September 2020

Honoring America’s Airmen

Happy birthday to the U.S. Air Force! It was formally established as a separate branch of the nation’s armed forces on Sept. 18, 1947.

Remember When: Rolodex

It used to be a prized networking tool: names and information, organized in a spinning wheel of index cards. A combination of the words “rolling” and “index,” the Rolodex was invented in 1956 by engineer Hildaur Neilsen and his boss, Arnold Neustadter, who owned an office supply company in New York. With some models capable of holding up to 6,000 cards, the Rolodex was an improvement on address books, since contacts could be added, removed and rearranged with ease.

Aging in Your Autumn Years

This month, summer turns to fall, and many people view the change in seasons as a good time to make personal changes. Healthy Aging Month in September encourages older adults to adopt and maintain habits that will help them stay fit, stay connected and stay adventurous in their golden years.

Exercise Your Brain With a Puzzle

You may find working a jigsaw puzzle relaxing, but putting all those pieces together actually gives both sides of your brain a workout. Your logical left side is challenged to solve a problem to find pieces that fit, while the creative right side works to visualize the big picture. Experts say the more challenging the puzzle, the better.

Silver Spur Village Staff

Community Manager
Mary Sorace

Administrative Assistant
Maria DelleGrazie

Maintenance
Jacques Joubert

Silver Spur Resident Board Members

PRESIDENTS:
Debbie Jaqua, Marty Murphy, Mike Finn, John Munnich

SECRETARY:
Barbara Obsitos

TREASURER:
Linda Wruck

ASSISTANT:
Peggy Johnson

IMPORTANT NUMBERS

OFFICE: 480-986-0904
FAX: 480-357-1034
AFTER HOURS EMERGENCY NUMBER: 480-620-3771

Office Hours
Mon-Fri ............... 9:00 AM- 12:00 PM
Mon-Fri ............... 1:00 PM - 4:00 PM
Sat & Sun ............... Closed

Gate Hours
Mon-Fri ............... 7:30-5:00
Trivia

Coffee Break

At home or on the go, plain or flavored, hot or cold, coffee is often part of our daily routine. Percolate on some details about this beloved brewed beverage.

More than 2 billion cups of coffee are consumed every day across the world, making it one of the most popular drinks.

First discovered in Ethiopia, the coffee bean is actually a seed inside the coffee cherry, which grows on small trees.

Brazil is the biggest producer of the globe’s coffee supply. You’ll find two main types of coffee beans: The most common is Arabica, and robusta is the variety used for instant coffee.

There’s a lot of scientific evidence that shows drinking coffee may help you live longer. It’s linked to a reduced risk of heart disease, cancer and diabetes.

Spoonfuls of Healthy Whole Wheat

Made of only one ingredient, shredded wheat is one of the oldest, healthiest and simplest breakfast cereals.

American lawyer and businessman Henry Perky invented shredded wheat in the 1890s, after discovering the health benefits of whole grains, particularly their role in helping digestion. He and his machinist friend, William H. Ford, developed a process of pressing boiled wheat into strands that were then stacked into what Perky called “little whole-wheat mattresses” and baked.

Perky marketed shredded wheat as a health food that was versatile enough to eat with a splash of milk at breakfast or be incorporated into various dishes, from mashed potatoes to ice cream. As one of the first precooked, ready-to-eat breakfast cereals, shredded wheat helped revolutionize the food industry by emphasizing wholesome ingredients as well as convenience.

There’s more than a shred of nutrition in a serving of the 100% whole-wheat cereal. One cup contains about 6 grams of fiber and 6 grams of protein, along with generous amounts of B vitamins, iron and magnesium.

The Lotería Legacy

The beloved Mexican card game lotería has won over generations of players.

It originated in Italy and made its way to Spain, then Mexico in 1769. At first a hobby of the noble class, lotería, meaning “lottery” in Spanish, gradually spread to the masses by way of traveling fairs.

Similar to bingo, lotería uses a deck of 54 cards, each with an illustration, such as a rooster, a drum or a pear. Players have game boards, or tablas, with the same pictures randomly arranged in a grid. A caller draws a card, and players mark the corresponding image on their boards with a token, traditionally a dry pinto bean or corn kernel. The first person to mark a complete row on their card shouts, “Lotería!”

In the late 1800s, French businessman Don Clemente Jacques designed a lotería set that remains the iconic version of the game. The sets were included in care packages sent to soldiers fighting in the Mexican Revolution, who later took them home to their families. The colorful folk art based on Jacques’ edition is still popular, and the images have become emblems of Mexican culture.
Happy Anniversary!

HAPPY ANNIVERSARY
September 4 Harvey & Brenda Majeau
September 4 Patrick & Karen Mathena
September 11 Beth & Gary Hiebert
September 24 Stephen & Char Larson

SAVE THE DATE!
September 7, 2020
Labor Day
October 31, 2020
Halloween Party
November 11, 2020
Veterans Coffee & Doughnuts
November 26, 2020
Thanksgiving Dinner
December 19, 2020
X-Mas Party Cal-Am
December 25, 2020
X-Mas Dinner
January 1, 2021
New Year’s Day Brunch
February 3, 2021
Golf Pancake Supper
February 7, 2021
Super Bowl Party
February 14, 2021
Valentine’s Dinner and Dance
February 27, 2021
Community Patio Sale
March 6, 2021
All Park Picnic
March 17, 2021
St. Paddy’s Day Dinner & Dance
April 16, 2021
Easter Dinner
May 9, 2021 Mother’s Day
May 31, 2021 Memorial Day
June 14, 2021
Flag Day Barbecue
July 4, 2021
Independence Day
August 6, 2021 National Night Out
Labor Day September 6, 2021

Wit & Wisdom

“Every generation is going to keep changing, and you just have to embrace the change.”
—Wyclef Jean

“We need to remember across generations that there is as much to learn as there is to teach.”
—Gloria Steinem

“I always think about the next generation and creating a different blueprint for them. ... We don’t all have to take the same coordinates to get to the same destination.”
—Janelle Monáe

“You can take as much as you can from the generation that has preceded you, but then it’s up to you to make something new.”
—Jackson Browne

“This wired generation is kind of cool.”
—LeVar Burton
COVID-19 And Staying Healthy

COVID-19, along with Federal and State guidelines on social distancing, has forced a temporary suspension of all our planned activities for the time being. Along with you, we are closely monitoring all government announcements, and we will resume our activities as soon as we are advised it is safe to do so. We appreciate your patience and cooperation as we implement these changes in order to minimize exposure for our residents and employees.