

The Res/Org









Summer in Arizona



Summer is usually very hot but low humidity in Arizona.
Isn't that why many of us moved here?

With the extreme heat we just need to take some precautions:

- ✓ Do outside activities such as yardwork, renovations, swimming, walking, pickleball, horseshoes, bocce ball, golf, etc. early in the morning or evenings.
- ✓ Use 50 spf (Sun Protection Factor) sunscreen or higher. 
- ✓ Use sunshades in your car windshield and be careful when entering a hot car and using a hot steering wheel. 
- ✓ Stay hydrated by drinking lots of water and liquids. 
- ✓ Wear sunglasses for less glare 
- ✓ Wear a hat for shade  

Submitted by Board Member Cheryl McDonald



President's Message



Summer is arriving. Temperatures have already reached the century mark on the way to the 110+. Most of the seasonal residents have departed to their cooler climates. About 70% will be staying right here in Crescent Run.

For those of us that remain in Mesa, do any of these lyrics from oldies express what kind of summer we will have?

Will it be “A hot time Summer in the city. Doesn’t seem to be a shadow in the city, walking on the sidewalk, hotter than a matchhead?” Will the heat be so sweltering, you just can’t be outside after 10am?

Will it be “The Summertime blues. Sometimes I wonder what I’m a gonna do ‘cause there ain’t no cure for the summertime blues?” Will the heat be so intense that you just don’t feel like doing anything?”

or

Will it be “Here comes summer. Let the sun shine bright on my happy summer home. With drive-in movies every night?” How about dive-in movies at the pool?

Will we “Roll out those lazy, hazy, crazy days of summer? Those days of soda and pretzels and beer?” Will we have a lot of fun and parties and get-togethers? So “Lets sing in the sunshine and laugh every day.” “Hey everybody that’s the way we do it. Good times, sunshine and summertime.”

Les Norde

Artists: Lovin’ Spoonful, Eddie Cochran, Jerry Keller, Nat King Cole, Gale Garnett, Faith Hill

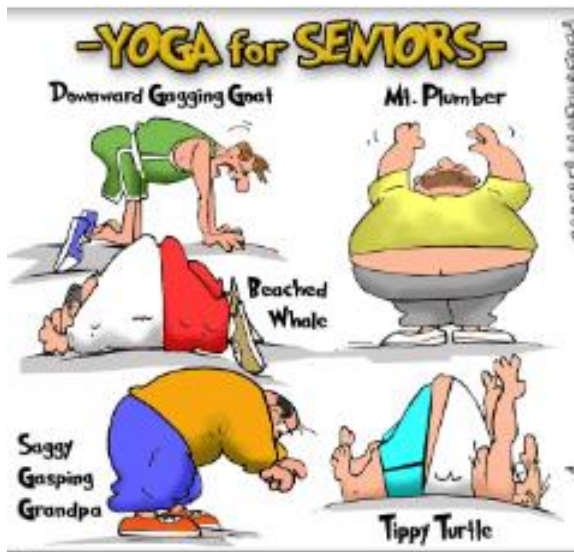
**The Residents Organization is on vacation in July.
No Saturday meeting July 1 and no Round Up Newsletter.**

Crescent Run Management Recent Accomplishments and Current Projects



- Craft Room Completed (paint, floor, reorganized)
- Kitchen - State Approved
- New artwork and clock in Ballroom
- Upgraded plumbing in Social Hall Restrooms
- “Do not put food on the bench due to heat & animals” – laminated sign to be placed on bench - Done
- Dead leaves in common areas – landscapers will clean up
- Pickleball court dividing net removed until September
- Entranceway under renovation with new ‘Facelift’ to improve aesthetics and upgraded drip system

Submitted by the Residents Organization





Wellness Safety Check Program

After a fall outside my home on a dark, very late, rainy night with my closest neighbors out of town, I was very thankful to be able to get up, clean up and avoid a trip to the ER. I stayed home for two weeks until my black eye and facial cuts and bruising faded and healed. I sadly realized it is one of the many perils of being alone.

When I heard a new program (or perhaps a restart of a former one) was being considered at Crescent Run to make daily wellness calls to residents who lived alone, had health issues, or those who simply want someone to touch bases with them daily I knew I was all in.

A **volunteer** administrator stepped forward, Sharon Wilwerding, who is a retired nurse. I volunteered to assist her since we both share a strong belief in the mission, benefits, and purpose. I had/have clerical skills and thrive on paperwork (at least I used to.) Since we were also friends, we felt we could work together to build a strong team (as in dynamic duo.) I felt I had finally found a purpose.

After spending many hours researching like programs, typing and retyping papers, meetings, etc. We are just about ready for our “eggs” to hatch. We promise to give the residents our best, to serve those requesting this service with vigor and compassion. We will not gossip and all information gathered will be confidential.

A **sign-up** sheet is in the kiosk by the exercise room for those wanting to be called and another one for residents who want to be volunteer callers (what a win-win situation.) We will contact all those who record their name. Sharon and Betty can also be reached by telephone if you have questions or would like to sign up. We ask you to advise us of residents who might not be aware of this program but could be well served by it.

Hopefully sometime in June will be the official launch date.

Thank you for your consideration.

Sharon Wilwerding 402.203.6567 Betty Scott 509.989.9727

Submitted by Resident Betty Scott & Sharon Wilwerding

Reminder:

Residents Organization Community Meeting

Saturday June 3 at 9:00am in the ballroom

Free coffee and donuts!

Come find out what the

Residents Organization has been doing

and how to become a member!

We are here for you!



Home Safety Education Free Event

by Mesa Fire Department

Come listen to a trained Fire Department volunteer help you identify possible hazards within your home. This includes fall prevention measures, home escape planning, smoke alarm checks & installation.

Appointments available to inspect your home!



Wednesday, June 7th in the Ballroom at 2:00-3:30pm

Light Refreshments served

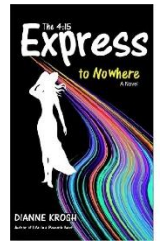
Bring any questions you may have!

Sponsored by Residents Organization

Author Zone Celebrity: Dianne Krogh

You know you're old when you get applause for your age. That was the case when I was invited to introduce one of my novels at the LA Times Book Festival. I began by saying I was 74 when I published my first novel and had just published my fourth ***Forgiving Olive*** in March. That produced loud and enthusiastic applause and even a couple of yahoos, although I think those might have come from my husband. (Apparently, if you make it to 78, you can get applause just for still being able to function.)

My second novel, ***The 4:15 Express to Nowhere*** had been recommended by a selection committee for inclusion in the festival of books, which as one of the largest in North America, was attended by 150,000 readers and authors. I was invited to give a talk introducing my novel, and I filmed a presentation that is to be distributed on social media.



Sharing ideas with other authors and being motivated by the enthusiasm of readers, I returned home saturated with creative energy and ready to write. (Or it could be that I prefer writing to cooking or cleaning, but let's go with the creative energy thing. It casts me in a better light.)

Anyway, book five is underway. In the story, a series of petty crimes have an over-55 neighborhood on edge, and a group of old men, known as the neighborhood Brain Trust, muddle their way through an investigation to a shocking conclusion. The novel on a deeper level explores the epidemic of loneliness and the need for friendship.

P.S. I'm loving these whacky but affable characters so far. Stay tuned.

Dianne Krogh - (623) 546-9576 - diannekrogh.com



Author Zone Poem

by Resident Jane Norde

Being Present in the Moment

I hear the morning breaking with the sounds of a crow family that is nesting in the pine trees outside my window. They start their song when the morning sun is barely making its appearance lighting the tree tops.

What a peaceful waking...no drama...only peace.

I open the shades wider so that I can look at the glistening light upon the trees. The oak trees outside my window are changing color. Some of their leaves are floating to the ground, ever so gently descending to the earth. They will nurture their mother tree in the spring time.

This time, this space, is free from chaos or concerns. Being in touch with that place within and a knowing of what truly matters, what speaks to me in truth, what speaks to me in peace~ a morning prayer and gratitude for the song of the crow family.

Submitted by Resident Author Jane Norde

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- **What do expired cake mix and seniors have in common?
They both have a hard time rising!**
 - **They say kids have selective hearing, but seniors do too - we just turn our hearing aids off.**

Staying Alive

CR Community Band Afternoon Concert
May 4 by Social Hall



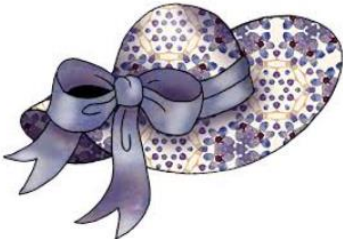
Submitted by Board Member Cheryl McDonald

Crescent Run

Turf Club Horse Racing & Kentucky Derby



Hat Contestants





Hat Contest – First Place Buzz Metz



Betting Windows

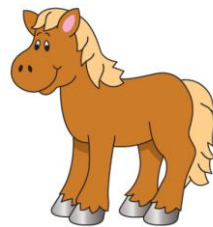


Jockeys

ready to race



Jockey winners with their horses





2023 Winner of the Kentucky Derby – Mage Jockey Javier Castellano



Everyone also celebrated Cheryl McDonald's birthday!!

What a Surprise!!



Submitted by Board Member Cheryl McDonald

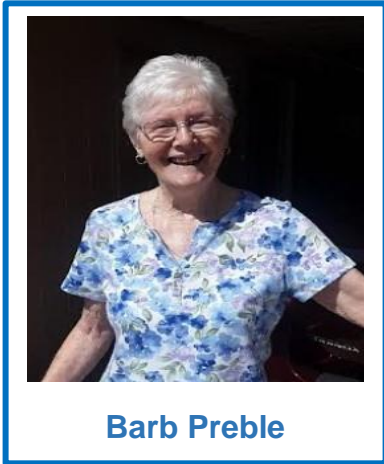
Birthday Golf Cart Brigade

Sponsored by Residents Organization

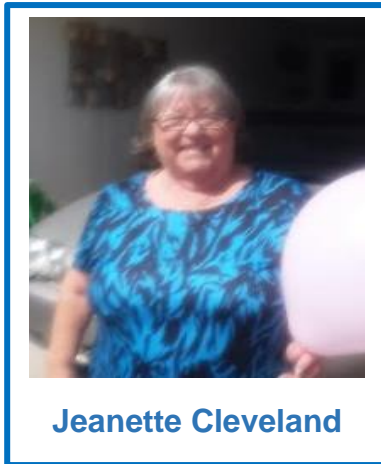
The Birthday Brigade may be coming to your home or neighbors soon.

Everyone has fun!

Residents who were surprised this past month:



Barb Preble



Jeanette Cleveland



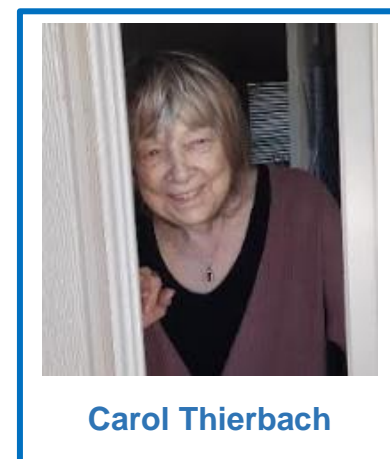
Bill Bubar



Sharon Miller



Chuck Pelant



Carol Thierbach



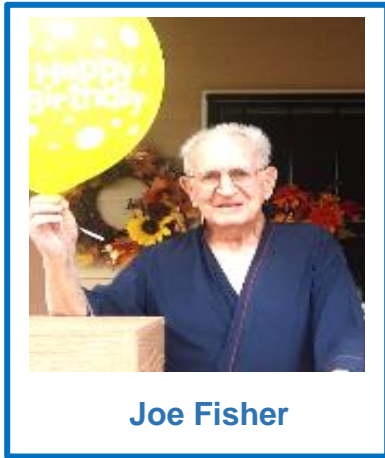
Tom Mullen



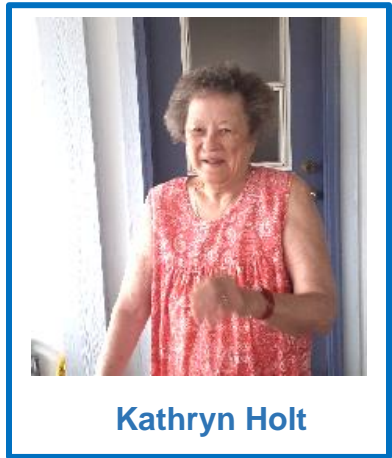
Ron Krause



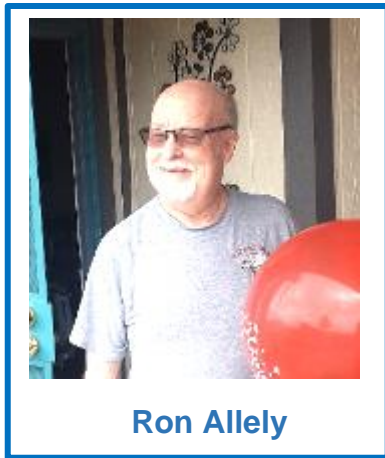
Colleen Loeb



Joe Fisher



Kathryn Holt



Ron Allely



Norma Haynes

Photos by Board Members Les Norde & Cheryl McDonald

Thanks so much for reading
our Round Up Newsletter.



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More to follow in August!