

# The Villas at Wilmot

ASSISTED LIVING & MEMORY CARE NEIGHBORHOOD



662 South Wilmot Road, Tucson, AZ 85711 | 520-638-5624 | [www.villasatwilmot.com](http://www.villasatwilmot.com)



## Employee Spotlight of the Month

Assistant Caregiver Alyssa Acosta grew up in Tucson, where she was raised by her loving grandparents. Her passion for caregiving was deeply influenced by witnessing her TaTa's struggle with dialysis. This experience inspired Alyssa to not only help her grandmother but to dedicate her life to helping others. Alyssa finds great joy in her current role, especially when organizing in her Villa to ensure that residents feel comfortable and at home. Alyssa's favorite part of her job is engaging in conversations with the residents, getting to know them on a deeper, personal level. She also enjoys coloring and sharing laughter with them.

Family is everything to Alyssa, and she cherishes time spent with her grandparents and her two sisters. Together, they create lasting memories on vacations, enjoy movie days, and they love dining out as a family. Alyssa is also focused on her education, looking forward to graduating from the University of Arizona and embarking on her career as a traveling nurse one day. Her dedication to work and her love for her family drive her, as she continues to make a positive impact on the lives of those she cares for.



## September 2024








## Finding Joy in All Around Her

Mary Lou Rankin grew up in Scotia, New York, where her childhood was filled with the joy of watching cartoons with her siblings and playing outdoors. Her mother was a strong figure who took care of all, while her father, always playful, often acted more like a kid than they did. Summers at the beach and cozy family time at home are among her most cherished memories. When Mary Lou met her future husband, Jim, it was a bit complicated because both she and her sister had a crush on him, but as fate would have it, her sister moved on, and Mary Lou and Jim fell in love. They eventually married and had five delightful children: Cynthia, Janine, Thomas, David, and Michael. Both Mary Lou and Jim were teachers; she taught science, while he was an English instructor.

Now at The Villas, Mary Lou continues to embrace life with the same enthusiasm. She loves helping out, playing Bingo, and especially enjoys celebrating holidays, with Christmas being her favorite. "I love the lights and festivities," she shares, her eyes lighting up with the same joy that has always been a part of her life.

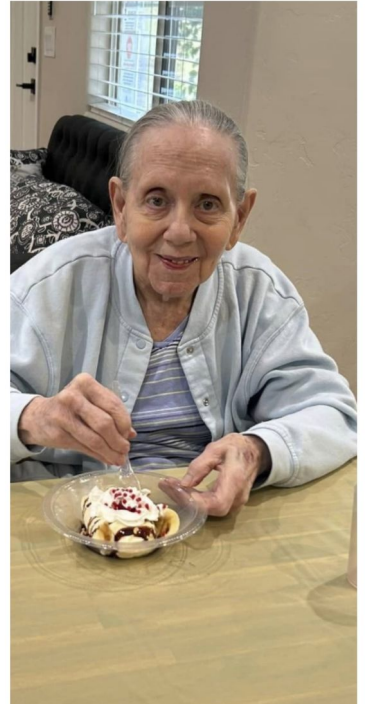


# September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Individual Villa</b> 1 9:00 Morning Coffee & Newspaper 10:00 Puzzles 2:00 Movie & Snacks	<b>Labor Day</b> 2 8:30 Morning Greeting 10:00 Wildlife Coloring / Fun Facts <b>2:00 Lotería</b>	3 9:00 Morning Greetings 10:00 Heads Up <b>2:00 Music with Frank Ross - Villa E</b>	4 9:00 Morning Greeting 10:00 Rock Painting 2:00 Word Exercise	5 9:00 Morning Greetings 10:00 Positive Strategies Worksheet <b>2:00 Cheese Pizza Day! - Villa C</b>	6 9:00 Morning Coffee 10:00 Coffee & Donuts <b>2:00 Manicures</b>	<b>Individual Villa</b> 7 9:00 Morning Coffee & Newspaper 10:00 Connect Four 2:00 UNO
<b>Individual Villa</b> 8 9:00 Morning Coffee & Newspaper 10:00 Positive Talks about Memories 2:00 Ice Cream Treats	9 9:00 Morning Hellos 10:00 Grandparents Day! Get Dressed Up! <b>2:00 Grandparents Day Photo - Villa C</b>	10 9:00 Morning Greetings 10:00 Zumba Chair Exercises 2:00 Hangman - Villa E	11 9:00 Morning Coffee 10:00 9/11 Coloring Appreciation Cards 2:00 Coasters Craft	12 9:00 Morning Greetings 10:00 Hot Chocolate Craft <b>2:00 Chocolate Social</b>	13 9:00 Morning Coffee 10:00 Coffee & Donuts 2:00 Matching Card Game	<b>Individual Villa</b> 14 9:00 Morning Coffee & Newspaper 10:00 Charades 2:00 Music & Snacks
<b>Individual Villa</b> 15 9:00 Morning Coffee & Newspaper 10:00 Word Searches 2:00 Music and Cookies	16 9:00 Coffee and Tea 10:00 Rhyming Words 2:00 Mexico Independence Day Flag Coloring and Music	17 9:00 Morning Hello 10:00 Fall Decoration Craft 2:00 Guacamole and Chips Social	18 9:00 Morning Greeting 10:00 Jenga 2:00 Be Creative Art - Villa E	19 9:00 Morning Greetings 10:00 Cup Pong <b>2:00 Saiyeda Music - Villa C</b>	20 9:00 Morning Greeting 10:00 Coffee & Donuts 2:00 Alzheimer's Day Sensory Word Exercise	<b>Individual Villa</b> 21 9:00 Morning Coffee & Newspaper 10:00 Puzzles & Searches 2:00 Scrabble & Fill in the Blanks
<b>Individual Villa</b> 22 9:00 Morning Coffee & Newspaper 10:00 Connect the Dots 2:00 Movie Time	23 9:00 Morning Greeting 10:00 Pictionary <b>2:00 Paint a Pot</b>	24 9:00 Morning Greetings 10:00 Sunflower Fall Craft <b>2:00 Manicures</b>	25 9:00 Morning Greeting 10:00 Go Together Name Game 2:00 Hot Potato - Villa F	26 8:30 Morning Greetings 10:00 Positive Coping Strategies Worksheet 2:00 Pumpkin Wood Craft	27 9:00 Morning Greeting <b>10:00 Coffee &amp; Donuts and Me &amp; My Gal</b> 2:00 BINGO	<b>Individual Villa</b> 28 9:00 Morning Coffee & Newspaper 10:00 Puzzles 2:00 Healthy Snacks
<b>Individual Villa</b> 29 9:00 Morning Coffee & Newspaper 10:00 '90s Music 2:00 Fill in the Blanks Worksheet	30 9:00 Morning Greeting 10:00 Birthday Cards <b>2:00 Birthday Celebration</b>					



**Highlights from some  
of last month's fun!**



**Happy Birthday!**  
 September 9 - Carol  
 September 12 - Marie  
 September 15 - Mary  
 September 19 - Karla  
 September 19 - Sonya  
 September 23 - Robert  
 September 25 - Hermilinda  
 September 25 - James  
 September 26 - Leslie



**New Residents!**  
 George  
 Jacque  
 Lore

