Music &amp; Yoga Exercise, AC 10:00 Uno Card Game, AC 10:25 The Game of Farkle, AC 2:00 Movie Matinee, MT 2:00 Wii Bowling, AC 3:00 <b>Relax in Fiji with a Drink Social Hour, A</b> 6:45 Evening Movie, MT</div><div></div></div>	<div><div>30</div><div>9:20 Chair Exercise, AC 10:00 <b>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</div></div>
<div><div>31</div><div>9:20 Chair Exercise, AC 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 Football in the Theater, MT</div></div>						





## Good Health and Bringing In the New Year

### **Healthy New Year's Resolutions**

Making New Year's resolutions to eat better, exercise, watch your weight, see your healthcare provider regularly or quit smoking once and for all can help you get healthier and feel better for many more years to come.

The American Geriatrics Society's Health in Aging Foundation recommends these top 10 healthy New Year's resolutions for older adults to help achieve your goal of becoming and staying healthy.

Eat fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats.

In later life, you still need healthy foods but fewer calories. Eat at least five servings of fruits and vegetables daily. Choose a variety with deep colors: dark green, bright yellow and orange choices like spinach, collard greens, carrots, oranges, and cantaloupe are especially nutritious. Include nuts, beans and/or legumes in your daily menu. Choose fiber-rich whole grain bread, brown rice and whole grain pasta.

### **Pick less fatty meats like chicken or turkey.**

Have heart-healthy fish, like tuna, salmon or shrimp, twice a week. Include sources of calcium and Vitamin D to help keep your bones strong. Two daily servings of low-fat milk, yogurt, or cheese are a good way to get these nutrients. Use healthier fats, such as olive and canola oils, instead of butter or lard. Use herbs and spices to add

flavor when cooking, which reduces the need to add salt or fat.

### **Be active.**

Physical activity can be safe and healthy for older adults — even if you have heart disease, diabetes or arthritis! In fact, many of these conditions get better with mild to moderate physical activity.

### **Exercise.**

Exercises such as tai chi, water aerobics, walking and stretching can also help you control your weight, build your muscles and bones, and improve your balance, posture and mood.

See your provider regularly.

You should schedule an annual Medicare wellness visit with your healthcare provider around your birthday month to discuss health screenings and any changes in your advance directives. At each visit, talk to your provider about all the medications you're taking and whether or not you still need them. Find out if you should be getting any new or booster immunizations/shots.

### **Quit smoking**

Did you know that cigarette smokers are twice as likely to develop heart disease as non-smokers? It is never too late to quit. You can still reduce your risk of many health problems, breathe easier, have more energy and sleep better if you quit smoking. Don't lose hope if you failed to quit in the past. On average, smokers try about four times before they quit for good.

### **Toast with a smaller glass.**

Excessive drinking can make you feel depressed, increase your chances of falling, cause trouble sleeping, interact with your medications and can contribute to other health problems. One drink = 12 ounces of beer, 5 ounces of wine or 1.5 ounces of hard liquor. The recommended limit for older men is no more than 14 drinks per week and for older women, no more than 7 per week.

### **Guard against falls.**

One in every three older adults falls each year, and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance and flexibility and help you avoid falls. Also ask your healthcare provider to check that you're not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to trip over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

Give your brain a workout.

The more you use your mind, the better it will work. Reading is a good choice. Socializing also gives your brain a boost, so join a bridge club or other games.

### **Speak up when you feel down or anxious.**

About 1 in 5 older adults suffers from depression or anxiety. Some possible signs of depression can be lingering sadness, tiredness, loss



of appetite or pleasure in doing things you once enjoyed. You may also have difficulty sleeping, worry, irritability and wanting to be alone. If you have any of these signs for more than two weeks, talk to your healthcare provider and reach out to friends and family.

#### **Get enough sleep.**

Older adults need less sleep than younger people, right? Wrong! Older people need just as much — at least 7 to 8 hours of sleep a night. Avoid daytime naps, which can keep you up in the evening. Visit the National Sleep Foundation's website for more tips on how to sleep better.

Reconsider multivitamins.

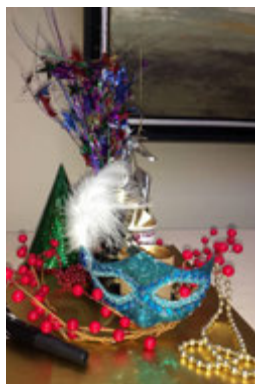
Reconsider using vitamins or nutrition supplements, as many older adults do not need them. Consult your healthcare provider if you have any issues or concerns about your nutrition.



*Residents keeping it healthy at Desert Springs!*

## New Year's Wishes from Desert Springs

The new year is a time to reflect on our gratitude for the past and our hopes for a better future. With the challenges of this last year and whatever this year has in store, it is a chance to start a new year afresh! Desert Springs would like to take this opportunity to wish you and yours a safe, happy and healthy 2021! Here is to us making cherished memories in 2021!



*New Year's Wishes*

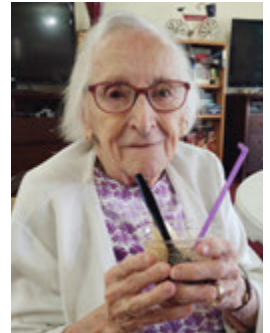
## Thankful Thanksgiving Moments

Thanksgiving started off with a grand breakfast by our grand Chef! Our Thanksgiving Luncheon consisted of a turkey and all the tempting trimmings. The meal ended with a pumpkin pie that was good enough to tempt any palette! Holiday Trivia was played, and fun prizes were won.

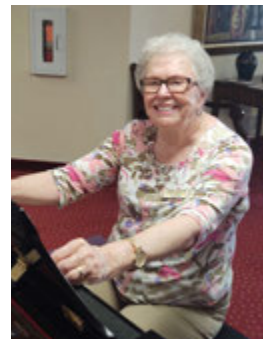
Following lunch, Lynn Jones' holiday piano music filled the halls with jingle bells!

Our afternoon big \$20 Bingo winner was Betty Odell, better known as "Betty Bingo" to her neighbors and friends, as she is a frequent winner in our Bingo games.

At the end of the day, our residents' tummies were full and visions of sugar plums danced in their heads. The residents ended the evening with arts and crafts, building gingerbread houses, and enjoyed a Social Hour with holiday treats.



*Sara Friend  
enjoying a treat.*



*Lynn on the piano*



*Anna, Geraldine and Ted enjoying a Bingo treat.*



*Social Hour visits*



**DESERT SPRINGS**  
Gracious Retirement Living

30 West Lambert Lane  
Oro Valley, AZ 85737



*It's always Warm at*

**DESERT SPRINGS**  
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

**520-219-8100**