A Message From the Executive Director



Tammy Nash
Executive Director

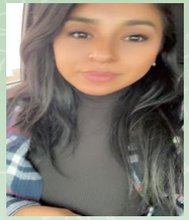
As we enter our final month of the year, I want to take a moment to reflect on the sense of community that makes our home here at the Garnet so special. December is a season of gratitude, connection and celebration. It's during this time that we're reminded just how much stronger we are together.

To our residents, thank you for filling our halls with warmth, laughter and wisdom every single day. Your stories and spirit are what make our community truly shine.

To our families, your trust, love and continued involvement mean the world to us. Whether you're visiting, joining an event or supporting from afar, your presence helps make this season brighter for everyone.

And to our staff and community partners, thank you for your dedication and compassion throughout the year. You've gone above and beyond to ensure that our residents feel cared for and connected, not just during the holidays but all year long.

Garnet's Gem of the Month



Vanessa Chavez,
Activities Assistant

Congratulations to Vanessa Chavez, Garnet's Gem of the Month. Vanessa's journey with us is truly inspiring. She started as a server, moved into the kitchen as a cook, and now shines in her new role as an Activities Assistant! A dedicated wife and proud mother of five, Vanessa enjoys spending her downtime reading, listening to history and mystery podcasts, crocheting, and being with her family. She looks forward to her new position because she takes great pride in her work and loves connecting with our residents.

Silver Star Resident



Anny Kinnard

Anny came to the United States from France in 1960 after marrying her husband, Donald, who served in the military. After arriving in the U.S. Anny worked as a waitress and housemaid before beginning her career in healthcare. She started in a hospital office and later pursued her dream of becoming a nurse. After graduating her nursing program in 1973, she dedicated 28 years to caring for others as a nurse. Anny enjoys spending time with people and loves playing cards with friends. When asked what she enjoys most about living here at The Garnet, she shared that it's the kindness of everyone around her. We are honored to recognize Anny as our Silver Star Resident and are grateful to have her as part of our community.

December 2025

The Garnet of Casa Grande

510 E. 8th St. Casa Grande, AZ 85122 | (520) 876-4200



Celebrating December Birthdays

12/ 1 Judy Rotz- Lopez
12/16 Dawna Reed
12/22 Sam Shreiner
12/26 Marjorie Jenkins

Welcome New Residents

Penelope "Penny" Ellerd # 210

Robert " Cline" Storey # 211

Sylvia Hauk # 236

Mavis Sorlien #204 A

THE GARNET OF CASA GRANDE
ASSISTED LIVING

Art of Appreciation

With so much giving and receiving this holiday season, it only stands to reason that Thank-You Note Day falls on December 26.



To some, letter writing might seem like lost art. To others, it feels like an outdated ritual, made obsolete by email, texting, and social media. But research in evolutionary psychology offers a different perspective. Studies suggest that expressions of gratitude and appreciation are deeply ingrained cooperative behaviors that help strengthen social ties. Even primates, for example, demonstrate a sense of reciprocity, engaging in a kind of "you scratch my back, I'll scratch yours" exchange that highlights the enduring value of saying thank-you.

Leave it to the experts at Hallmark to offer tips on writing the perfect thank-you note. A thank-you note begins long before you sit down with a piece of stationery. First comes a careful tally of names: those in attendance at your party, those who sent you a gift, and those who were particularly helpful, caring, or kind.

A good thank-you note doesn't have to be written on expensive paper with gold-embossed filigree. Emotion shines through in the voice of your written words. Charm is in the imperfection of your unique handwriting. Excitement comes in finding a hand-addressed envelope in a stack of junk mail.

Next, think about what you'd like to say. Be sure to spell the person's name correctly and choose a greeting that fits. Begin by expressing your thanks. Then, share a few details about what the person did and how it made a difference to you. Let them know how it made you feel. To close, repeat your thanks. *Sincerely* is always a thoughtful way to end, but you can also choose something more personal, like *With love*, *Warmly*, *Many thanks*, *or Yours truly*. Decorum requires thank-yous within a week. However, a late thank-you is always better than no thank-you at all.

Resolutions with a Twist

The holiday season is sometimes one of indulgence. After all, food and drink are a major part of many holiday events. By the

end of the month, many people are thinking of their New Year's resolutions. Recent surveys show that the most common resolutions include saving more money, spending less, exercising more, and eating healthier. These are also often among the most broken resolutions, so this new year, think beyond the ordinary. Try a wild, wonderful, or just plain weird resolution—something fresh and fun to help you stick with it (for a few months at least).

This year, quirky resolutions are having a moment. One example: the "buy nothing" challenge, inspired by the Buy Nothing Project. Participants vow to buy only necessities, reuse and borrow items, and shop secondhand. It's a creative, wallet-friendly resolution that also builds community spirit—lending books via Libby, swapping items through local groups, or borrowing instead of buying new.

Another trend gaining traction is turning your resolutions into a bingo game. A popular TikToker shared how she gamified her goals using a bingo card—mixing easy "base goals" and tougher "stretch goals," and rewarding herself for each completed square. The gamelike format makes resolutions feel fun, manageable, and less intimidating.

Still craving silliness? A UK study found that lots of people are embracing resolutions like laughing more, setting "no lists" instead of to-do lists, taking a monthly spontaneous adventure (like exploring a nearby town), and putting their own happiness center stage. Whatever resolution you choose—saving money, laughing more, or playing bingo with your goals—the key is to keep it playful and personal. The best resolutions are about adding a little more joy to the year ahead.

Shades of Calm

Looking for that perfect gift for someone on your "nice" list? Consider a coloring book. Coloring books are no longer just for children. Adult coloring clubs meet up at bars after work. Executives gather employees in conference rooms for impromptu coloring sessions. Just look at Amazon's Best Sellers list, which regularly features adult coloring books. Recent top titles lean toward cozy, bold, easy-to-color designs. While Johanna Basford's intricate *Secret Garden* remains iconic and beloved, selling over 21 million copies worldwide, current bestsellers favor simpler, hygge-inspired pages.

Why are adults so drawn to coloring? Research continues to support coloring as a form of stress relief. It promotes mindfulness and flow, engaging the brain in a soothing, focused activity that quiets anxiety. Clinical psychologist Ben Michaelis explains that the amygdala, the part of our brain responsible for our fight-or-flight response, takes a rest while we focus on coloring. Dr. Michaelis is such a believer that he both prescribes coloring to his patients and uses it at home with his own family.

Ringing Through History



Everyone singing "Jingle Bells" this holiday season may be surprised to learn it's a Thanksgiving song. The vice president of the Medford Historical Society in Massachusetts explained that the song's 19th-century composer, Medford resident James Pierpont, based it on a local tradition of one-horse open sleigh races through the streets of his hometown. When Pierpont moved to Savannah, Georgia, and became a pastor, he led his congregation in singing the song on Thanksgiving. They loved it so much they sang it again a month later on Christmas. Today, residents of Savannah share their ancestors' passion for the tune. They dispute that Pierpont wrote the song in Medford, and they claim it as their own.

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