



Exciting Update: Introducing Our New Visitor Sign-In System

Donna Taylor, Chief Operations Officer

Check in

We're thrilled to announce an exciting update to our campus that will enhance security and streamline the visitor check-in process: the introduction of the Sign In App. This new digital system is designed to make it easier and more efficient for all guests visiting our campus, while ensuring that we maintain the highest standards of security and management.

How It Works

Starting the week of September 9th, all visitors to our campus will be required to check in using the Sign In App. Here's a simple overview of how the new sign-in procedure will work:

- o **Welcome Center Check-In:** Upon arrival at the front desk, visitors can use the iPad to check in. They will follow simple on-screen instructions to register their arrival.

- o **Guard Gate Check-In:** If visitors are driving through the guard gate, they will need to check in there. However, there are specific conditions for this:

- **Pre-Registration:** Visitors who have pre-registered via this link: <https://rb.gy/2340a2> will be able to use the guard gate check-in. They will need to provide their details, and the guards will verify their information.
- **Previous Check-In:** Visitors who have signed in at the front desk previously can also use the guard gate to check in. They will need to provide their name and who they are visiting.

First Visit

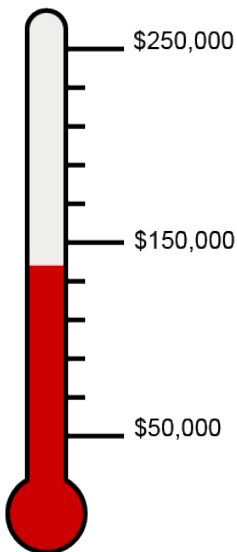
Upon arriving at the front entrance of our campus, visitors who have not pre-registered will need to register at the front desk.

During this first visit, visitors will need to provide some basic information such as their name, the resident they are visiting, and the purpose of their visit. This information will be entered into the Sign In App, which will generate a visitor

Continued on back...

Employee Appreciation Fund!

Employee Appreciation Committee



It is time - let's keep the temperature rising for the 2024 Employee Appreciation Fund! Watch it reach it's goal by reaching for your checkbook and donating generously to ensure all our wonderful employees, who make each of our days special, know they are appreciated! You can make the difference!

We are currently at: \$135,974.00



Name	Day
Daryl Henry.....	8
Rosalind Ruch.....	8
Daniel Hoesch	9
Alex Kardos.....	10
Denise Martino.....	11
Richard Probst.....	12



AROUND THE BLOCK
SHUTTLE
PROVIDED BY THE BEATITUDES FOUNDATION
Monday—Friday,
8:00AM—6:30PM
Call x15007 for a ride
(or 602-544-5007).

SUN 8	MON 9	TUES 10	WED 11
<p>9:00AM: BUS RIDE TO ORANGEWOOD PRESBYTERIAN CHURCH (OC) Please call X12905 to reserve your seat.</p> <p>9:00AM: BUS TO OUR SAVIOR'S LUTHERAN CHURCH (OC) Please call X12905 to reserve your seat.</p> <p>9:00AM: CATHOLIC MASS (LC) Join Priests from Casa Santa Cruz and our Catholic Community for Sunday Mass.</p> <p>10:00AM: BUS RIDE TO CHURCH OF THE BEATITUDES (OC) Please call X12905 to reserve your seat.</p> <p>10:30AM: UNITARIAN UNIVERSALIST WORSHIP (PC) Join the members of UU for a live stream service every Sunday.</p> <p>1:00PM: BINGO WITH TED (PVL) Join us for this game of chance. Free - Limit 2 cards</p> <p>3:00PM: SUNDAY WORSHIP SERVICE (LC) Join with Chaplain Peggy and various guest preachers, for this non-denominational Christian service. *All are welcome.*</p>	<p>6:30AM: WALKING GROUP (CM)</p> <p>9AM: SIT & BE FIT (RC)</p> <p>9AM: WATER AEROBICS WITH MIKE (PL)</p> <p>9:30AM: LLL SPANISH FOR BEGINNERS (AGR) Must be registered.</p> <p>10AM: BIBLE TALK (PN3)</p> <p>10AM: COSTCO (OC) Please call in advance to reserve your seat on the bus at x12905.</p> <p>10AM: HARP FOUNDATION PERFORMANCE (PVL)</p> <p>10AM: LLL REGISTRATION - TWO DAYS ONLY (LC) You should have received your catalog, if you see something you really like to take, come early on Mon. to make sure the class does not fill up.</p> <p>11AM: LLL INTERMEDIATE SPANISH (AGR) Must be registered.</p> <p>11AM: OPEN FITNESS SPECIALIST HOUR (FC)</p> <p>12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1PM: L2 STRENGTH & BALANCE WITH MIKE (RC)</p> <p>1PM: LIFE JOURNEY SUPPORT GROUP (PVL) All are welcome.</p> <p>1PM: PERSON-CENTERED CARE QUESTIONNAIRE PARTY (BW) All are invited to Join!</p> <p>1:30PM: POKER (PC)</p> <p>2PM: BASKETBALL BOUNCE (RC)</p> <p>2PM: HAPPY 102ND BIRTHDAY (PB) Come on down and join us as we celebrate the birthday of Ross Ruiz. Free cake!</p> <p>2:30PM: COLOR AND CHAT (AG5) Join us every Monday at 2:30PM in the Creative Corner Agelink #5. Supplies provided or bring your own.</p> <p>3PM: AA OPEN MEETING (AG2)</p> <p>3PM: DOCENT ART CHAT (AGR)</p> <p>4PM: PIANO JAM SESSION (CPW2)</p> <p>6:30PM: IRENE B'S BIBLE STUDY (RC) Join resident, Joe Miller, as he leads this</p>	<p>6:30AM: WALKING GROUP (CM)</p> <p>7AM: PV BREAKFAST ON THE PATIO (PV)</p> <p>7:30AM: BACKSTREET BOUTIQUE SALE (TS) Welcome Back shoppers!! Huge selection of Native American kachinas, baskets & rugs as well as fall clothing, shoes and accessories. Fall clothing 25% off!</p> <p>9AM: CHEN STYLE TAIJI QUAN (RC)</p> <p>9AM: OPEN FITNESS SPECIALIST HOUR (FC)</p> <p>9AM: WATER AEROBICS WITH CAROLE (PL)</p> <p>9AM: BMO HARRIS BANK (TP)</p> <p>9:15AM: TALKING STICK (OC) Please call X12905 for reservations.</p> <p>10AM: FOOD FORUM (PV3) Join our Dietician, Lori Eddings for an open discussions on dining in PV.</p> <p>10AM: THE FREE THINKERS CIRCLE (AC)</p> <p>10AM: WII BOWLING (PVL)</p> <p>10:45AM: L1 CHAIR YOGA (RC)</p> <p>11:45AM: LEVEL 2 STRENGTH & BALANCE WITH MIKE (PVL)</p> <p>12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1PM: L3 CORE & CONDITIONING (RC)</p> <p>1PM: LLL REGISTRATION - TWO DAYS ONLY (LC) Today is your last chance to register. Registration Sept 10 @ 1:00</p> <p>1PM: PERSON-CENTERED CARE QUESTIONNAIRE PARTY (BE) All are invited to Join.</p> <p>2PM: BE INFORMED WITH MICHELLE & DAVID (TV2)</p> <p>2PM: BINGO (PVL)</p> <p>2PM: DARTS (RC)</p> <p>2:30PM: WALKER AND WHEELCHAIR REPAIR (RC) Rider Mobility will be here to check walker brakes and make minor repairs to mobility devices. Call 16110 to reserve an appointment</p> <p>3PM: CHOIR PRACTICE (LC)</p> <p>4PM: HAPPY HOUR (PC)</p>	<p>6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p>8AM: FRY'S SHOPPING (OC)</p> <p>8AM: BILLET PODIATRY-DR. SHEENA (WC) Call 480-661-6061 to schedule your appointment.</p> <p>8AM: WELLNESS-BETTER HEARING (WC) By appointment only, dial 602-765-7800 to schedule.</p> <p>9AM: L1 MORNING MOTIONS (PVL)</p> <p>9AM: SIT & BE FIT (RC)</p> <p>9AM: WATER AEROBICS WITH CAROLE (PL)</p> <p>9AM: CREATIVE CORNER OPEN HOURS (AG5)</p> <p>10AM: ASSISTED POOL EXERCISE (PL)</p> <p>10AM: NEEDLEWORK CLASS (AG5) Needlework class is back! Join Carolyn for tips and tricks on knitting, crocheting and needlework every week! Call x15561 if you have questions.</p> <p>10:45AM: SAFEWAY SHOPPING (OC) Please call x12905 to reserve your seat on the bus.</p> <p>11:30AM: LLL: LESSONS FROM THE BLUE ZONE (LC) Learn from six places on earth where people live exceptionally long and active lives. Presented in coordination with the Health & Wellness Committee FREE EVENT. NO REGISTRATION REQUIRED.</p> <p>12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1PM: DEMENTIA CAREPARTNER SUPPORT GROUP (BR) Peer support group for those who care for loved ones with cognitive impairment</p> <p>1PM: L2 STRENGTH & BALANCE WITH MIKE (RC)</p> <p>1PM: L3 SENIOR STRENGTH TRAINING (FC)</p> <p>2PM: RESIDENTS COUNCIL MEETING (LC) Hear a report from various Residents Council Committees and be informed! All residents are encouraged to attend.</p> <p>4PM: CAHOOTS BINGO (PC)</p>

**Gift Shop
Opens at
Sa.m.
Mon-Fri**

THU 12

6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.

9AM: OPEN FITNESS SPECIALIST HOUR (FC)

9AM: THE STUDIO WITH DAVID RAGAN (AGR) We take a look at, and discuss the long-range goals and plans for Beatitudes Community. All residents are welcome to join.

9AM: WATER AEROBICS WITH MIKE (PL)

9AM: BMO HARRIS BANK (TP) BMO has a representative on site Tuesday and Thursday from 9 am until 11 am. They have an ATM machine available in the Bistro, during Bistro hours.

10AM: MID-WEEK PV WORSHIP (PVL) Join Chaplain Peggy for our morning non-denominational worship service in Plaza View Lounge. All are welcome to receive communion.

10AM: PINOCHELE CARDS (CPW3) Single and double deck play. Join us or call Arnie Anderson x14311.

10:45AM: L1 CHAIR YOGA (RC)

11AM: PV LUNCH OUTING- SPAGHETTI FACTORY (OC) Plaza View's lunch outing, departs from Plaza View Lobby at 11:00am. All are welcome, please call X12905 for reservations.

11AM: MID-WEEK LC WORSHIP (LC) Join Chaplain Peggy in the Life Center for our non-denominational service. All are welcome to receive communion.

11:30AM: HEALTH & BRAIN GAMES WITH MIKE (PC)

12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p

1PM: L3 CORE & CONDITIONING (RC)

1PM: SING ALONG (PVL) All Beatitudes Residents are invited.

2:30PM: YOGA FOR YOU (RC)

3PM: AA OPEN MEETING (HCC3) Weekly meeting open to all.

4PM: ON THE ROCKS HAPPY HOUR (PC) Join Bill, Robert, and The Purple Gang as they entertain you with music from the `50s through the `90s. Tues, Thu & Fri.

FRI 13

6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.

7:30AM: BACKSTREET BOUTIQUE SALE (TS) Welcome Back shoppers!! Huge selection of Native American kachinas, baskets and rugs as well as fall clothing, shoes and accessories. Fall clothing 25% off! Call x18463 for transportation or to schedule donation pickup. Open 7:30 - noon Tu & Fri.

8AM: SAFEWAY SHOPPING (OC) Please call x12905 in advance, and leave your name, to reserve your seat on the bus. 5 person minimum

8AM: UNIQUE LAB SERVICES (WC) Call 480-765-2677 to register in advance.

9AM: L1 MORNING MOTIONS (PVL)

10AM: CHEN STYLE TAIJI QUAN (RC)

10AM: PLAZA POETS (PC)

11AM: COMPETITIVE TABLE TENNIS (RC)

11:45AM: LEVEL 2 STRENGTH & BALANCE W/MIKE (PVL)

12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p

1PM: JEWISH SERVICE (BR) All are welcome to join Phil Adelman as he leads a time of seasonal reflection, praise and prayer.

1:00PM: SCIENCE AND SPIRITUALITY (AC) The Science and Spirituality Study Group examines how ongoing scientific revelations are broadening the scope of timeless spiritual perceptions. Contact Mark Pelkey at 15586 for details.

2PM: BINGO! (PVL) Everyone is welcome! .30 cents a card - 4 card limit

2PM: L3 SENIOR STRENGTH TRAINING (FC)

2PM: DARTS (RC) Join us in a few games! If you need additional information call Donna Ellis at x15564.

2:30 PM: SKETCH TOGETHER (AG5) Bring your own supplies or use ours. All are welcome!

4PM: ON THE ROCKS HAPPY HOUR (PC) Join Bill, Robert, and The Purple Gang as they entertain you with music from the `50s through the `90s. Tues, Thu & Fri.

SAT 14

6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.

8AM: NW DEMOCRATIC BREAKFAST CLUB (LC) RSVP required by noon the Thursday prior - call x15130. Buffet breakfast is \$12 cash/check only. 2023 Dues are \$10. We have a guest speaker at each monthly meeting.

9AM: SIT & BE FIT (RC)

10AM: BINGO WITH TED (PVL) Join us for this game of chance. Free - Limit 2 cards

10:30AM: FILM DISCUSSION GROUP (PC) We will watch A FILM with discussion and analysis immediately following the movie. Contact Jack Evans at x18153 for details.

1PM: RESIDENT VS ROBOT TABLE TENNIS (RC) Come test your reflexes and take on the Table Tennis Robot! All skill levels welcome!

2:30PM: COME PLAY CHESS (PC) Every Saturday 2:30-3:30 Join us in the Bistro Plaza Club Lounge to play chess, or learn to play chess. Refreshments served.

4PM: HAPPY HOUR MUSIC (PB)

Scan Me:



Events/Programs

Join us every Saturday in the Bistro

LEGEND KEY:

(BC) Entire Campus

(AC) Admin. Conf. Room

(AG#) Agelink Room #

(AGR) Agelink Great Room

(TS) Backstreet Boutique

(BR) Boardrooms

(BG) Buckwald's Arizona Grille

(TV2) Channel 1-2

(CG) Community Garden

(CM) Central Park Mall

(CPW3) Central Park West 3rd Floor

(EF) Elaine's Fine Dining

(EP) Elaine's Patio

(FC) Fitness Center

(FL) Fireside Lobby

(GS) Gift Shop

(LB) Library

(LOT) Large Fountain

Parking

(LC) Life Center

(OC) Off Campus

(PB) Plaza Bistro

(PC) Plaza Club

(PVL) Plaza View Lounge

(PL) Pool

(RC) Recreation Center

(RG) Rose Garden

(WC) Wellness Center



We're Back!
Studio
Town Hall
Resident Council
Welcome Coffee



SEPTEMBER 9 — 15 • 2024

A Weekly Overview of Dining Specials

TOWN PLAZA BISTRO

Breakfast: Sun 7a-11:30a Mon-Sat 7a-10:30a
Lunch/Dinner: Sun 11:30a-7p Mon-Sat 10:30a-7p
Contact Us: (602)-336-2908

WEEKLY SPECIALS

MONDAY 9

TUESDAY 10

WEDNESDAY 11

Compote:

Strawberry (120c)

Breakfast Special:

Guacamole Breakfast

Sandwich (703c)

B-Creative Station:

Hoagie (ask for cal)

Soup: Albondigas (279c)

Entrée: Broiled Cod with
Rice Pilaf (706c)

Soup: Bacon Corn

Chowder (175c)

Entrée: Chicken Parmesan
with Spaghetti (693c)

Soup: Vegetarian

Vegetable (80c)

Entrée: Onion Gravy
Smothered Pork Chops
with Mashed Potatoes
(525c)

THURSDAY 12

FRIDAY 13

SATURDAY 14

SUNDAY 15

Soup: Italian Wedding
(184c)

Entrée: Italian Meatloaf
with Orzo (695c)

Soup: Manhattan Clam
Chowder (101c)

Entrée: Beef Stroganoff
with Egg Noodles (536c)

Soup: Beef Noodle (132c)

Entrée: Fisherman's Platter
(606c)

Soup: Cream of
Asparagus (89c)

Entrée: Chicken Fried
Steak with Mashed
Potatoes & Country
Gravy (728c)



THURSDAY & FRIDAY

4:00p-7:00p

Reservations begin at 7:00 a.m. on Sunday by
calling x12908 or by coming into the Bistro

THURS 12 & FRI 13

Soup: Smoky Spanish Albondigas (380c)

Meatballs, Manchego Cheese, Smoked Paprika, Tomatoes & Angel Hair Pasta

Entrée: Pomelo Chicken Francese (380c)

Fried Chicken Cutlet with White Wine & Citrus Sauce 12.99

BUCKWALD'S ARIZONA GRILLE

WEDNESDAY - SATURDAY

4:00p-7:00p

Reservations/Pick-up/Delivery \$4.00
Call x16130

WEDNESDAY 11

THURSDAY 12

FRIDAY 13

SATURDAY 14

Soup: Pepper Pot
(325c/487c)

Entrée: Brown Sugar
Bourbon Beef
Tenderloin (472c)

Soup: Lentil & Chickpea
(266c/399c)

Entrée: Cheese Stuffed
Manicotti with Marinara
(571c)

Soup: Cabbage (91c/136c)

Entrée: Blue Cheese
Crusted New York Strip
Steak (746c)

Soup: Tomato Bisque
(127c/191c)

Entrée: Baked Ziti Sausage
& Mushroom Casserole
(668c)

Iron

Iron is a mineral, and its main purpose is to carry oxygen in the hemoglobin of red blood cells throughout the body so cells can produce energy. Iron also helps remove carbon dioxide. When the body's iron stores become so low that not enough normal red blood cells can be made to carry oxygen efficiently, a condition known as iron deficiency anemia develops.



When levels of iron are low, fatigue, weakness and difficulty maintaining body temperature often result. Other symptoms may include:

- Pale skin and fingernails
- Dizziness
- Headache
- Glossitis (inflamed tongue)

Even though iron is widely available in food, some people, like adolescent girls and women ages 19 to 50 years old may not get the amount they need on a daily basis. It is also a concern for young children and women who are pregnant or capable of becoming pregnant. If treatment for iron deficiency is needed, a health-care provider will assess iron status and determine the exact form of treatment — which may include changes in diet and/or taking supplements.



Babies need iron for brain development and growth. They store enough iron for the first four to six months of life. A supplement may be recommended by a pediatrician for a baby that is premature or a low-birth weight and breastfed. After six months, their need for iron increases, so the introduction of solid foods when the baby is developmentally ready can help to provide sources of iron. Most infant formulas are fortified with iron.

How much iron do you need? While your body is very good at adapting to lower or higher levels by absorbing more or less iron as needed, the recommended levels are set to meet the needs of the greater majority of the population. Here are the current Recommended Dietary Allowances for iron:

Gender/Age	Iron RDA
Males/14-18	11 mg
Females/14-18	15 mg
Males/19+	8 mg
Females/19-50	18 mg
Females/51+	8 mg

Iron in food exists as two types, heme and non-heme. Animal foods such as meat, seafood and poultry provide both types and are better absorbed by the body. Non-heme iron is found in plant foods, such as spinach and beans, grains that are enriched, like rice and bread, and some fortified breakfast cereals. To increase the absorption of iron from plant sources, it's recommended to eat them with meat, seafood, or poultry or a good source of vitamin C, such as citrus fruits, kiwi, strawberries or bell peppers. A good way to improve your iron intake is by eating a balanced, healthy diet that includes a variety of foods.

Are You Registered to Vote?



Yaritzy Marquez-Escobar, Independent Living Assistant

Ready to make your voice heard in the upcoming elections? Join us at the Bistro on Tuesday, September 17, 2024, from 2 PM to 4 PM for a smooth and welcoming voter registration event. Whether you're updating your registration or seeking more information about the elections, the Maricopa County team will be available to assist you.



Remember to bring a form of identification to complete your registration. Expired and out-of-state IDs are accepted with additional proof of address, such as a recent piece of mail with your name and current address. For any questions or additional information, call me at 602-249-0430.

We look forward to seeing you there and assisting you in getting registered!
-Yaritzy Marquez-Escobar

Support the Teachers of Maryland School

The kids are back in class for the 2024-2025 year at Maryland Elementary School! The Community Outreach Committee of the Resident Council has another way we at the campus may support the students and teachers there. The teachers have requested donations of Kleenex tissues boxes, disinfectant wipes, and pencil boxes. These items are not provided by the school, and teachers must purchase them themselves. We will have boxes in each living area from September 6th to September 20th marked "Maryland School" to collect these items. Pencil boxes are available at Fry's, Walmart, or Target. This is one way we may support the students and teachers of our neighborhood—please help us! And Thank You!

Community Outreach Committee



LLL Fall Term Registration

Registration for the Fall Term of LifeLong Learners classes will be held next Monday, September 9, from 10:00 am till noon and Tuesday, September 10 from 1:00 to 2:00 pm in the Life Center. Course catalogs outlining the classes being offered were delivered to your doors last Friday morning.



This term LifeLong Learners will be offering a total of 32 different classes during the two terms. Part A classes will begin on Monday, September 16 and Part B classes start on Monday, November 4. This is the most classes that LLL has been able to offer since classes restarted after the COVID shutdown.

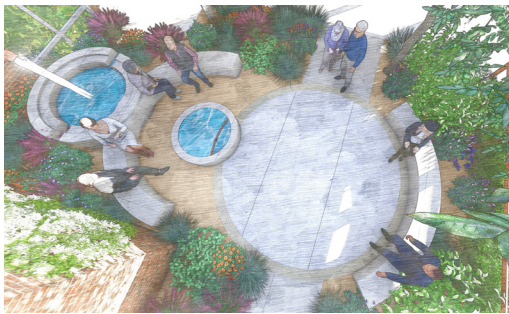


When you come to the registration, you will need to have the registration form completed. Additional registration forms will be available at the event, if needed.

Remember that class registrations are on a first-come, first-served basis. Your one registration fee allows you to take as many classes as you like. The class schedule has been developed to ensure a minimum of conflicts.

Please note that there is a limit on bringing multiple registration forms on Monday and Tuesday. You may bring yours and one other for your spouse/partner or for a friend who is unable to attend. Payment for classes will be either by including it on your Beatitudes bill or by check.

Coming Soon, Dosa's Reflection Garden



Quote to be etched in masonry:
*"...from striving and living's harried rush... we turn in
silence to haunts of hallowed hush...Be still and know
that I am God."*



Kudos x Five

It's never good when your television suddenly goes black and desperately clicking the on button only produces a hollow clunk.

But I knew what I wanted, the same brand as I had before so I didn't have to learn anything new - Best Buy had exactly that. And they delivered.

Next step was making sure the delivery guys could find me. I called security, explained the situation and asked them to give me a call when the truck arrived so I could get outside, flag it down and guide them up to my apartment.

"No problem," was the cheery response, "one of us will take them to the building and show them where to go."

Now there was an enormous box on my living room floor and a defunct television on the table. Enter Armando and Jonathan (maintenance) who showed up exactly when Renata promised they would. In minutes the new tv was revealed and the feet attached. Out went the old one and presto, the new one was staring blankly at me from the table.

It would still be staring blankly at me had Dion, the tech wizard, not done his magic, and in minutes gotten it hooked up with Direct TV and streaming channels all in order.

What do they say? It takes a village.
-Elin Jeffords



Careful with Needles!

Gabi Holberg, Director of Independent Living



If you are using needles to administer your medication, please do not dispose of them in your regular trash. Your prescribing physician should be able to connect you with Sharps containers for safe and proper disposal of needles. Containers are also available through pharmacies, medical supply companies, health care providers and online. Staff members have been injured in the past, not realizing someone had thrown needles in their household trash.



Please do your part to keep everyone safe.

Celebrating Our Centenarians!

Carole Beard, Fitness Specialist



On September 6, Beatitudes resident, Ross Ruiz, turned 102! I had the great pleasure of interviewing Ross, and what an interesting and esteemed life he has led! He was born in 1922 in Albuquerque, New Mexico. In 1940 he joined the Army, at the age of 17, and found himself at a horse cavalry base in Fort Bliss, Texas. Horses had been phased out before World War II, but Ross found himself having to endure 30-40 mile rides that ended with sleeping in the elements. He also endured discrimination in the army because he is Hispanic.

When World War II started, Ross volunteered for flight gunnery training where he flew flights over the Atlantic searching for Nazi submarines. He became a sergeant on a B-25, and in 1943 he went to Officer Flight Training School. His dream was to become a pilot but instead was put in bombardier school. He flew as a bombardier on B-29's for a couple of years, and flew "to show the flag" over the defeated Axis Powers of Germany and Japan.

In 1948, Ross received pilot training and his dream of becoming a pilot came true! He flew small planes at first but moved on to jets when he was stationed at Williams Air Force base, here in Phoenix. During his service he flew about 10 different planes including the T-33, F-80, and F-94: and he worked every position on fighter jets from gunner to bombardier, navigator, and finally pilot.

Throughout his military career, Ross and his wife, Betsy, and children, David and Maria, moved over 25 times to various U. S. bases throughout world, including Germany, Japan, and Alaska. He retired after 20 years' service as a Major in the U.S. Air Force. He earned his B.S. degree from Florida State University and worked for the U. S. Labor Department in both Washington D.C. and Arizona.

Ross moved to the campus 6 years ago and attributes his longevity to genetics and exercise. You can find Ross in the Fitness Center almost everyday where he continues to work on his strength and cardio. He still has the flight uniform from his days as a jet pilot and he is proud to say that it still fits him! Come wish Ross a Happy Birthday, and thank him for his years of service in the Bistro on Monday, Sept. 9th at 2:00p.m. Cake will be served!

Comfort Matters Presentation Dementia and Physical Pain: What You Need To Know

In-person: Thursday, September 19th
4:30 – 5:30 PM Everett Luther Life Center

Online: Tuesday, September 25th
5:00 – 6:00 PM

For additional information please contact Tena Alonzo at 602 433-6182 or talonzo@beatitudescampus.org



ComfortMatters™
From Beatitudes Campus
Living Better with Dementia

Resident Council Happenings

Recycle Committee

The Recycle Committee is gearing up again to go into full operation. If you are interested in joining the committee, please call Donna Moninger at x1-5528. Here is something to get your mind headed in that direction:

83 plastic water bottles are used to make one heavy-duty plastic bottle
295 plastic straws are used to make one reusable straw
783 plastic grocery bags are used to make one reusable bag
1,256 plastic water cups are used to make one heavy plastic glass



Also, there has been a lot of food waste, clamshell containers, and styrofoam in the recycle containers. Please remember these go into the trash can. A single clamshell of french fries can contaminate an entire barrel.

Library News

Betsy Lehman, Library Manager

Through the generosity of resident, Mae Finley, the library now has a video magnification reader. It is helpful to those with limited vision to be able to read personal correspondence, bills, etc. Some of the volunteers have been trained and are there to help you get started in using the machine.



The library has added many new books including best sellers. When possible we try to purchase only large print books - again to help those of us with vision issues. If you would like a list of the new additions it will be available at the check out desk.

We have many, many overdue books. Please check your area and return them as soon as possible. If you have trouble getting the books back to library please let us know and we can pick them up at your residence. Remember we do not charge for over dues, we just want the books back so your fellow residents can enjoy them.

-Betsy Lehman 602-481-9215

Welcome to Beatitudes at Home

Patricia McKay, Director of Beatitudes at Home

Discover peace of mind with our top-tier non-medical caregiving services!

We provide compassionate, professional care tailored to individual needs, ensuring the highest standard of health and comfort. Our skilled caregivers are dedicated to enhancing quality of life, offering personalized attention and support. We invite you to experience **Beatitudes at Home** services providing reliable, expert care that you and your loved ones can trust!



What is Beatitudes at Home? - **Beatitudes at Home** is a non-medical service program that brings care directly to your own home. Whether you need us for a few minutes, hours, or require help daily, you will have the benefit of truly personalized in-home care and services from our trusted and passionate caregiver staff. Our in-home care and services are available to ALL Beatitudes Campus Residents, as well as anyone living off-campus within the Phoenix area*.

Below is a summary of the services we offer to our clients:

- o Weekly Nurse Medication Management and Refills
- o Transportation to medical appointments and escort to campus activities
- o Help with bathing, dressing, and hygiene needs
- o Errands and grocery shopping
- o Deliver and pick up mail
- o Laundry and light housekeeping
- o Daily Medication Reminders
- o Pet Care
- o Companionship
- o Meal Preparation

BEATITUDES
AT HOME

Need a little help?

- Laundry assistance?
- Pet walking/care?
- Med reminders?
- Daily care?

Call Us Today
602-544-8527
602-544-8529

Call us at 602-544-8527 for more information about our services and pricing. Our office hours are from Monday-Friday from 8a.m. – 5p.m. You can also visit us in person located in the Plaza View building. *Off-campus clients must live within a 10-mile radius from the Beatitudes Campus. Some exceptions may apply if availability permits.

We Remember



Ellen McMinn
January 19, 1930 —
September 1, 2024
Plaza View/ Central
Park North

Exciting Update –continued

badge for them to wear during their time on campus.

Subsequent Visits

After the initial sign-in, visitors will have a more streamlined check-in experience. On future visits, they can simply sign in at the guard shack located at the entrance of the campus or have their pre-registration QR Code scanned.

At the guard shack, visitors will use a quick and user-friendly interface to check in. The system will recognize their previous visit and update their check-in status accordingly. They will receive a visitor badge for the day if needed.

Important Note on Name Badges

Just like our residents and staff, all visitors, including delivery drivers and contract workers, are required to wear their name badges at all times while on campus. This helps ensure a secure environment and allows staff and residents to easily identify everyone on the premises.

We understand that any change can be an adjustment, and we are here to help make the transition as smooth as possible. Our front desk staff will be available to assist both visitors and residents with any questions or concerns about the new sign-in procedure. We are confident that this update will enhance both security and convenience for everyone in our community.

Thank you for your cooperation and support as we implement this new system. We look forward to the positive impact it will have on our campus and are excited about the improvements it brings.

A big “thank you” to Talia McCurry, our Executive Assistant, the Welcome Center team and the Security team for working through all of the important details of our new sign-in process.

Donna Taylor



uniquet
community

BEATITUDES CAMPUS MISSION STATEMENT

Inspiring purpose and vibrancy in life's journey. Live Brightly, Age Boldly.

VISION STATEMENT

To foster an innovative community where people meet purpose and aging is transformed.

**LIVE BRIGHTLY,
AGE BOLDLY.**

**PRAYER REQUESTS,
X15186
DIAL-A-PRAYER,
X15187**

A publication from
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Content Submissions:
www.bcampus.org/rr

Beatitudes Campus is a Life Plan Community and a not-for-profit ministry founded by Church of the Beatitudes

Musical Song Fest

Monday, September 16 at 4:00PM



Join us as we sing our favorite songs. Refreshments provided. All are welcome to come listen and sing!

Life Center

Thinking back to when a new hip joint meant someplace I wanted go on Friday night.

Weekly Funnies: FROM THE EDITOR:

Weekly funnies can be submitted to roadrunner@beatitudescampus.org

You are not fully dressed until you wear a smile.