

Be Inspired

THE GARNET OF CASA GRANDE | a senior lifestyle community | CASA GRANDE, AZ 85122 | 520-876-4200

JOIN US THIS MONTH FOR *helping hands!*

OUR THEME FOR MARCH IS HELPING HANDS!

There are many benefits to helping others!

1. HELPING OTHERS FEELS GOOD.

When you help others, it promotes positive physiological changes in the brain associated with happiness.



These rushes are often followed by longer periods of calm and can eventually lead to better well-being. Helping others improves social support, encourages us to lead a more physically active lifestyle, distracts us from our own problems, allows us to engage in a meaningful activity and improves our self-esteem and competence.

2. IT BRINGS A SENSE OF BELONGING AND REDUCES ISOLATION.

Being a part of a social network leads to a feeling of belonging. Face-to-face activities such as volunteering at a drop-in centre can help reduce loneliness and isolation.

3. IT HELPS TO KEEP THINGS IN PERSPECTIVE.

Many people don't realize the impact that a different perspective can have on their outlook on life.

Helping others in need, especially those who are less fortunate than yourself, can provide a real sense of perspective and make you realize how lucky you are, enabling you to stop focusing on what you feel you are missing — helping you to achieve a more positive outlook on the things that may be causing you stress.

4. IT HELPS MAKE THE WORLD A HAPPIER PLACE — IT'S CONTAGIOUS!

Acts of kindness have the potential to make the world a happier place. An act of kindness can improve confidence, control, happiness and optimism.

It can also encourage others to repeat the good deed that they've experienced themselves — it contributes to a more positive community.

5. THE MORE YOU DO FOR OTHERS, THE MORE YOU DO FOR YOURSELF.

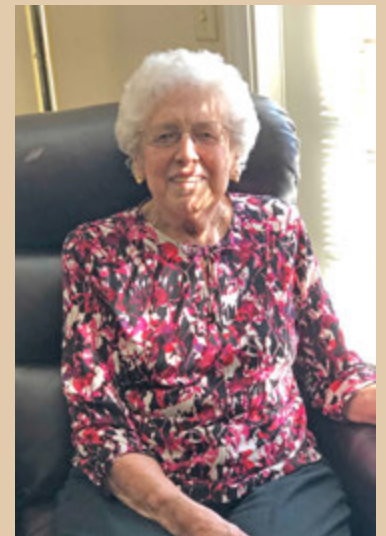
Evidence shows that the benefits of helping others can last long after the act itself by providing a 'kindness bank' of memories that can be drawn upon in the future.

(Taken from the Mental Health Foundation)

THIS MONTH'S *silver star*

EVELYN BREITKREITZ

Evelyn was born Aug. 29, 1927 in Webster, Mass., to Arthur and Lena Schremser. Her dad worked at Bates Shoe and her mom was a bookkeeper at Slater Mills. She has two brothers. Evelyn met Charles Breitkreitz when he was in the U.S. Army Air Corps in 1944 and married in May 1947. They moved to Sterling, Mass., where they had three children — one girl, Linda and two boys, John and David. Evelyn was a stay-at-home mom, volunteering in various ways, Girl Scouts, Cub Scouts and Teachers Aide. She also was chairperson at Lutheran Ladies' Guild in Massachusetts and Casa Grande. They relocated to Casa Grande in 1985 (34 years ago). Charles and Evelyn loved to travel. They visited all 50 states, several provinces of Canada, and Europe. She joined the Garnet family in May 2018. She finds it a friendly place with all on a first name basis. She enjoys visiting with family, reading, letter writing and counted cross-stitch.



TRAIN YOUR BRAIN *sudoku solution on back*

6					7	8		5
				9			1	
3	4	1					7	
9			2	7				
8		4						7
				5	6			4
	1					9	4	3
	3			8				
7		9	4					8

BE INSPIRED

- CONNECT ● GROW
- CONTRIBUTE ● MOVE
- FEEL ● REFLECT

LOCATIONS

- ACTIVITY ROOM — AR
- BACK PATIO — BP
- BINGO ROOM — BR
- CHAPEL — C
- DINING ROOM — DR
- FRONT PATIO — FP
- GAME ROOM — GR
- LIVING ROOM — LR
- LOBBY — L

BIRTHDAYS THIS MONTH

DONALD F. — 19th

TRANSPORTATION SCHEDULE

MONDAY & TUESDAY
9 a.m.

Doctor Appointments

THURSDAY
8:45 a.m.

All Local Shopping and Errands

SUNDAY
Departs at 8:30 a.m. and
9:45 a.m.
Church Bus

OFFICE HOURS

MONDAY-SUNDAY
8 a.m.-8 p.m.

“Springtime is the land awakening.
The March winds are the morning yawn.”
—Lewis Grizzard



<p>8:45 ● Outside Walks</p> <p>9:45 ● Church Bus Departure L 3</p> <p>10:00 ● Word Search Games GR</p> <p>1:00 ● UNO Cards GR</p> <p>3:00 ● Church at the Garnet AR</p>	<p>8:30 ● Morning Stretch AR 4</p> <p>8:45 ● Outside Walks</p> <p>9:30 ● Quarter Bingo</p> <p>11:30 ● Mavis Plays Piano AR</p> <p>1:00 ● Hand and Foot Card Game</p> <p>2:30 ● Arts & Crafts AR</p>	<p>MARDI GRAS 5</p> <p>8:30 ● Morning Workout AR</p> <p>9:00 ● Explore Your Creativity AR</p> <p>12:30 ● Coffee & Current Events</p> <p>1:00 ● UNO Cards AR</p> <p>3:00 ● Happy Hour (Drinks Before Dinner) AR</p> <p>3:00 ● Mardi Gras Party AR</p>	<p>ASH WEDNESDAY 6</p> <p>8:30 ● Exercise & Laughter with Linda AR</p> <p>8:45 ● Bus Out for Local Errands</p> <p>9:00 ● Catholic Sacrament in Chapel C</p> <p>1:00 ● Bingo for Fun</p> <p>2:30 ● Yahtzee</p> <p>3:00 ● Resident Town Hall Meeting AR</p>	<p>7</p> <p>8:30 ● Stretch Band Workout AR</p> <p>9:00 ● Explore Creativity BR</p> <p>9:00 ● Helping Your Neighbor BR</p> <p>12:00 ● Pretty Nails AR</p> <p>1:00 ● Mexican Train AR</p> <p>2:00 ● Word Game AR</p>	<p>1</p> <p>8:30 ● Chair Aerobics AR</p> <p>8:45 ● Walks Around the Building L</p> <p>9:00 ● Charity Drive Meeting BR</p> <p>9:30 ● Shuffleboard AR</p> <p>1:00 ● Loteria</p> <p>2:30 ● Poker AR</p>	<p>2</p> <p>8:30 ● Morning Workout</p> <p>8:45 ● Outside Walks</p> <p>9:30 ● Quarter Bingo</p> <p>1:00 ● Billiards GR</p> <p>2:00 ● Rummy Card Game GR</p>
<p>DAYLIGHT SAVING TIME BEGINS 10</p> <p>8:45 ● Outside Walks</p> <p>9:45 ● Church Bus Departure L</p> <p>10:00 ● Word Search Games GR</p> <p>1:00 ● UNO Cards GR</p> <p>3:00 ● Church at the Garnet AR</p>	<p>11</p> <p>8:30 ● Morning Stretch AR</p> <p>8:45 ● Outside Walks</p> <p>9:30 ● Quarter Bingo</p> <p>11:30 ● Mavis Plays Piano AR</p> <p>1:00 ● Hand and Foot Card Game</p> <p>2:30 ● Arts & Crafts AR</p> <p>3:30 ● Putting Centerpieces Together BR</p>	<p>12</p> <p>8:30 ● Morning Workout</p> <p>9:00 ● Explore Your Creativity AR</p> <p>12:30 ● Coffee & Current Events</p> <p>1:00 ● UNO Cards AR</p> <p>3:00 ● Happy Hour (Drinks Before Dinner) AR</p>	<p>13</p> <p>8:30 ● Exercise & Laughter with Linda AR</p> <p>8:45 ● Bus Out for Local Errands</p> <p>9:00 ● Catholic Sacrament in Chapel C</p> <p>1:00 ● Bingo for Fun</p> <p>2:30 ● Yahtzee</p>	<p>14</p> <p>8:30 ● Stretch Band Workout AR</p> <p>9:00 ● Explore Creativity BR</p> <p>10:00 ● Erin From Angel Care AR</p> <p>12:00 ● Pretty Nails AR</p> <p>1:00 ● Mexican Train AR</p> <p>2:00 ● Word Game AR</p>	<p>15</p> <p>8:30 ● Chair Aerobics AR</p> <p>8:45 ● Walks Around the Building L</p> <p>9:30 ● Shuffleboard AR</p> <p>1:00 ● Loteria</p> <p>2:30 ● Poker AR</p> <p>4:00 ● St. Patrick's Dinner DR</p>	<p>16</p> <p>8:30 ● Morning Workout</p> <p>8:45 ● Outside Walks</p> <p>9:30 ● Quarter Bingo</p> <p>1:00 ● Billiards GR</p> <p>2:00 ● Rummy Card Game GR</p>
<p>ST. PATRICK'S DAY 17</p> <p>8:45 ● Outside Walks</p> <p>9:45 ● Church Bus Departure L</p> <p>10:00 ● Word Search Games GR</p> <p>1:00 ● UNO Cards GR</p> <p>3:00 ● Church at the Garnet AR</p>	<p>18</p> <p>8:30 ● Morning Stretch AR</p> <p>8:45 ● Outside Walks</p> <p>9:30 ● Quarter Bingo</p> <p>11:30 ● Mavis Plays Piano AR</p> <p>1:00 ● Hand and Foot Card Game</p> <p>2:30 ● Arts & Crafts AR</p>	<p>19</p> <p>8:30 ● Morning Stretch</p> <p>9:00 ● Explore Your Creativity AR</p> <p>12:30 ● Coffee & Current Events</p> <p>1:00 ● UNO Cards AR</p> <p>3:00 ● Happy Hour (Drinks Before Dinner) AR</p>	<p>SPRING BEGINS 20</p> <p>8:30 ● Exercise & Laughter with Linda AR</p> <p>8:45 ● Bus Out for Local Errands</p> <p>9:00 ● Catholic Sacrament in Chapel C</p> <p>1:00 ● Bingo for Fun</p> <p>1:15 ● Resident Council Meeting</p> <p>2:30 ● Yahtzee</p>	<p>21</p> <p>8:30 ● Stretch Band Workout AR</p> <p>9:00 ● Explore Creativity BR</p> <p>12:00 ● Pretty Nails AR</p> <p>1:00 ● Mexican Train AR</p> <p>2:00 ● Word Game AR</p>	<p>22</p> <p>8:30 ● Chair Aerobics AR</p> <p>8:45 ● Walks Around the Building L</p> <p>9:30 ● Shuffleboard AR</p> <p>10:00 ● St. Peter's Episcopal Communion & Church Service C</p> <p>12:00 ● Pinal County Fair Senior Day</p> <p>1:00 ● Loteria</p> <p>2:30 ● Poker AR</p>	<p>23</p> <p>8:30 ● Morning Workout</p> <p>8:45 ● Outside Walks</p> <p>9:30 ● Quarter Bingo</p> <p>1:00 ● Billiards GR</p> <p>2:00 ● Rummy Card Game GR</p>
<p>24</p> <p>8:45 ● Outside Walks</p> <p>9:45 ● Church Bus Departure L</p> <p>10:00 ● Word Search Games GR</p> <p>1:00 ● UNO Cards GR</p> <p>3:00 ● Church at the Garnet AR</p>	<p>25</p> <p>8:30 ● Morning Stretch AR</p> <p>8:45 ● Outside Walks</p> <p>9:30 ● Quarter Bingo</p> <p>11:30 ● Mavis Plays Piano AR</p> <p>1:00 ● Hand and Foot Card Game</p> <p>2:30 ● Arts & Crafts AR</p>	<p>26</p> <p>8:30 ● Morning Workout</p> <p>9:00 ● Explore Your Creativity AR</p> <p>12:30 ● Coffee & Current Events</p> <p>1:00 ● UNO Cards AR</p> <p>3:00 ● Happy Hour (Drinks Before Dinner) AR</p>	<p>27</p> <p>8:30 ● Exercise & Laughter with Linda AR</p> <p>8:45 ● Bus Out for Local Errands</p> <p>9:00 ● Catholic Sacrament in Chapel C</p> <p>1:00 ● Bingo for Fun</p> <p>2:30 ● Yahtzee</p>	<p>28</p> <p>8:30 ● Stretch Band Workout AR</p> <p>9:00 ● Explore Creativity BR</p> <p>12:00 ● Pretty Nails AR</p> <p>1:00 ● Mexican Train AR</p> <p>2:00 ● Word Game AR</p>	<p>29</p> <p>8:30 ● Chair Aerobics AR</p> <p>8:45 ● Walks Around the Building L</p> <p>9:30 ● Shuffleboard AR</p> <p>1:00 ● Loteria</p> <p>2:30 ● Poker AR</p>	<p>30</p> <p>8:30 ● Morning Workout</p> <p>8:45 ● Outside Walks</p> <p>9:30 ● Quarter Bingo</p> <p>1:00 ● Billiards GR</p> <p>2:00 ● Rummy Card Game GR</p>
<p>31</p> <p>8:45 ● Outside Walks</p> <p>9:45 ● Church Bus Departure L</p> <p>10:00 ● Word Search Games GR</p> <p>1:00 ● UNO Cards GR</p> <p>3:00 ● Church at the Garnet AR</p>						

EVENT RECAP

great way to start the new year!

We had a fun January starting off with Trivia Happy Hour. We watched an incredible piano player named Bobby Hamilton. We had two incredible dinners — the cuisine of Japan and we went out to eat for Mexican food at Ochoa’s Restaurant. We painted Valentine pictures to get ready for February.



IT’S OUR PLEASURE TO SERVE YOU ...

word from your executive director

BEING THAT HELPING HAND

The most fulfilled people are the ones who get up every morning and stand for something larger than themselves. They are the people who care about others, who will extend a helping hand to someone in need like a new resident moving into a new community where they really don’t know anyone or what to do at first. Will you be that person to give them the hand that they truly need? We need to show our old, new and visiting residents that we really do think of others before we think about us. The greatest place to find a helping hand is at the end of your own arm.



Lend a hand, fill a heart

THIS MONTH’S heart hero

HOSPITALITY, EXCELLENCE, APPRECIATION, RESPECT, TEAMWORK

This month I want to recognize Amanda! AMANDA J. MCNEIL moved to Casa Grande, Ariz., from New Jersey in 2012. In 2014, she started dating the man she would marry. He is a paramedic for Ajo Ambulance and was a full time caregiver to his grandmother who raised him. Amanda knew and accepted the role of being his grandmother’s caregiver without question. Her husband and she were married October of 2016 and they were happy to have his grandmother there to celebrate with them. While loving and caring for her, before her passing in July of 2018, Amanda realized how much she loved helping others and bringing smiles to people’s faces. She wants to continue in that field and get a caregivers license and go on to be a CNA. Mostly, though she wants to bring a smile to everyone’s face and bring joy to their hearts.



MANAGEMENT TEAM

- Tammy Nash, *Executive Director*
- Roxanne Eck, *Director of Resident Programs*
- Crystal Rivera, *Business Office Manager*
- Priscilla Mojica, *Director of Sales & Marketing*
- Angel Vallejo, *Director of Nursing Wellness*
- Valena Eisenhart, *Dining Room Manager*
- Tony Cruz, *Director of Plant Operations*

TRAIN YOUR BRAIN solution

6	9	2	1	4	7	8	3	5
5	8	7	6	9	3	4	1	2
3	4	1	5	2	8	6	7	9
9	5	6	2	7	4	3	8	1
8	2	4	3	1	9	5	6	7
1	7	3	8	5	6	2	9	4
2	1	8	7	6	5	9	4	3
4	3	5	9	8	1	7	2	6
7	6	9	4	3	2	1	5	8



SENIOR LIFESTYLE



your life, your style

PET FRIENDLY