The Cholesterol Connection

Is cholesterol bad for you or good for you? Take the time this September, Cholesterol Education Month, to familiarize yourself with cholesterol's impact on your health.



Cholesterol comes both from foods we eat and from our livers. Not all cholesterol is bad. In fact, this waxy, fatlike substance is essential to the good health of our body's cells. But these fats do not dissolve in blood, so proteins in our blood carry cholesterol around our bodies. These carrier proteins are called *lipoproteins*.

Most often, when people think of cholesterol, they think of low-density lipoprotein, or LDL "bad" cholesterol. This type of cholesterol is considered bad because it creates a plaque—a hard, thick deposit that can clog arteries and make them less flexible. As LDL collects in the walls of our blood vessels, it can cause blockages and may lead to heart attack and heart disease. High-density lipoprotein, or HDL cholesterol, helps carry excess cholesterol back to the liver, where LDL is broken down and removed from the body. Both LDL and HDL levels can be measured with a simple blood test, helping doctors assess overall cardiovascular health and risk.

Foods high in trans fats and many sources of saturated fat can raise LDL cholesterol and increase the risk of heart disease. Foods rich in unsaturated fats—such as olive oil, salmon, avocados, nuts, and seeds—can help improve cholesterol levels when they replace less healthy fats in the diet. Whole grains, fruits, and vegetables also support heart health.

Eating well is not the only way to improve cholesterol. Regular physical activity, maintaining a healthy weight, and quitting smoking can all help lower cardiovascular risk and promote healthier cholesterol levels. Now that you know more about cholesterol, have a heart and pass your newfound knowledge along.

September Birthdays

In astrology, those born between September 1 and 22 are Virgos. Virgos are observant, independent, reliable, and intellectual. Virgos have sharply organized minds and enjoy analyzing problems in an attempt to bring order to chaos, no matter the consequences. Those born between September 23 and 30 balance the scales of Libra. Libras seek equality, justice, and harmony. Eager to cooperate, Libras are charming diplomats who seek compromise and goodwill.

Boxcar Willie (singer) – September 1, 1931
Bob Newhart (actor) – September 5, 1929
Jane Curtin (actress) – September 6, 1947
Otis Redding (singer) – September 9, 1941
Agatha Christie (writer) – September 15, 1890
Sophia Loren (actress) – September 20, 1934
Jim Henson (puppeteer) – September 24, 1936
Jack LaLanne (health guru) – September 26, 1914
Gene Autry (singer) – September 29, 1907
Buddy Rich (drummer) – September 30, 1917

Switchboard Switch Out



Emma M. Nutt made history on September 1, 1878, when she became the first female telephone operator. It had been customary for teenage boys to be telephone operators. However, these youth proved impatient over the phone, played pranks on callers, and often used crude language. Alexander Graham Bell himself came up with the solution to hire young women, and he started by hiring Emma Nutt. Needless to say, Nutt's cool, soothing voice transformed the new industry. Emma's sister Stella Nutt was hired just a few hours later. Emma Nutt was so successful that telephone operation became an exclusively female profession. Indeed, women relished the professional opportunity, which was considered a step up from domestic duties and factory work. Women would operate telephones for almost the next 100 years.

September 2026

The Garnet of Casa Grande



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

Celebrating September Birthdays

9/2 Janice C.

9/13 Elaine K.

9/13 David B.

9/15 Chris P.

9/18 Eugene M.

9/25 Jim F.

9/26 Jack H.

9/27 Linda M.

Welcome New Residents

#116A Jewell Moss

THE GARNET OF CASA GRANDE
ASSISTED LIVING

Back to the '70s

September often marks a return to routines, and during the 1970s, it also signaled the start of a new television season. Long before streaming and on-demand viewing, fall TV premieres were major events. Families gathered around the television to watch the first episodes of returning favorites and discover new shows that would soon become part of everyday conversation.

The 1970s are often remembered as a golden age of television sitcoms. Programs such as *All in the Family, The Mary Tyler Moore Show,* and *Happy Days* reflected changing social attitudes while providing plenty of humor. Their characters, catchphrases, and storylines became cultural touchstones, influencing entertainment for decades to come.

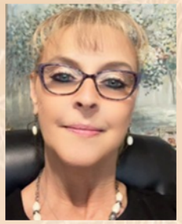
Music was equally influential. The decade saw the rise of disco, a dance-driven style that filled clubs and radio stations. Funk also gained widespread popularity, blending powerful rhythms, bass lines, and energetic performances. Artists experimented with new sounds, helping shape modern popular music.

Fashion followed suit with bold styles and colorful self-expression. Bell-bottom jeans became one of the decade's most recognizable trends, often paired with platform shoes, wide collars, and eye-catching patterns. Whether on city streets, school campuses, or television screens, 1970s fashion embraced individuality and flair.

One song in particular has become closely associated with September itself. In September 1978, Earth, Wind & Fire released the hit song "September." Its upbeat rhythm and memorable chorus helped it become one of the most enduring songs of the era. Decades later, it remains a staple at celebrations, sporting events, and community gatherings.

From disco dance floors and funk concerts to sitcom premieres and bell-bottom jeans, the 1970s left a lasting mark on American culture. Every September, as television networks unveil new seasons and the familiar strains of "September" begin to play once again, echoes of that remarkable decade are never far away.

A Message from the Executive Director



Tammy Nash, Executive Director

As we continue to focus on the health and well-being of our residents, one of the most important areas of wellness is physical health. Staying active not only helps maintain strength, flexibility, and balance, but it also plays a key role in reducing the risk of falls.

Falls are one of the leading causes of injury among older adults, but many falls can be prevented through simple daily habits. Walking, stretching, and balance activities can improve mobility and confidence while helping residents remain as independent as possible.

Whether it's chair exercises, walking around the building, or recreational games, every movement counts toward maintaining a healthy and active lifestyle.

Family members can also support fall prevention by encouraging loved ones to wear supportive, non-slip shoes, keep living spaces free of clutter, and report any changes in balance or mobility to our staff.

Our goal is to create a safe environment where residents can continue to enjoy the activities they love while maintaining their independence. By working together and making physical wellness a priority, we can help reduce falls and improve quality of life for everyone in our community.

Thank you for partnering with us as we continue to promote healthy, active, and fulfilling lives for our residents.

Garnet's Gem of the Month



Dennis Southern, Maintenance Assistant

Originally from California, Dennis has proudly called Arizona home for the past 25 years. He has been married to his wife for 10 years and is a proud father of five.

In his downtime, Dennis enjoys tinkering with cars, watching horror movies, helping around the house, and taking his dog for walks.

Dennis says he loves the staff and residents here at The Garnet, and we're so happy to have him as part of our Garnet family!

Please join us in celebrating our September Garnet Gem of the Month, Dennis!

Silver Star Resident



Esther Davidson

Originally from Nebraska, Esther was married to her husband for an incredible 70 years, and together they adopted two children. She spent 15 years working as a community mental health therapist in Anchorage, Alaska, making a difference in the lives of others through her career.

Esther and her husband enjoyed many years as snowbirds before eventually making Arizona City their home. Together, they loved traveling, backpacking, and hiking, creating wonderful memories along the way.

Today, Esther enjoys quilting, reading, and crossword puzzles. She says she thinks our building is beautiful and has wonderful things to say about our caregivers and staff, calling them "the best!"

We are so happy to celebrate Esther and all the wonderful experiences and stories she brings to our Garnet family.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Pool 1:00 Chair Yoga 2:30 Social Hour 5:30 Movie Time 6:30 Indep. Phase 10	2 10:00 Phase 10 1:00 Mexican Train 2:00 SkipBo 5:30 Movie Time 6:30 Indep. Dominoes	3 10:00 Yahtzee 1:00 SkipBo 2:00 Concentration 5:30 Movie Time 6:30 Word Searches	4 10:00 Pool 1:00 Jokers & Marbles 2:30 Chair Volleyball 5:30 Movie Time 6:30 Indep. Games	5 10:00 Quarter Bingo 1:00 Rummikub 2:30 Wii Games 5:30 Movie Time 6:30 Puzzles
6 10:00 Rummikub 12:30 Movie Time 2:30 Church at Garnet 5:30 Indep. Mini Golf 6:30 Indep. Billiards	7 10:00 Quarter Bingo 1:00 Popcorn & Game 2:30 Chair Volleyball 5:30 Movie Time 6:30 Puzzles **Labor Day**	8 10:00 Pool 1:00 Afternoon Workou 2:30 Social Hour: Hooter's Blues 5:30 Movie Time 6:30 Indep. Billiards	9 10:00 Skyjo 1:00 RummiKub 2:30 Jokers & Marbles 4:30 Movie Time 5:30 Puzzles 6:30 Indep. Mexican Train	10 10:00 Cribbage 1:00 Aggravation 2:30 Concentration 5:30 Movie Time 6:30 Puzzles	11 10:00 Pool 1:00 Pretty Nails 1:30 Canasta 5:30 Movie Time 6:30 Indep. Dominoes **Patriot Day**	12 10:00 Quarter Bingo 1:00 Mexican Train 2:30 Noddle Ball 3:00 Indep. Mini Golf 5:30 Movie Time 6:30 Indep. Cards
13 10:00 SkipBo 12:30 Movie Time 2:30 Church at Garnet 5:30 Indep. Billiards 6:30 Puzzles	14 10:00 Quarter Bingo 11:00 Outing: Nail Salon 1:00 Indep. Rummikub 2:00 Indep. SkipBo 5:30 Movie Time 6:30 Creative Coloring	15 10:00 Pool 1:30 Resident Council 2:30 Social Hour Resident Birthday 5:30 Movie Time 6:30 Indep. Mexican	16 Coffee & Chat 10:00 Uno 1:00 Aggravation- 2:30 Indep. SkipBo 5:30 Movie Time 6:30 Indep. Games	17 10:00 Jokers & Marbles 1:00 Rummikub 2:30 Wii Bowling 5:30 Movie Time 6:30 Puzzles	18 10:00 Pool 1:00 Pretty Nails 2:30 Noodle Ball 5:30 Movie Time 6:30 Indep. Dominoes	19 10:00 Quarter Bingo 1:00 Craft 2:00 Chair Volleyball 5:30 Movie Time 6:30 Games & Puzzles
20 10:00 Phase 10 12:30 Movie Time 2:30 Church at Garnet 5:30 Indep. Mini Golf 6:30 Checkers	21 10:00 Quarter Bingo 1:00 Pokeno 2:30 Noodle Ball 5:30 Movie Time 6:30 Indep. Uno	22 10:00 Pool 1:00 Chair Yoga 2:30 Social Hour 5:30 Movie Time 6:30 Indep. Dominos	23 10:00 Chef's Chat 1:00 Canasta 2:30 Creative Coloring 5:30 Movie Time 6:30 Puzzles	24 10:00 SkipBo 12:00 Dimensions of Wellness: Physical 1:00 Concentration with Erin from Angel Care 2:30 Rummikub 5:30 Movie Time	25 10:00 Pool 1:00 Phase 10 2:30 Chair Volleyball 5:30 Movie Time 6:30 Games & Puzzles	26 10:00 Quarter Bingo 1:00 Rummikub 2:30 Wii Games 5:30 Movie Time 6:30 Word Searches
27 10:00 5 Crowns 12:30 Movie Time 2:30 Church at Garnet 5:30 Indep. Billiards 6:30 Puzzles	28 10:00 Quarter Bingo 1:00 Outing: Dairy Queen 1:00 Indep. Rummikub 2:30 Movie Time 5:30 Evening Bingo	29 10:00 Pool 1:00 Chair Yoga 2:30 Social Hour 5:30 Movie Time 6:30 Sudoku **First Day of Autumn**	30 10:00 Cribbage 1:00 Canasta 2:30 Uno 5:30 Movie Time 6:30 Indep. Mexican Train			

