GARNET OF CASA GRANDE
SENIOR LIVING AT EASE
Like Us!

THE Garnet of Casa Grande Lifestyle

ASSISTED LIVING COMMUNITY
510 E 8th Street · Casa Grande, AZ 85122 · (520) 876-4200

NOVEMBER 2024

Garnet Super Star



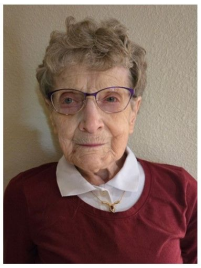
Terry Gangley

Terry has been a familiar face on the Care Staff for one year. His passion is working with our Residents. He has a big smile and truly loves what he does. This shines through for all to see. He believes in treating every Resident and staff member with respect. His motto is, *"Treat as you want to be Treated by others."* His favorite part of being a member here at The Garnet is greeting the Residents in the morning. *"The smiles and hugs that I receive here from these people mean that they care. It means that I have touched their lives and made a difference for them. That is what I'm here to do. To make their lives better and to save some lives!"* The other part of being here that means so much to him and makes his job enjoyable and meaningful, are the staff members that he works with. "We have an amazing care staff and this makes my job easier. Teamwork is such an important part of taking care of these amazing people, and our staff is wonderful at assisting each other and keeping each other motivated and engaged."

Prior to working at The Garnet, Terry was an ER Med Assistant in Michigan in the Oncology unit. He really loves being able to touch peoples' lives and to make a difference. When Terry is not here, he is with his 9-year-old daughter, Kailee Grace. They enjoy doing silly things together like playing Barbies, doing makeup, or just hanging out at the mall together. His long- term goal is to become an RN. Thank you, Terry, for everything that you do! We appreciate you!



Silver Star Resident



Gertrude (Gertie) Wichlacz

Congratulations, Gertie, for being chosen as our Silver Star Resident.

Gertie became part of The Garnet family in August this year. According to Gertie, She absolutely "Loves it here." "The building is Beautiful! The apartments are so pretty—and a walk-in closet! Oh, My!"

Her favorite parts about living here are that everyone is so nice, and the care staff is excellent. She enjoys the food as well and is impressed that there are so many choices. "Most places only give you one choice and that's all. There are always several items to choose from."

Gertie is originally from Wisconsin and moved to Arizona in 2021, where she lived with her son, Dale, and daughter-in-law, Lisa. However, she decided that it was time to venture out on her own. That is when she came to visit The Garnet and fell in love with the building. This has been a very good change for Gertie and she has been happy with her choice. Dale and Lisa are only 10 minutes away and visit all the time.

Gertie likes to play Bingo and put together puzzles. In her younger days, however, she created beautiful, embroidered and sequined tapestries that her husband, Joseph, used to frame for her. Joseph was a carpenter before he passed.

Thank you, Gertie, for being part of our Garnet Family.



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IT'S OUR PLEASURE TO SERVE YOU....

A Note from the Executive Director

It's easy to push your workout routine to the side during the holidays, but making sure you stay active will help curb holiday stress. If time is the issue, try a short, but intense, workout or find time to walk around the building a couple times a day or week. Make a game out of your walks and challenge your friends. Each of you can pick a couple pictures in the hallways and see if the other can find where these pictures are. No matter what you do, keep exercise on the holiday calendar and move your body whenever possible.

We at The Garnet take your health and well-being seriously. This is why we offer weekly, morning exercise and meditation, exercise bikes in the Exercise room, and now, joining our team, is *Select Rehabilitation* for our residents. Staying active keeps you fit, healthy, and emotionally happy.

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."
—Eleanor Roosevelt

Activities Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				COLOR KEY CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT All Events are Subject to Change	1 10:00 Craft Day 1:00 Pretty Nails 2:00 Family Feud 3:00 Games & Puzzles 5:30 Movie Time 6:30 Independent Dominos	2 10:00 Quarter Bingo 1:00 Mexican Train 2:00 Wii Games 3:00 Game of the Day 5:30 Games & Puzzles 6:30 Independent 5 Crowns Cards
3 10:00 Dominos 12:30 Movie Time 2:30 Church at The Garnet 5:30 Games & Puzzles 6:30 Independent Rummy	4 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Longmire Series & Checkers 2:30 Independent Games 5:30 Movie Time 6:30 Independent Dominos	5 8:30 Morning Workout 10:00 Skip Bo Cards 1:00 Independent Games 1:00 Longmire Series & Checkers 2:30 Happy Hour- Entertainment 5:30 Checkers 6:30 Independent 5 Crowns Cards	6 8:30 Walmart & Shopping 10:00 Free Bingo 1:00 Family Feud 2:00 Concentration 3:00 Game of the Day 5:30 Movie Time 6:30 Independent Games	7 10:00 Chef Chat 1:00 Choir Practice 2:00 Mixed Card Games 3:00 Heartland Series 5:30 Movie Time 6:30 Independent Dominos	8 8:30 Morning Workout 10:00 Craft Day 1:00 Pretty Nails 2:00 Presentation: Brain Games 3:00 Game of the Day 5:30 Movie Time 6:30 Independent 5 Crowns Cards	9 10:00 Quarter Bingo 1:00 Phase 10 Cards 2:00 Mexican Train 3:00 Game of the Day 5:30 Checkers 6:30 Independent SkipBo
10 10:00 Skip Bo Cards 12:30 Movie Time 2:30 Church at The Garnet 5:30 Checkers 6:30 Independent Games	Veterans Day 11 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Wii Games 2:00 Dominos 3:00 Game of the Day 5:30 Movie Time 6:30 Mexican Train	12 8:30 Morning Workout 10:00 Mexican Train 1:00 Heartland Series & Checkers 1:00 Independent Rummy 2:30 Happy Hour- Resident Birthday 5:30 Games & Puzzles 6:30 Independent SkipBo	13 8:30 Walmart & Shopping 10:00 Free Bingo 1:00 Yahtzee 2:00 Presentation: Medicare Information 3:00 Longmire Series & Checkers 5:30 Movie Time 6:30 Independent Dominos	14 10:00 Uno Cards 1:00 Choir Practice 2:00 Family Feud 3:00 Heartland Series 4:00 Dinner & Music- Marketing 5:30 Movie Time 6:30 Independent Puzzles	15 8:30 Morning Workout 10:00 Craft Day 1:00 Pretty Nails 2:00 Special- Thankful for Bingo 5:30 Movie Time 6:30 Independent Mexican Train	16 10:00 Quarter Bingo 1:00 Dominos 2:00 Wii Games 3:00 Game of the Day 5:30 Independent Games 6:30 Independent Rummy
17 10:00 Phase 10 Cards 12:30 Movie Time 2:30 Church at The Garnet 5:30 Puzzles 6:30 Independent Mexican Train	18 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Skip Bo Cards 2:00 Wii Games 3:00 Checkers 5:30 Movie Time 6:30 Independent Rummy	19 8:30 Morning Workout 10:00 Yahtzee 11:30 Lunch & Learn- Marketing Event 1:00 Longmire Series & Checkers 2:30 Happy Hour- Entertainment 5:30 Independent Puzzles 6:30 Independent Cards	20 8:30 Coffee & Chat- Marketing Event 8:30 Walmart & Shopping 10:00 Free Bingo 1:00 Family Feud 2:00 Concentration 3:00 Longmire Series 5:30 Movie Time 6:30 Independent Dominos	21 10:00 Chef Chat 1:00 Resident Council Meeting 2:00 Choir Practice 3:00 Heartland Series 5:30 Movie Time 6:30 Independent Games	22 8:30 Morning Workout 10:00 Craft Day 10:00 Fall Festival- Marketing Event 1:00 Pretty Nails 2:00 Presentation: Brain Games 3:00 Longmire Series & Checkers 5:30 Movie Time 6:30 Independent Rummy	23 10:00 Quarter Bingo 1:00 Skip Bo Cards 2:00 Family Feud 3:00 Game of the Day 5:30 Puzzles 6:30 Independent Mexican Train
24 10:00 Dominos 12:30 Movie Time 2:30 Church at The Garnet 5:30 Independent Games 6:30 Independent SkipBo	25 8:30 Morning Workout 10:00 Quarter Bingo 1:00 Family Feud 2:00 Concentration 3:00 Checkers 5:30 Movie Time 6:30 Independent SkipBo	26 10:00 Dominos 1:00 Checkers 1:00 Independent Mexican Train 2:30 Happy Hour 5:30 Games & Puzzles 6:30 Independent Rummy	27 8:30 Walmart & Shopping 10:00 Free Bingo 1:00 Uno Cards 2:00 Dominos 3:00 Heartland Series & Checkers 5:30 Movie Time 6:30 Independent Dominos	Thanksgiving 28 10:00 Holiday Craft 1:00 Uno Cards 1:30 Movie Time 3:00 Checkers 5:30 Games & Puzzles 6:30 Independent Cards	29 8:30 Morning Workout 10:00 Craft Day 1:00 SkipBo Cards 2:00 Mexican Train 3:00 Heartland Series & Checkers 5:30 Movie Time 6:30 Independent Dominos	30 10:00 Quarter Bingo 1:00 Mexican Train 2:00 Wii Games 3:00 Game of the Day 5:30 Independent Games 6:30 Independent SkipBo

Make Time for Quiet Time

This time of year is known for holiday hustle and bustle, but seeking out some quiet time should be on your to-do list. There's evidence that sustained silence may stimulate the creation of new brain cells in the region of the brain responsible for learning and memory, according to a study. Tuning out external noise also allows you to tune in to inner thoughts, memories and emotions.

Comfy and Cozy

Prepare your home for fall and winter by making it feel cozy and inviting. Create texture by pulling out soft blankets and pillows and spreading out a new throw rug. Embrace soft, warm lighting with lamps in your living area. Finally, keep your space tidy so your home is a comfortable retreat in the months ahead.

'Tis the Season To Save

The holiday season is approaching, but that doesn't mean it's time to overspend. Make this the year you set a budget and stick to it. Here are a few simple ways to accomplish that.

Head to the dollar store for greeting cards, gift bags, wrapping paper and bows. You may also find inexpensive decorations, seasonal candy, and tins and boxes for homemade presents.

Search online for store coupons. If you sign up for a retailer's email list, you will often receive an extra discount.

If you have a special skill, such as woodworking, sewing or painting, give your talent as a present.

Spend the day making a whole batch of gifts. Homemade gifts wrapped with festive bows always make the best gifts for family and friends.

Avoid self-gifting. Holiday sales can tempt you to treat yourself while shopping for others, but this can lead to buying things you don't need. Remember that you made a budget for a reason!

The Glee of Giving

"The happiest people are those who do the most for others," said leader and educator Booker T. Washington. That joyful feeling you often get from giving is apparently part of our biology. Neuroscientists studying the human impulse to help others used detailed brain scans and saw that acts of generosity lit up parts of the brain connected to pleasure. Generosity can be the simplest act: a kind word, cheerful smile, homemade gifts and cards, or taking the time to listen to a friend. They say it's proof of why doing good can make you feel good.



HAPPY BIRTHDAY!
11/10 Billie Bogart
11/22 Elvira Valenzuela
11/23 George Tracy
11/24 Sally Deist
11/26 Louis Zidle
11/29 Thomas Coleman



Welcome New Residents!
219B Theresa Halsey

Still Time for the Flu Shot

If you haven't gotten your flu shot yet, it's not too late. Experts say the ideal time to get the vaccine is by the end of October, but getting it later can still be beneficial. Since it takes about two weeks for the vaccine's antibodies to develop in the body to start providing protection, make a point to get the shot as soon as possible.

Mums Say So Much

The traditional flower for the month of November, the chrysanthemum is believed to represent happiness and longevity. Because mums typically bloom in the fall, they also symbolize beauty in the face of the coming winter.

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