



desertflower

Desert Flower Assisted Living/Memory Care

9185 E. Desert Cove • Scottsdale, AZ 85260 • 480-657-9000

September 2018

Remember When: Slide Rules

In years past, a must among school supplies was a slide rule, a tool used to solve math problems. About the size of a ruler, the device, which was marked with numbers and had a sliding middle piece, allowed users to make quick calculations, from simple multiplication to complex trigonometry functions. Slide rules were used by generations of students, engineers and scientists until handheld electronic calculators were introduced in the 1970s.

Go, Team!

With football season kicking off, what team are you rooting for? Chances are your favorite squad is named the Eagles, Tigers or Bulldogs. Those are the most common team names in U.S. amateur and pro sports.

Brainteaser

Question: Five sisters are busy in a room. Kate is reading a book. Marie is knitting. Emma is playing chess. Julia is writing a letter. What is the fifth sister doing?

Answer: She's playing chess with Emma.

Celebrating Centenarians

Healthy lifestyles and better medical care are leading to more Americans celebrating the centennial mark. According to the latest statistics, there are more than 72,000 people age 100 or older living in the U.S. Predictions by the U.N. estimate the number of centenarians will surge to 3 million worldwide by 2050.

Posed for Yoga Month

Get a leg up on a healthy lifestyle by trying out some yoga movements during National Yoga Month in September. Experts say you don't have to be a flexible yogi to see both physical and mental benefits from this type of exercise. Modified styles, such as chair yoga, have been shown to improve strength, balance and mobility, and even the deep breathing of yoga can positively impact fitness and mood.



Fall Into September

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means "equal night" in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.

Positive Thought

"Life is a great big canvas, and you should throw all the paint on it you can." —Danny Kaye

Happy Birthday!

Bob Aitchison - September 1st
Dee Chambers - September 11th
Alfred Prince - September 13th
Stella Mitchell - September 27th

Did You Know?

To leave Earth's gravitational pull behind, an object must travel 7 miles per second, which is our planet's escape velocity.

Oh, Honey!

If you like to drizzle honey on your toast or in your tea, look for dark-colored varieties, which have been found to contain more antioxidants than light-colored honey. These powerful compounds can help lower the risk of heart disease and stroke.



Trivia Whiz

A Bunch of Grape Facts

Plump and portable, grapes are a healthy grab-and-go snack and a favorite ingredient in jams, jellies and beverages.

Grapes date back to at least 6000 B.C. in the region near the Caspian Sea.

Wild grapes were a part of Native American diets. European settlers introduced cultivated varieties to America in the 1600s.

Botanically classified as a berry, the round fruit comes in a range of colors, including red, green, black, purple, blue, pink and yellow.

Grapes grow on vines in large clusters. On average, there are 75 to 100 grapes in a bunch.

More than 72 million tons of grapes are produced each year worldwide.

Viticulture is the scientific study of grapes.

Daughterhood Circle at Desert Flower

A Daughterhood Circle group is a group of women who get together to hang out, relax and help each other navigate caring for their aging parents. A growing population means more people - particularly women- find themselves with unexpected responsibilities for their parent's care. Daughterhood Circles aim the power of community and friendship directly at the challenges that come with this new phase of life. Daughterhood meets monthly every second Tuesday of every month in Desert flower's TV lounge at 5:30 pm. The first half hour is a time to mingle and chat with others members and the meeting starts at 6:00 pm. Wine & snacks will be available.

Lets work together to make Dugtherhood easier for each other ! For more information, visit daughterhood.org.



Famous Firsts: Football Stadiums

The University of Pennsylvania's Franklin Field, named for the school's founder, Benjamin Franklin, is the nation's oldest football stadium. The wooden arena was constructed in 1895 outside of Philadelphia and was the first to boast a scoreboard. Harvard University gets bragging rights as the home of the first concrete stadium for the sport when it built Harvard Stadium in Boston in 1903. It's now a National Historic Landmark.



Popcorn Pick: 'The Way We Were'

This 1973 drama paired up two of Hollywood's biggest stars, Barbra Streisand and Robert Redford. Campus radical Katie Morosky and golden boy Hubbell Gardiner meet as college students in the late '30s, and they couldn't be more different in their looks, backgrounds and politics. Chance later reunites the opposites, who fall in love, marry, then head to Hollywood, where their differences drive them apart. The movie was a box office smash, and its theme song, sung by Streisand, became her first No. 1 single, earning composer Marvin Hamlisch an Oscar.



3 Scams To Protect Against

Millions of Americans fall prey to scams each year. Staying alert and knowing where to report financial exploitation helps stop scammers from claiming more victims. Here are three tips to keep you up-to-date on scams that are making the rounds right now.

Beware the (fake) IRS

Scammers know that taxes strike fear in the hearts of men and women. Exploiting the Internal Revenue Service (IRS) name and function is one way that scammers have been able to get people to open their wallets.

Two types of IRS scams have been making the rounds in the past year:

- **IRS-impersonating phone calls claiming to be from IRS employees, using fake names and bogus IRS identification badge numbers.** They may know a lot about their targets, and use a Washington, DC area code (202) to seem like the IRS really is calling about unpaid taxes. The scammer may even threaten victims with arrest or, in the case of immigrants, deportation unless they pay up immediately.
- **Email “Phishing” (as in “fishing for information”).** Scammers send phony e-mails that claim to come from the IRS and tell victims that they are due a tax refund. The victims then provide their personal and financial information, which can be used to steal their identities.

It’s important to remember that the real IRS never initiates contact with you via phone call, email, or through social media. The IRS cannot threaten to have you arrested or deported for not paying taxes. Here’s how to tell if it really is the IRS approaching you with a tax issue.

You can send any suspect correspondence to phishing@irs.gov and let the FTC know. If you get a fake IRS call, hang up immediately and report it to the Treasury Inspector General for Tax Administration at 1-800-366-4484.

You won’t pay for your new Medicare card

You may have heard that, beginning this spring, Medicare will be sending out new cards to all beneficiaries. The new card removes the current Social Security-based identifying number and replaces it with a random number/letter sequence that helps to reduce identity theft and fraud.

The Federal Trade Commission (FTC) warns against scammers posing as Medicare “agents” or health care providers telling seniors they need to purchase a replacement card. The new Medicare cards are free, and everyone with Medicare will be mailed a card between April 2018 – April 2019. **The only action you need to take is to ensure Social Security has your current address,** as the new cards will be sent to the address in their files.

If you’ve been solicited by a possible Medicare scammer, report it by calling 1-800-HHS-TIPS (1-800-447-8477), or or submit a complaint online to the Office of the Inspector General of the U.S. Department of Health and Human Services.

Recognize how scammers make you pay

Whether it’s a phone call from someone impersonating a grandchild in trouble, or a plea for a donation from a



fake charity capitalizing on a recent disaster, one of the quickest ways to spot a scam is by recognizing how you are being asked to send money. The Federal Trade Commission warns consumers that if someone says you can **only** pay by wiring money, putting money on a gift card, or loading money onto a cash reload card: that is a scam. (See video below for more information.) Hang up the phone, throw that email or flyer away, and report it to the FTC to keep yourself and others safe.

Remember Desert Flower Knowledge Is Power....

‘Keen’ Is One
How many words can you come up with using the letters in “knowledge”?

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September						1
2	Labor Day	3	4	5	6	8
9	10	11 911 National Day of Remembrance	12	13	14 	15
16	17 	18	19	20	21	22
23/30	24	25	26	27	28	29

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
- Sean McVicker** - Wellness Nurse
desert.wn@blueharborsl.com
- Hanako Breslin** - Asst Living Coordinator
desert.alc@blueharborsl.com
- Rinata Holl** - Community Relations Director
desert.cr1@blueharborsl.com
- Lauren Pille** - Community Relations Director
desert.cr2@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