The Spirit of Nachi



High in the Kumano region of Japan's Kii Mountains lies Nachi, a sacred site in the Shinto religion, and the Great Waterfall of Nachi, a dazzling rush of water that cascades 133 meters. *Kumano* means "holy ground where the gods dwell," and the primeval mountain range is filled with many religious sites and pilgrimage routes. On July 14, thousands of pilgrims and tourists climb to the beautiful waterfall for the Nachi Fire Festival, a celebration of water and fire.

According to Shinto religious beliefs, a powerful spirit, or *kami*, lives within the Nachi waterfall. Pilgrims first pay homage to the spirit with a blessing of fire. Men in white robes carry massive torches weighing over 100 pounds up and down the 133 steps (one for each meter of the waterfall's height) that lead to the sacred Nachi shrine. Fire has long been considered a purifying force, and once the steps are purified, more pilgrims robed in blue descend the stairs carrying 12 *Mikoshi*. The Mikoshi are 20-foot-tall vermillion shrines decorated with fans and mirrors to mimic the beauty of the waterfall. The 12 shrines symbolize the 12 Shinto deities and the 12 months of the year. These shrines are considered resting places for the spirits. Not only do the pilgrims honor the gods but the gods show them favor by blessing the pilgrims.

The Kumano region has been considered a place of healing for thousands of years. The Nachi shrine is just one of three major Shinto shrines in the area. Also close to the Nachi shrine is another sacred site, an 850-year-old camphor tree wrapped ceremoniously in straw rope and paper flags. Like the Nachi waterfall, this tree is also believed to house a Shinto kami spirit. A giant opening in the tree's trunk allows visitors to enter the tree and make offerings at a small altar. It is said that once inside, one can hear the beating of the tree's heart, a moving and transcendent experience.

July Birthdays

In astrology, those born between July 1–22 are Crabs of Cancer. Kind and protective, Crabs love to nurture others. While they may be emotional, they are never soft. Cancers are tenacious in their pursuit of domestic harmony. Those born between July 23–31 are Leo's Lions. Mixing strength, ambition, creativity, and a flair for the dramatic, it is no wonder that the king of the jungle is a Leo's mascot. Whether it's in Hollywood or in the home, Leos accomplish their goals.

Richard Petty (race-car driver) – July 2, 1937
Ringo Starr (Beatle) – July 7, 1940
Tom Hanks (actor) – July 9, 1956
Arthur Ashe (tennis pro) – July 10, 1943
Woody Guthrie (folk singer) – July 14, 1912
Ginger Rogers (dancer) – July 16, 1911
Janet Reno (attorney general) – July 21, 1938
Lynda Carter (actress) – July 24, 1951
Gracie Allen (comedian) – July 26, 1895

Guardians of the Wild



One hundred years ago, 100,000 tigers roamed Asia, but now only 4,500 to 5,500 live in the wild. Observers of International Tiger Day on July 29 hope to reverse that trend and save one of our planet's most majestic beasts. Though they invoke fear in many, tigers rarely target people. Rather, they play a vital role in sustaining healthy ecosystems. The survival of tigers is directly linked to the health of the land that they live on. Protecting tiger habitats ensures healthy forests that provide clean water to the human populations who share their land with tigers.

July 2026

The Garnet of Casa Grande



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

Celebrating July Birthdays

7/2 Cline S.

7/7 Duane E.

7/10 Gertrude W.

7/13 Betty C.

7/14 Stephen B.

7/16 Joseph D.

7/18 Anny K.

7/20 Hendrine G.

7/25 Dawn M.

7/25 Tina H.

Welcome New Residents

Stephen Bailey #225

Christine "Chris" Parker #144

THE GARNET OF CASA GRANDE
ASSISTED LIVING

The Rhythm of Early America

In 2026, the United States marks the 250th anniversary of 1776—a milestone that invites reflection, not just on historic events but on the texture of everyday life in colonial times. Long before modern conveniences, daily routines were shaped by necessity, skill, and close-knit communities.

Food, for example, was seasonal and local by default. Families relied on what they could grow, hunt, or trade. Cornmeal, beans, and salted meats were staples, while gardens supplied herbs and vegetables. Preserving food—through drying, smoking, or pickling—was essential for surviving the winter. Meals were simple but sustaining, and little went to waste.

Craftsmanship was equally central to daily life. Many households produced what they needed, from clothing to tools. Spinning wool, weaving fabric, and sewing garments were common skills, as were woodworking and blacksmithing. Objects were made to last, repaired when broken, and valued for their function as much as their form.

Community ties helped hold everything together. Neighbors shared labor during harvests, barn raisings, and other large tasks. Churches, markets, and town gatherings provided structure and connection. In a world without instant communication, relationships were built face-to-face and maintained through mutual reliance.

The rhythms of life 250 years ago highlight a kind of resilience that feels both distant and familiar. Colonists adapted constantly—to weather, to shortages, to uncertainty. Their resourcefulness wasn't a choice; it was a requirement. This anniversary offers a chance to consider what endures. Skills like making, mending, and sharing haven't disappeared—they've simply changed form. The same is true of community and adaptability. While the tools and technologies of daily life have evolved, the underlying values—resourcefulness, cooperation, and persistence—remain recognizable.

A Message from the Executive Director



Tammy Nash, Executive Director

At The Garnet, we strive to provide an environment that is welcoming, engaging, and comfortable for all who live and work here. From beautifully maintained common areas to opportunities to enjoy fresh air, social gatherings, and meaningful activities, every aspect of our community is designed to promote a positive living experience.

Environmental wellness also encourages us to be mindful of how we interact with the world around us. Simple actions such as reducing waste, conserving resources, caring for plants, and keeping our surroundings clean contribute to a healthier and more enjoyable environment for everyone.

As we embrace the summer season, I encourage our residents to take advantage of opportunities to enjoy nature, whether it's spending time in our outdoor spaces, admiring the beauty of Arizona's landscapes, or simply soaking up some sunshine. Connecting with our environment can reduce stress, improve mood, and enhance our overall sense of well-being.

Together, let's continue creating a community where everyone feels comfortable, connected, and proud to call The Garnet home.

Garnet Gem of the Month



Lisa Arvin, Care Partner

Originally from Michigan, Lisa is a devoted mother of four and a proud grandmother to 17 grandchildren. She has been married for three years. Lisa enjoys fishing and hunting and loves the simple pleasures of her little homestead, where she cares for her chickens and dogs. She has a strong passion for serving others and has dedicated many years to volunteering in her community. For 12 years, she volunteered at St. Peter and Paul Church, helping with children's activities and preparing breakfast. She also volunteered at the local food pantry for five years, supporting those in need.

What Lisa loves most about working at The Garnet is the residents. Her caring nature and appreciation for those around her make her a wonderful part of our community.

Congratulations, Lisa, on being our July's Garnet Gem of the Month! We are grateful to have you as part of The Garnet family.

Silver Star Resident



Janice & Milton Currie

Milton was born in Phoenix, Arizona, and attended Phoenix Union High School before continuing his education at Arizona State University. His studies were interrupted when he was drafted into the Army.

Janice was also born and raised in Phoenix and attended Phoenix Union High School. The two met at church and attended high school together before marrying in 1953. Together, they have built a wonderful life and raised five children.

Milton worked as an electrician throughout his career, while Janice dedicated herself to being a homemaker and caring for their family. In her free time, Janice enjoys art, oil painting, sewing, and dressmaking.

Their son brought them to The Garnet after hearing positive things from a friend whose parent had previously lived here. Milton and Janice both say that the staff and caregivers at The Garnet are the best around, and they are grateful for the care and kindness they receive.

Thank you, Milton and Janice, for being part of our Garnet family. We are honored to celebrate you as our July Silver Star Residents!

July 2026

