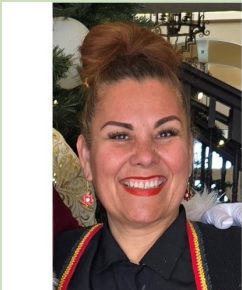


# THE Garnet of Casa Grande Lifestyle

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

## Garnet Super Star



Martha Lopez

Martha has been a Cook for our Garnet family for 4 months. She is part of a great team and enjoys having the opportunity to be part of this team. Anytime you walk into the kitchen where Martha is working, she always has a smile on her face. She is very upbeat, encouraging, and supportive of her team. Negativity is not an option for Martha at work. Her

philosophy is to leave all your personal stuff at the door and not dwell on it at work. The same is true for home, she does not bring her work stuff home to her family. She leaves it at the door and focuses on her family and making memories with her children and 7 grandchildren. Martha currently lives with her daughter and grandchildren, however, soon her daughter will be moving out and she will be living alone.

When Martha is not here cooking for our Garnet family, she is at her church teaching Sunday School. Being a good person to herself, her family, and to others is very important to her. She is a strong believer that doing good for others is doing good for you- "Karma is Real," says Martha.

Recently, she and her family were able to take the grandchildren on a trip to Disneyland in California. She had so much fun running around with the kids. What a Gift having a family is to her. She is a very dedicated mother and grandmother. It's her faith and her family that her true strength comes from.

Congratulations to Martha for being selected as our Garnet Super Star Employee for the month of February!

*You are Greatly Appreciated!*

*Garnet Super Star*

## FEBRUARY 2025

## Silver Star Resident



Deb O'Rourke

Deb moved to the Garnet just before Christmas, so she hasn't been with us very long. She is still getting settled in and meeting everyone. Deb really enjoys it here however, and loves all the people that she has met so far. She loves her apartment and all the games and puzzles available to her. Deb and her neighbor Esther do puzzles regularly and have pieced together some very special puzzles. Deb

just loves games of all kinds! Bingo is her favorite, but cards is her next favorite. She knows all kinds of card games and enjoys all of them- except Bridge. She doesn't care for Bridge.

Deb's other favorite things to do are dancing and reading. She is an avid reader and adores detective books. Her favorite authors are Agatha Christie and James Patterson. When it comes to dance, she has done it All and Loves All of it! She loves music- Music is Life! With all these many interests however, the thing that bends her heart and is her true Love- it's animals! Deb LOVES all animals! Her favorite show is called "All Creatures Great & Small." It is about a British Veterinarian, James Herriot, detailing his adventures and experiences with all sorts of animals. Welcome Deb when you see her! She is lots of fun and always has a Big Smile for everyone she meets!

*Resident Silver Star*

**FEBRUARY 2025**

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

**A Note from the Executive Director**

February is American Heart Month, and blood pressure is an important aspect of heart health. Prescription medication is a common treatment for high blood pressure, a condition that affects nearly half of the adults in the U.S. These tips can help:

- Have a routine; taking the medication around the same time each day will decrease the chances of forgetting a dose.
- Follow prescription directions, including duration of medication. Feeling better? Blood pressure reading normal? The medicine is doing its job; make sure to continue taking it as directed.
- Check and record blood pressure often.

Keeping Residents Healthy is our #1 goal at the Garnet. If you have questions please feel free to talk to any of our Care Staff.

**"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."**  
—Patience Strong

*Activities Subject to Change*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00  Quarter Bingo 1:00  Mexican Train 2:00  Wii Games 3:00  Game of the Day 5:30  Movie Time
2 10:00  Dominos 12:30  Movie Time 2:30  Church at The Garnet 5:30  Puzzles 6:30  Billiards & Checkers	3 8:30  Morning Meditation 10:00  Quarter Bingo 1:00  Uno Cards 2:00  Chair Volleyball 3:00  Puzzles 5:30  Movie Time 6:30  Independent Rummy	4 8:30  Morning Meditation 10:00  Pretty Nails 1:00  Presentation: Crafts 2:30  Happy Hour-Entertainment 5:30  Independent Games	5 8:30  Shopping 10:00  Free Bingo 1:00  Skip Bo Cards 2:00  Family Feud 3:00  Heartland Series 5:30  Movie Time 6:30  Independent Mexican Train	6 10:00  Uno Cards 1:00  Hangman 2:00  Skip Bo Cards 3:00  Checkers 5:30  Movie Time 6:30  Independent Dominos	7 8:30  Morning Meditation 10:00  Uno Cards 1:00  Mexican Train 2:00  Presentation: Brain Games 3:00  Heartland Series 5:30  Movie Time 6:30  Independent Games	8 10:00  Quarter Bingo 1:00  Skip Bo Cards 2:00  Dominos 3:00  Game of the Day 5:30  Movie Time
9 Super Bowl Sunday 10:00  Skip Bo Cards 12:30  Movie Time 2:30  Church at The Garnet 5:30  Checkers 6:30  Independent Rummy	10 8:30  Morning Meditation 10:00  Quarter Bingo 1:00  Skip Bo Cards 2:00  Dominos 3:00  Checkers 5:30  Movie Time 6:30  Independent Mexican Train	11 8:30  Morning Meditation 10:00  Pretty Nails 1:00  Checkers 2:30  Happy Hour-Resident Birthday 5:30  Independent SkipBo	12 8:30  Shopping 10:00  Free Bingo 1:00  Presentation: Craft 2:00  Skip Bo Cards 3:00  Heartland Series 5:30  Movie Time 6:30  Independent Dominos	13 10:00  Dominos 1:00  Family Feud 2:00  Skip Bo Cards 3:00  Checkers 5:00  Tommy Thomas-Piano- Marketing 5:30  Movie Time 6:30  Independent Games	14 Happy Valentine's Day 8:30  Morning Meditation 10:00  Skip Bo Cards 1:00  Valentine's Activity 5:30  Movie Time 6:30  Independent Mexican Train	15 10:00  Quarter Bingo 1:00  Mexican Train 2:00  5 Crowns Cards 3:00  Game of the Day 5:30  Movie Time
16 10:00  Mexican Train 12:30  Movie Time 2:30  Church at The Garnet 5:30  Games & Puzzles 6:30  Billiards	17 Presidents Day 8:30  Morning Meditation 10:00  Quarter Bingo 1:00  Uno Cards 2:00  Presidents Day Family Feud 3:00  Puzzles 5:30  Movie Time 6:30  Independent 5 Crowns Cards	18 8:30  Morning Meditation 10:00  Pretty Nails 1:00  Presentation: Brain Games 2:30  Happy Hour 5:30  Games & Puzzles	19 8:30  Coffee & Chat-Marketing Event 8:30  Shopping 10:00  Free Bingo 1:00  Concentration 2:00  Dominos 3:00  Puzzles 5:30  Movie Time 6:30  Independent Rummy	20 10:00  Uno Cards 1:00  Dominos 2:00  Concentration 3:00  Games & Puzzles 5:30  Movie Time 6:30  Independent 5 Crowns Cards	21 8:30  Morning Meditation 10:00  Craft Day 1:00  Skip Bo Cards 2:00  Presentation: Hangman 3:00  Games 5:30  Movie Time 6:30  Independent Rummy	22 10:00  Quarter Bingo 1:00  Skip Bo Cards 2:00  Wii Games 3:00  Game of the Day 5:30  Movie Time
23 10:00  Skip Bo Cards 12:30  Movie Time 2:30  Church at The Garnet 5:30  Independent Rummy 6:30  Games	24 8:30  Morning Meditation 10:00  Quarter Bingo 1:00  Mexican Train 2:00  Concentration 3:00  Heartland Series 5:30  Movie Time 6:30  Independent Dominos	25 8:30  Morning Meditation 10:00  Pretty Nails 1:00  Independent Games 2:30  Happy Hour-Entertainment 5:30  Puzzles	26 8:30  Shopping 10:00  Free Bingo 1:00  Uno Cards 2:00  Heartland Series 2:00  Skip Bo Cards 5:30  Movie Time 6:30  Independent 5 Crowns Cards	27 10:00  Dominos 1:00  Skip Bo Cards 2:00  Family Feud 3:00  Checkers 5:30  Movie Time 6:30  Independent Rummy	28 8:30  Morning Meditation 10:00  Mexican Train 1:00  Craft Day 2:00  Rummy Cards 3:00  Heartland Series 5:30  Movie Time 6:30  Independent 5 Crowns Cards	 COLOR KEY CONNECT CONTRIBUTE FEEL GROW MOVE REFLECT  All Events are Subject to Change

# BLACK HISTORY MONTH

## Honoring Black History

February is Black History Month, a time to reflect on the achievements of African Americans who helped shape our great nation.

- **The Tuskegee Airmen:** Nicknamed the "Redtails" for the painted tails of their planes, this group of fighter pilots flew over 15,000 sorties and destroyed 237 enemy aircraft.
- **The 761st Tank Battalion:** The first Black division to see combat in Europe, the 761st Tank Battalion fought in the Battle of the Bulge and liberated 30 towns.
- **The 92nd Infantry Division:** Also known as the Buffalo Soldiers, this division was the first African American soldiers to be sent into combat in 1944.
- **The Red Ball Express:** A unit of mostly Black drivers who delivered supplies to General George Patton's Third Army in France.
- **Black volunteer platoons:** Formed by General Dwight Eisenhower to fill the gap of infantry replacements after the Battle of the Bulge.
- **The 78th Tank Battalion:** The first Black armor unit, the 78th Tank Battalion was redesignated as the 758th Tank Battalion (Light).
- **African Americans** also served in the war as nurses, engineers, truck drivers, gunners, and paratroopers.

We Send a Great Thank you to the Men and Women who helped to shape our Country and protect our Freedoms.

Quoting Howard William Osterkamp, "All gave Some, Some gave All."

Thank you for your Service!

## Try a 30-Day Challenge

If your New Year's resolution is fading fast, try a 30-day challenge instead. Completing a daily goal or task for the shorter time frame is more attainable for most people. But 30 days is still long enough to be challenging and to create a habit that can become part of your life for the long haul.

## Brain Bender: Super Bowl Party

Greg invited his friends Annie, Nick, Shane, Trish and Ike to his house to watch the Super Bowl. They're each superfans of different NFL teams—the Chiefs, Cowboys, Giants, Steelers and Vikings. Greg is making chili, and each friend is bringing a different food to enjoy during the game: chicken wings, pizza, guacamole, chips and a veggie tray. Use the clues below to match each friend with their team and snack.

- The Steelers fan isn't bringing pizza.
- Annie hopes the Cowboys fan doesn't forget the chips to go with her guacamole.
- Shane is known for his chicken wing recipe.
- The Chiefs fan is bringing a veggie tray.
- Ike has loved the Giants since he was a little boy.
- The Cowboys fan is a woman.
- Annie's team has never won the Super Bowl.

(Answer: Annie is a Vikings fan and is bringing guacamole; Nick is a Chiefs fan and is bringing a veggie tray; Shane is a Steelers fan and is bringing chicken wings; Trish is a Cowboys fan and is bringing chips; Ike is a Giants fan and is bringing pizza.)

## Happy Valentine's Day!

We'd like to wish all of our Residents a very happy Valentine's Day!



### Happy Birthday!

- 2/10 Tammy Lamb
- 2/13 Emmitt Murrell
- 2/17 Patsy Draper
- 2/27 Judy Chaffin
- 2/28 Therese Halsey



### Welcome New Residents!

- 102 Maria Luna Renta
- 104 Audrey Erickson
- 109 Garland & Lucy Fouse
- 123 Ray Thrasher
- 222B Clinton Osborn

