

Tammy Nash
Executive Director

A Message From the Executive Director

As November arrives, bringing with it not only the warmth of family gatherings but also significant days that remind us to reflect on the importance of gratitude, kindness, and remembrance. For residents, this time of year often invokes cherished memories, a sense of community, and the bonds that tie us together. Together, let's make this season a heartfelt reminder of gratitude and compassion.

Garnet Gem of the Month



Lilah Thomas,
Laundry Attendant

This November, we are proud to highlight an outstanding member of our team: Lilah "Li" Thomas, our dedicated laundry attendant who has been part of our Garnet family for the past two years. Li is known for her warm smile and positivity. Her genuine love for the residents and ability to connect with their stories and experiences are what set her apart. Li is a devoted mother to her son Mason and aunt to her niece Aubry. Whether they are enjoying movie, trips to Tucson to reconnect with relatives, or enjoying a trip to the trampoline park, she cherishes every moment with her family. Li's dedication to her family mirrors her commitment to our residents.

Thank you, Li, for all that you do,

You are greatly appreciated!

Silver Star Resident



Jack Hill

We are excited to shine a spotlight on our November Silver Star Resident, Jack Hill!

Jack owned a nine-acre estate in Boulder, Colorado, where he and his beloved wife, Phyllis, raised their three children: Erica, Scott and Rhonda. During that time, he raised cattle, cared for horses, had an organic garden, and even tended to a flock of chickens. As part of his sustainable living, he also planted trees from broken branches and farmed a worm ranch. During his youth, he excelled as a pitcher in local baseball and softball leagues. His dedication to sports included playing tennis for over three decades. Even at the age of 89, Jack continued to swing a racket. Jack spent 2 years in the Marines, stationed at Camp Pendleton. After his military service, Jack transitioned to management at Raytheon and later Ball Aerospace. His contributions aided in the development of night vision cameras for ships at sea.

Congratulations to Jack for being our Garnet Silver Star Resident!

The Garnet of Casa Grande

November 2025



Celebrating November Birthdays

11/1 Betty Johnson
11/4 Maggie LaChance
11/10 Billie Bogart
11/16 Garland Fouse
11/24 Sally Deist
11/26 Louis Zidle
11/29 Thomas Coleman
11/29 John Omundson

Welcome New Residents

Duane Elliot # 235

THE GARNET OF CASA GRANDE
ASSISTED LIVING

Talkin' Turkey (and Chickens)

When it comes to barnyard birds, turkeys and chickens rule the roost, but not in the same way. November might be the turkey's time to shine (or roast), but chickens hold their own all year long.

Let's start with turkeys. Wild ones can fly—surprisingly fast and far, actually—and they sleep in trees. They're also pretty clever at dodging predators and, yes, humans. Domesticated turkeys, on the other hand, aren't quite so nimble. Their flashy fans and "gobble gobble" calls are iconic this time of year, but only the males gobble; females stick to more modest clucks and chirps. Chickens, meanwhile, are the overachievers of the coop. They come in all sorts of breeds, from poofy-headed Polish chickens to speckled Sussex. They each lay about 250–300 eggs a year, which is pretty impressive considering they're also known to chase bugs, peck your shoelaces, and form complicated social hierarchies.

In fact, chickens have become so popular that many people now keep them in their backyards. Urban and suburban chicken-keeping has taken off in recent years, with folks raising hens not just for fresh eggs but also for their quirky personalities and surprisingly therapeutic company. You don't need a full farm—just a small coop, a little space, and a willingness to embrace a bit of daily chicken drama.

Turkeys are the customary Thanksgiving centerpiece, but more people are switching things up these days, serving roast chicken, Tofurky, or lasagna layered with roasted squash. Whether you prefer a traditional meal or trying something new, the spirit of the holiday isn't in the bird—it's in the gathering.





"Get your goat" is often used in sports talk to describe how players or fans are provoked by rivals.

Witty Words at Play

If I've told you once, I've told you a thousand times that November 3 is Cliché Day. Don't let the mention of another foolish holiday get your goat. Only time will tell whether this holiday stands the test of time.

The term *cliché* has come to mean "an overused or unoriginal expression." But the French word *cliché* is actually an onomatopoeia: it's the sound a printing plate makes as it lays its ink on paper in the printing process.

In time, the printing plate itself became known as a cliché. Later, as a tribute to the repetitive process of mass printing, the term *cliché* came to refer to any oft-repeated expression.

Are you sick and tired of Cliché Day already but still thirsty for more word-related revelry? November 8 is Abet and Aid Punsters Day, a day to support anyone daring enough to drop a pun. Clever punsters must rely entirely on wordplay to get a laugh, sometimes using a word or phrase that sounds like another:

"Police were called to a daycare where a three-year-old was resisting *a rest*."

Or with a word that has more than one meaning:

"I used to be a banker but I lost *interest*."

And "Tom Swifties" relate certain words to others in a creative and punny way:

"I need a pencil sharpener," said Tom *bluntly*.

Whether you love them or loathe them, clichés and puns alike show that words, however worn, can still pack a punch.

Nature's Favorite Sequence



The Fibonacci sequence is found in classical music, where it is used to structure rhythms or movements.

Fibonacci Day is celebrated on November 23 (11/23), a date that matches the start of the famous Fibonacci sequence: 1, 1, 2, 3. Each number in the sequence is the sum of the two before it. When squares with sides the length of Fibonacci numbers are next to each other, a spiral can be drawn through their corners. This pattern shows up everywhere—from pinecones and sunflowers to galaxies and hurricanes.

Named after Italian mathematician Leonardo of Pisa (aka Fibonacci), the sequence dates to the 1200s but still fascinates math lovers today. On Fibonacci Day, some people bake spiral-shaped pastries or decorate with Fibonacci-themed art. This November 23, give a little nod to numbers—and maybe eat a croissant in a golden spiral.

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