

June, 2011



Desert Gardens Assisted Living & Memory Care

Mark Your Calendar

10th -Rock & Roll Days

6:30pm

17th -Father's Day

Luncheon

12:00pm

24th -Desert

Gardens Health Fair

9:00-2:00pm

Our Mission
"Creating environments where moments of joy, independence, and wellness are the focus each and every day."

From the Mind of Michael:

THE FEROCIOUS SOUTH-WESTERN TUMBLE WEED

On a windy Southwest day one always must be on the lookout for a local monster, the wild and wooly tumble weed. Oh yes, they send fear into the hearts of every New Mexico traveler. Its not if they will attack but when, and believe me, when they attack you will know it. Our wide open spaces are the perfect breeding grounds for these voracious nomads. Here is what I know about this pesky beast: They are most active, feeding during very windy days. They have been known to attack, unsuspecting travelers, day or night. They will strike without warning or provocation. They have been known to attach themselves to or under a moving vehicle, during the attacks. They are skilled in the art of stalking their pray, waiting for the perfect time to strike. The small ones are as ferocious as the large ones but with less bite. Finally, they hunt in packs, so be prepared to fend them off for miles at a time.

What do you do when confronted on the open road by a tumble weed? Stay calm, stay the course, and remember timing is everything. They will attack by crossing your path, so if you must dodge them, do so with caution. It must be noted the tumble weed is not without its predators as well. Once captured, they make great

Christmas trees!!!

Michael Duda-Administrator



Wow! It's hard to believe that the hot summers are here so be sure to hydrate. Here is some information on staying hydrated.

Nothing quenches thirst better than a tall glass of cold water on a hot day. When the sweltering summer months approach, you may be more conscious about drinking enough fluids to prevent dehydration. Staying well hydrated when it's hot is definitely a must; however, hydration is vital to your good health year round.

Why water matters

Water is considered an essential nutrient! It has many important roles, helping to:

- move nutrients and waste through the body
- maintain normal blood pressure]
- protect and cushion joints and organs
- regulate body temperature

lower the risk of dehydration and heat stroke

Getting enough

The amount of water you need depends on factors such as your age, gender and level of physical activity. Remember that you will need even more fluids to stay hydrated in hot weather and when you're physically active.

Use this chart as a guide to how much water you should aim to have each day. Keep in mind that your total water intake can include fluids found in a variety of foods and beverages. Foods such as vegetables, fruit, and soups and beverages, such as milk and juice as well as drinking water all contribute to your daily water intake:

Government of Ontario



Welcome
New
Residents



Nadine



Doris



Ray

Congratulations To Nicalle Our 1st quarter Rock Star

Nicalle came to us as a caregiver and shined like the brightest star. We noticed her potential for leadership and when the time came offered her the role of Memory Care Coordinator. Just spend a few minutes with Nicalle and one will sense the love and devotion she gladly gives to her elders. Memory Care has its challenges and not only has Nicalle taken on the role, head on, she has easily exceeded our expectations. A wonderful care giver, a wondrous advocate for elders, a great leader; Nicalles dedicated work has not gone unnoticed and that is why she is the Desert Gardens Rock Star. Nicalle has spearheaded the advancement of our memory care in so many positive ways. Probably the best example would be with her juicing program. She has done much research on the benefits of juicing and we now juice for our memory care residence, twice a week. The results have been nothing short of amazing, for both the residents and their observant and grateful families. Some of the residents are showing signs of improvement in their everyday functions. Nicalle gives credit to the juicing and other new activities for the surprising results.



200 S. Linam, Hobbs, NM
88240 (575)393-2828

We're on the Web!

Desert Gardens Assisted Living and Memory Care

COME SEE US!

Happy Father's Day!

June 19th A Dad is a person
who is loving and kind,
And often he knows
what you have on your mind.
He's someone who listens,
suggests, and defends ~
A dad can be one
of your very best friends!
He's proud of your triumphs,
but when things go wrong,
A dad can be patient
and helpful and strong.
In all that you do,
a dad's love plays a part ~
There's always a place for him
deep in your heart.
And each year that passes,
you're even more glad,
More grateful and proud
just to call him your dad!
Thank you, Dad ...
for listening and caring,
for giving and sharing,
but, especially, for just being you!
Happy Father's Day
Author Unknown

June Birthdays

Residents

Jim M. 10th
Opal S. 16th
Bonita 20th
Donna 30th

Employees

Claudette 22nd
Burt 24th



Happy Birthday To You!