



desertflower

Desert Flower Assisted Living/Memory Care
9185 E. Desert Cove • Scottsdale, AZ 85260 • 480-657-9000

August 2018

Vinyl Revival

Thanks to collectors and music fans, vinyl records have never gone completely out of style. Now, they're hotter than ever, with sales steadily climbing over the last decade. New releases and reissues of classic titles, along with turntables and other accessories, added up to the \$1 billion spent in the vinyl industry last year.

Go Ahead and Fidget

Parents and teachers may have scolded you for squirming around as a child, but researchers say fidgeting may be good for your health. When sitting for a long period of time, actions such as bouncing your leg and tapping your toes were found to improve blood flow to the lower body. The little movements from fidgeting can also burn extra calories.

Life Is Like a Box of Crayons

"We could learn a lot from crayons; some are sharp, some are pretty, some are dull, while others bright, some have weird names, but they all have learned to live together in the same box."
—Robert Fulghum



Meet Hanako Our New A.L.C

Hanako Breslin was born in Seattle, Washington and moved to Arizona in 1995. Hanako helped her Grandmother in taking care of her grandmother's sister when she was younger and knew she wanted to go into

healthcare and take care of others and make a difference in peoples' lives. She became a CNA at the age of 18 and from there went on to be a Med Tech and caregiver. Hanako lives in Surprise, AZ with her husband and 5 children—4 boys, ages 15, 13, 10, 6 and one girl, 4 years old. Hanako loves working at Desert Flower.



Sole Support

If your favorite pair of shoes lacks proper arch support, it can lead to pain in your feet, knees and back. Doctors say you can add support to your footwear with over-the-counter orthopedic inserts or insoles.

Happy Birthday!

- Muriel Davies - August 2
- Robert Stohlmsn - August 2
- Nancy Vargo - August 7th
- Lori Pederson - August 12th
- Kathryn Austin - August 15th
- Betty Jensen - August 20th
- Marylou Roselle - August 20th

Birthdays, Continued

- Lenore Pero - August 21st
- Ruth Bienz - August 22nd
- Don Shook - 30th



Desert Flower is proud of our community. We would love to give you a tour anytime.



Trivia Whiz

Tenpin Tidbits

A popular pastime all year long, the sport of bowling is recognized every August on the second Saturday of the month, National Bowling Day.

The sport may have been around as early as 3200 B.C., as evidenced by Egyptian artifacts.

Bowling balls can weigh 10 to 16 pounds, and have two or three finger holes.

Regulation bowling pins are 15 inches tall and made of hard maple wood.

In the game's triangular setup of 10 pins, the pin that stands in the center is known as the kingpin.

Bowling three strikes in a row is called a "turkey."

In 1947, bowling lanes were built inside the White House as a birthday present for President Harry S. Truman.



Did You Know?

There is an heirloom variety of tomato called Radiator Charlie's Mortgage Lifter.

2018 LUAU

Ok, it's that time of the year, folks. It's time to bring out your Hawaiian shirts and dust off your hula skirts. On August 30th at 4pm in the main dining room we will be having our annual Luau party. Please join us for great food and spectacular entertainment. April Mafi and her amazing Polynesian dancers will be joining us once again this year. Last year I received so many compliments on their performance that they will be back this year to grace us with another wonderful performance, but this time they will be adding something **very special** in their performance just for us. Wondering what it is??? You will just have to come and see.... Family members are welcome! Please RSVP before the event.

Make Time to Play

Playtime isn't just for kids! Scientists say it's good for grown-ups to make time for engaging, pleasing activities for their overall health. The fun of play often involves laughter, which releases the feel-good brain chemical dopamine and boosts your mood. Research shows that incorporating play into your life can help reduce stress, foster better relationships and improve coping skills in everyday situations.

Drink More Water

Staying hydrated in hot weather is a must, and doctors warn not to wait until you're thirsty to grab a glass of water. Even mild dehydration can affect your alertness, memory and mood.



Connecting Two Oceans

More than 1 million ships have passed through the Panama Canal, the engineering marvel that first opened on Aug. 15, 1914.

Before the canal was built, ships traveling from the Atlantic to the Pacific Ocean had to navigate around the southernmost point of South America, a journey that was both long and dangerous. The desire for a shortcut through the Americas emerged in the 1500s, and France began work on a canal project in 1880. After various setbacks, the U.S. took over construction in 1904, and 10 years and \$375 million later, the canal was completed.

The 50-mile-long waterway cuts through the Isthmus of Panama, the narrow strip of land that connects North and South America. Three sets of locks raise and lower ships through the canal and back down to the ocean in a staircase-like manner in about 8 to 10 hours.

At the time, the canal was a revolution in engineering and the largest public construction project in U.S. history. It has become one of the world's vital shipping lanes because it saves so much time. For example, what was a 12,000-mile trip for a ship from New York bound for California was shortened by 8,000 miles.

On average, 35-40 vessels a day pay a toll to pass through the canal, which has recently completed a massive expansion project in order to accommodate the larger sizes of modern cargo ships.

The Dream Lives On

It's been more than 50 years since Martin Luther King Jr. delivered his famous "I Have a Dream" speech on Aug. 28, 1963, from the steps of the Lincoln Memorial in Washington, D.C., but his words remain powerful today: "I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'"

Minor Leagues, Major Appeal

With a lively atmosphere, seats close to the action and affordable ticket prices, minor league baseball games score big with more than 40 million fans each season.

The teams in Minor League Baseball are usually affiliated with an MLB club and are divided into progressive levels, such as Class A, Double-A and Triple-A, known as the "farm system." Players develop their skills and work their way up through the levels with the goal of getting called up to the big leagues. Nearly every MLB player started in the minors. Major leaguers can also be sent down to the minors temporarily if they are recovering from an injury or need to work on a skill.

Minor league games offer major fun, and admission and concessions are usually a fraction of the cost of an MLB game. The smaller stadiums, on-field entertainment between innings and themed promotions appeal to many fans, and there's the draw of watching potential big-league players, who often sign autographs before and after games.

There are currently 160 teams in Minor League Baseball.



Wit & Wisdom

"Watch a child play, and you will see real power. They are fearless."
—Gray Scott

"Play keeps us vital and alive. It gives us an enthusiasm for life that is irreplaceable. Without it, life just doesn't taste good."
—Lucia Capacchione

"It is a happy talent to know how to play."
—Ralph Waldo Emerson

"We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing."
—Charles Schaefer

"Play is our brain's favorite way of learning."
—Diane Ackerman

"The supreme accomplishment is to blur the line between work and play."
—Arnold J. Toynbee

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>August</i>			1	2	3	4
5	6	7	8	9	10 	11
12	13	14	15	16	17	18
19	20 	21	22	23	24	25
26	27	28	29	30	31	

WE ARE HERE TO ASSIST YOU:

Craig Boudreau - "The Boss" - Executive Director
desert.ed@blueharborsl.com

Florence Myers - Business Office Manager
desert.bom@blueharborsl.com

Eric Stroud - Maintenance Director
desert.ms@blueharborsl.com

Melissa Reed - Health Service Director
desert.hsd@blueharborsl.com

Hanako Breslin - Asst Living Coordinator
desert.alc@blueharborsl.com
desert.na@blueharborsl.com

Lauren Pille - Community Relations Director
desert.cr1@blueharborsl.com

Maddalena Chavez - Dining Service Director
desert.ds@blueharborsl.com

Kristina Gunther - Memory Care Coordinator
desert.mcc@blueharborsl.com

Paul Linares - Activities Director
desert.ad@blueharborsl.com