

JOJO'S RECOMMENDATIONS

I did not grow up taking much Western medicine or treatment. My mother was a medical herbalist (a person who treats a variety of physical conditions, illnesses, and ailments through the holistic use of plants in conjunction with medical knowledge). We would help forage for plants. She would then take many parts of the plant, such as the leaves, flowers, roots, or bark, and soak them in pure grain alcohol, then put them through a metal press that my dad had welded and make tinctures for various medical purposes. When we got sick, my mom would bombard us with what seemed like boundless doses of her homemade concoctions along with Chinese herbs, homeopathic tablets, salves, and various botanicals.

As a kid, to have your mother known as the Hippy Lady was sometimes embarrassing. As an adult, I am so glad I have the wealth of knowledge to realize I have options when it comes to over-the-counter healthcare. As you may well know, there are a lot of adverse ingredients in medicine and foods. You may not know that there are places like apothecaries, markets, and shops that sell products that are made or produced in a more natural way. Herb's Herbs is a local health food store that carries an array of nutritional products that support one's health and well-being. Their inventory consists of vitamins, herbs, and supplements for treating various wellness concerns. They also carry certified fresh organic fruits, vegetables, meats, nuts, and snacks. Health and beauty aids made with better quality and sustainable ingredients along with aromatherapy essential oils and teas line their shelves. They also have a juice bar that makes in-house smoothies which makes you feel like you are doing your body a big favor.

You may see common over-the-counter treatments with herbs now added to them. Things like echinacea, which is used to help with your immune system or to shorten and reduce symptoms of colds and flu. Valerian root is now sometimes added to the ingredients in your melatonin sleeping aids. Or maybe you have heard of turmeric, which is used in flavoring recipes, but has properties of anti-inflammatory compounds and supports cognitive health. I am not saying that alternative medicine will cure all your illnesses, but they help to treat rather than cover up symptoms. If you are interested in learning more, please stop by Herb's Herbs at 2026 McCulloch Blvd N or visit their website: herbsherbslh.com.



January 2022

THE VIEWS AT LAKE HAVASU

55+ RESORT-STYLE LIVING

2110 Swanson Avenue Lake Havasu City, AZ 86403
(928) 600-4743

THE VIEWS MANAGEMENT TEAM

Steve Ahrens

Executive Director

Leslie McElroy

Business Office Manager

Johnna Biggers

Leasing Coordinator

Erica Holcombe

Administrative Assistant

Sophia VanderJagt

Activity Director

Russ Eaves

Maintenance Director

Jacob "Moose" Rios

Executive Chef

Danae Gericke

Food and Beverage Manager



Resident Birthdays

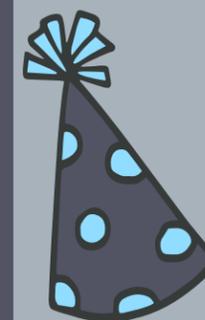
1ST RICHARD
SMITHMEYER

8TH JEAN RUSSELL

10TH CAROLYN
CARNOCHAN

22ND GLADYS
BROOKS

27TH DONNA
KRAMER



Director's Corner

“Hope smiles from the threshold of the year to come, whispering, 'It will be happier.'”

Alfred Lord Tennyson

I hope you had a wonderful holiday season. I look forward to making 2023 your best yet here at The Views at Lake Havasu.

As always, the only constant is change. We will no longer be serving the general student population of ASU in our restaurant. We will continue to lease the lower-level apartments to the Campus so, you will see a student in the restaurant occasionally. Of course, the Riviera Restaurant is open to the public. However, things should be much quieter. There will be several openings on the Resident Board, and we will be having an election in mid-January.

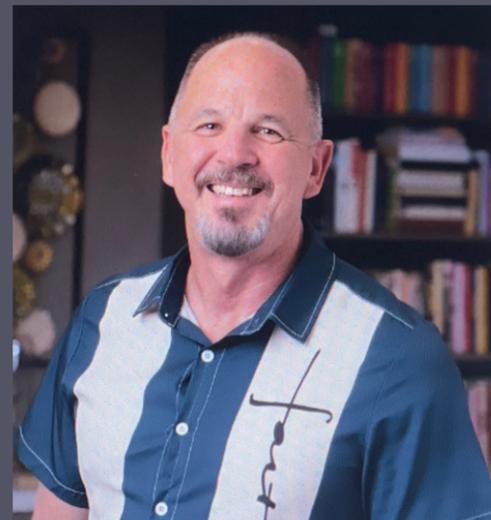
If you are interested in serving, be sure to submit your interest to the Reception Desk.

I look forward to working with you in the coming year to make your experience the best it can be. My door is always open. Stop by, if only to say hi. Happy New Year!

“And now we welcome the New Year. Full of things that have never been.”

— Rainer Maria Rilke,

-Steve Ahrens



TRIVIA IN THE BISTRO!

JOIN RESIDENTS EVERY FRIDAY AT 3PM IN THE BISTRO FOR FUN TRIVIA QUESTIONS AND A TASTY DRINK AT THE BISTRO BAR!



Social Hour
3-6pm Wed-Sun



Ask your bartender about drink specials!

Check us out online:
www.theviewsatlakehavas.com



Like us on facebook



Scan to visit our website

Check this out!

Resident Meeting

1/5 @ 10:30

Eating at Scotty's

1/13 @ 12:00

Eating at Culver's

1/27 @ 12:00

Birthday Celebration

1/18 @ 3:00

Balloon Fest

1/19 @ 12:00 - 1/21 @ 3:00

Bowling at Havasu Lanes

1/11 & 1/25 @ 3:00

For More information talk to Sophia in the Activities Room

Resident Board Members



Don Dentel

Judith Wooderson

Shirley Curry

Faye Story