



Desert Voice

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

July 2017

And a Cherry on Top

To many, no sundae would be complete without a maraschino cherry sitting atop it. The candied neon red embellishment originated in Europe with the marasca cherry. By the early 1900s, maraschinos were the rage in the U.S. as garnishes for desserts and drinks, so American producers began making them. Today, Oregon cherries are typically used to create the sweet topping.

Listen to Your Summer Reads

If you can't find time for all the books on your summer reading list, consider listening to them. An audiobook is a convenient way to enjoy a page-turner while walking, gardening or doing other hobbies and tasks. Many public libraries offer audiobooks on CD or as downloads.

A Figure of Speech

Phrase: As American as apple pie

Meaning: Authentically American; patriotic

Origin: Neither apples nor pie originated in the United States, and the first known recipe for apple pie was published in an English cookbook in 1381. Apple trees and pies were brought to American shores in the 1600s, and the pastry's popularity grew along with the new nation. The phrase "as American as apple pie" was in use by 1860. It became a patriotic slogan during World War II, when American soldiers said they were fighting "for Mom and apple pie."

Our Nation's Foundation

"America was built on courage, on imagination and an unbeatable determination to do the job at hand."
—Harry S. Truman



Celebrate the USA

Independence Day commemorates July 4, 1776, the day when the Continental Congress, representing the 13 Colonies, adopted the Declaration of Independence. We celebrate the nation's birth with gatherings of family and friends, fireworks, food and fun. Happy 241st birthday, USA!

Festive Fruit Kebabs

Here's a healthy way to celebrate Independence Day: Thread sliced strawberries and bananas and whole blueberries onto skewers or toothpicks for a red, white and blue treat!

'Summer's Here, and the Time Is Right ...'

Forget about today's brand-new beats. The 1964 hit "Dancing in the Street" by Martha and the Vandellas is the greatest summer song of all time, according to Rolling Stone magazine.

Happy Birthday!

- Giovanatto, Orlando - July 3rd
- Morgan, Betty - July 12rd
- Hoffmeyer, William- July 20th
- Newbill, Dee - July 21th
- Scharff, Leni - July 26th
- Organ, Roseanna - July 27th
- Pakis, Theresa - July 29th

The Call of the Katydid

A relative of grasshoppers and crickets, the insect known as the katydid is named after its chirping call of "Katy did, she did," often heard on summer evenings. The katydid's bright green, leaf-shaped body helps it hide among the trees where it lives and feeds on foliage.



WOW MOMENT

Each of our residents bring diverse experiences and interests to our senior living community. we encourage residents to share their stories to enliven memories and foster relationships within the community. Our senior care staff loves hearing about the residents life outside of their life at Desert Flower. It also helps to plan new memorable moments. One of our residents in particular, George Souчек, was chosen for our May WOW moment. George was thrilled with the news. After sitting and talking to him we decided his WOW moment would be to take him to see a tribute to The Rat Pack. While George was accompanied by his daughter Barbra, we arrived to the Chandler Center of the Arts on May 21st. The evening started off with Dean Martin cracking jokes and singing his hits followed by Frank Sinatra and Sammy Davis Jr.. The

whole time George and Barbra were smiling and clapping, having a great time. When we got back that evening George thanked me and said, "I haven't had this much fun in a long time, so thank you and thank Desert Flower for making this possible."



Wild World: Bald Eagle

These majestic birds can be found throughout most of North America but are most abundant in Alaska and Canada. The "bald" part of their name is inspired by the white feathers on their head; their tail feathers are also white, while the rest of their body is brown. Female eagles are slightly larger than males, with a wingspan of about 7 feet. Bald eagles live around bodies of water, with fish making up the majority of their diet. The nest of a bald eagle pair, which can weigh as much as a ton and measure up to 8 feet across, is among the largest of the world's birds. The bald eagle has been the national emblem of the U.S. since 1782.



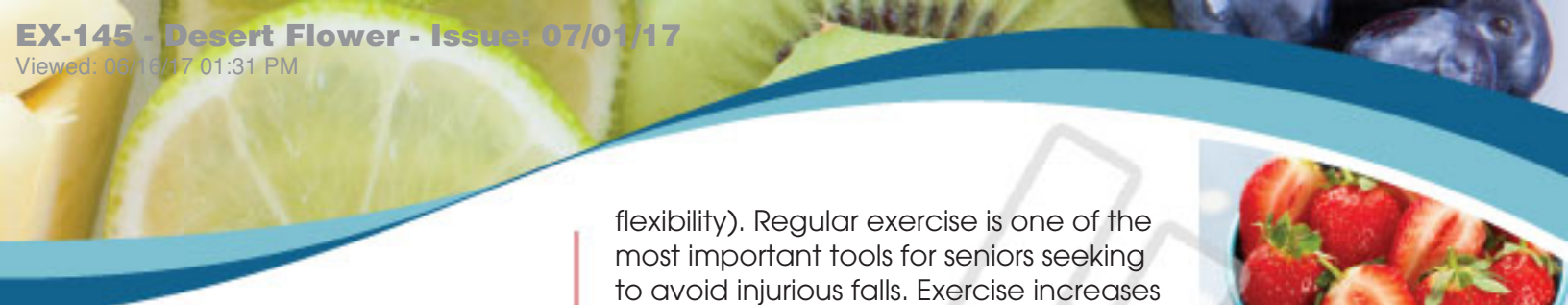
'Nicer' Is One

How many words can you come up with using the letters in "declaration"?



To Your Health: Sound Sleep

People who lie in bed at night with their mind racing, unable to fall asleep, probably didn't take enough time to process the day's events before hitting the sack. Set aside some time in the evening to think through the day's events, jot notes, make to-do lists and clear your mind. When bedtime comes, you should sleep easier.



In October 2016, Desert Flower began a very exciting partnership with Live 2 B Healthy® to provide senior-specific fitness classes. Live 2 B Healthy® classes are unique to the industry in that they are taught by Certified Personal Trainers who are experienced in working with the senior market. They are very familiar with the special challenges that come with age, and they know how to customize specially-designed exercises to fit the specific needs of **our community** and **our residents**. Most importantly, the Live 2 B Healthy® program is proven to help seniors improve balance, strength & flexibility!

Live 2 B Healthy® trainers come into our community Tuesday, Thursday, and Friday from 10:30-11:15 AM every week. All ability levels are welcome to attend the classes, and newcomers are encouraged to come give it a try! Even if a person has never exercised before, participants routinely praise the individualized attention the trainers give and the special way they have of making sure everyone who participates not only sees physical progress – but enjoys themselves and has a good social experience as a part of the class.

Improving the balance, strength and flexibility of our residents is one of our highest priorities, as studies have repeatedly shown that the number one cause of injuries in persons over the age of 65 is falling (and most falls are caused by a combination of poor balance, loss of muscle and

flexibility). Regular exercise is one of the most important tools for seniors seeking to avoid injurious falls. Exercise increases muscle mass and strength, thus improving balance.

Live 2 B Healthy® would like to extend a warm welcome to any and all new participants! Come see what all the fun is about for yourself – and see what kind of fitness improvements you can experience!!! special thanks to Heather and Kim.





Wit & Wisdom

Not Really a Secret

The U.S. Secret Service was created on July 5, 1865, to combat currency counterfeiting. In 1901, the agency began its protective mission after the assassination of President William McKinley. Until 2003, the service was part of the Treasury Department; it is now under the Department of Homeland Security. The Secret Service continues to have two distinct areas of responsibility: financial crimes, involving prevention and investigation of counterfeit currency, major fraud and cybercrime; and protection, which entails ensuring the safety of current and former national leaders and their families, visiting heads of state and foreign embassies.

July 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JULY</h1>						1
2	3 	4 Independence Day	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21 	22
23/30	24/31	25	26	27	28	29

WE ARE HERE TO ASSIST YOU:

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