



Brilliant Senior Living

3333 E Morrison Ranch Parkway • Gilbert, AZ 85296 • (480) 793-7000

Resident of the Month ~ Lynn Twiss

Lynette was born Sept. 17, 1938 in Cleveland, OH. She has one younger sister, Jan. Her mother was a homemaker and her father was a manager at Ohio Rubber Company. Lynette attended Paul Revere Elementary, then her family moved to Long Beach, CA.

Lynette went on to graduate from Cal State Long Beach with a degree in Fine Art, where she was a cheerleader and met her husband, Jim. They were married on Nov 23, 1961. They bought a house in Yorba Linda, California and adopted their daughter, Jennifer.

Lynette was an elementary school teacher for 40 years and Jim was an aerospace engineer and later took up teaching. Once they retired they moved to Anaheim Hills, California. Jim passed in 2019 and Lynette moved to Arizona to be close to her daughter. Lynette enjoys playing the piano, singing, art, bingo and visiting with friends. She moved to Quail Park on Dec. 13th, 2019 and we are lucky that she chose our family!



July 2021

Director's Corner



Happy Summer & Happy Birthday America!

We have so many things to celebrate this month! Not only our nation's birthday, but that we are free to be and celebrate with our family, friends and

loved ones. COVID and quarantine reasserted that our family and loved ones are the most important thing in our lives. I personally want to say a great big **THANK YOU** to all our residents. Even though you had to quarantine in your apartments twice, you continued to be appreciative, understanding, and supportive. Remember the silly hallway activities with staff dressing up in costume? We found "fun" even in a bad situation. I count my blessings every day.

Get ready for August when we celebrate our 3rd Anniversary! I won't give it away, but plan on having a great voyage!

Julia



Salute to the Union

Every July 4, a national salute booms out at noon, when military bases across the country fire cannons honoring the United States. A total of 50 rounds, one for each state, is blasted out in a span of roughly 4 minutes. Called the Salute to the Union, the tradition dates back to the first anniversary of Independence Day, when a 13-gun salute was fired to commemorate the original American Colonies.

Your Guide to the Games

Every four years, athletes from all over the world go for the gold at the Summer Olympics.

- This year's competition will be the 32nd Summer Games.
- They are set to begin July 23. Closing ceremonies are scheduled for Aug. 8.
- Tokyo is hosting the games. Japan's capital city hosted the Olympics once before, in 1964.
- Athletes representing about 200 countries will compete in over 30 sports.
- Four new sports will make their debut at these games: karate, surfing, skateboarding and sport climbing.
- Many fans are excited about two returning sports, baseball and softball. And there will be new events for some existing sports, including the popular 3-on-3 basketball.
- The medals awarded at the Tokyo Games will be made of metals recycled from electronic devices, such as cellphones, that were donated by people across Japan.
- As is tradition, the Paralympic Games will follow the Olympics and run Aug. 24–Sept. 5.
- The competition will travel to Paris for the 2024 Games.



**Little Berries,
Big Benefits**

Called nature's candy, blueberries are proof of the saying, "A little goes a long way." A lot of health benefits are packed into these small fruits.

Blueberries have grown to be a top food pick over the past decade for two main reasons: their sweet taste and nutrition. On their own, they're an easy-to-eat, fresh snack, and when added to yogurt, cereal, pancakes and salads, they deliver a punch of color, flavor and nutrients.

The superfood is a low-calorie, high-fiber fruit. But this berry gets its biggest health boost from its deep-blue color. That comes from anthocyanin, a powerful antioxidant that research suggests may provide protection from heart disease, cancer and cognitive decline.

Blueberries are a good source of vitamin C, which supports healthy immunity; vitamin K, essential for bone health; and manganese, a mineral needed for metabolism.

If you've bitten into a blueberry, you know that it's a juicy fruit. Since the berries contain mostly water, they fill you up fast and are hydrating.



7/2	Juleen B.
7/7	Ray A.
7/9	Lynn L.
7/10	Shanna C.
7/17	Theresa R.
7/18	LeahRae D.
7/18	William A.
7/21	Ed D.
7/22	Chian M.
7/31	Maggie H.
7/31	Karen B.

**Employee Appreciation
Fund**

Each year, we accept monetary donations to thank our Quail Park employees for all of the dedication and hard work they put in all year long. Cash only donations are accepted from residents, families and friends of Quail Park any time throughout the year. If you want to make a donation to the Employee Appreciation Fund, you can drop off your cash in the blue donation box located on the first floor by the resident mailboxes. The funds are distributed to the front line employees at their annual holiday party in December. If you have any questions about the fund or donating, please reach out to Dee H. or Leahrae D.

Always a FUN Time in Tribute!



Life at Quail Park ~



Creative Painting Class



Chair Zumba



Senior Fitness Games

Volunteer Corner



Library Volunteers Needed!

If you have a strong attention to detail and love everything about books, then this is the opportunity for you! We are looking for a couple of residents to help maintain the library on the 2nd floor. This will include putting the books back on the shelves after a resident has returned them, organizing the books and ensuring the library is tidy. If you're interested in becoming a library volunteer, please speak with Melissa, your

Director of Fun. Her office is located on the 2nd floor by Sky Hook Lounge.

Party Like It's 1776

On July 4, 1776, the Second Continental Congress adopted the Declaration of Independence. In 1870, Independence Day became a federal holiday. This year, the U.S. celebrates its 245th birthday. Join us on **Sunday, July 4th at 2:00 pm** for our Fourth of July Bash in the Four Seasons Room as we celebrate America's birthday!



Employee of the Month ~ June Lynch ~ Housekeeper



I was born on June 3, 1971 in Billings, Montana. I am the youngest of four children, all daughters. I met my husband Robert in 1990 in Virginia. We moved back to Montana in 1992 and were later married in 1998. We moved to Arizona in 2020.

I became a housekeeper here at Quail Park in February 2021. Prior to working at Quail Park, I worked for schools and retirement communities for fifteen years.

In my free time, I enjoy long walks, bike riding, hiking, nature and travel. One of the things I enjoy about working at Quail Park is being around the residents while providing them a safe and clean environment.

Congratulations to June for being selected as the Employee of the Month! She is a wonderful addition to the Quail Park team.

