



Six Degrees of Separation

Cheryl Knupp, VP of Human Resources & Risk Management

I periodically hear the phrase "six degrees of separation" (the idea that people are six or fewer social connections away from one another); and it never fails to pleasantly surprise me when it happens. As many of you know, my daughter, Lauren was a server here for almost 3 years while she attended NAU. After her graduation, Lauren began a new position as a health educator for a local non-profit that one of my grade school friends recommended to Lauren. Leaving Beatitudes was a tough decision for Lauren as she cherished the relationships, she had built with all of you; however, to find a position in her major of Public Health and to have the opportunity to still serve and help others in the community called to her.



During her second week with the new company, I received a text message from Lauren asking, "Dosia Carlson was Beatitudes Dosia, right?" I affirmed that was our Dosia and she further shared that one of her company's partners was founded by Dosia, Duet. Lauren was touched and said that it was "cool" that she had another connection to Beatitudes. She had

Continued on back...

Day at the Lake

Cindi Aune, Life Enrichment Specialist



On October 15th we will be having an outing to Lynx Lake in Prescott. We will leave campus at 8:30am and be at the lake by 10am for approx.. 3 hours. Lunch will be either box lunches, you must purchase a box lunch ticket in the Bistro by Saturday, October 14th and pick up your lunch Monday morning before we leave. If you prefer, you can pack your own picnic lunch.



While at the Lake you can hike on a paved trail, bird watch, rent a boat, or just relax and enjoy the cool air and tall trees. We will load up the bus at 12:45 and head for a pie stop at Rock Springs. Once you have had your fill of delicious pie, we will return to campus and be back by 3:30. Sound like a fun time? Call me, Cindi, at x18473 to add your name to the list! Or call Transportation at x12905 to reserve your seat on the bus.



Name	Day
Barbara Carpenter	23
Jean Rupley	23
Diane Lemley	24
Karen Carlson	24
Nancy Edwards	28

Welcome to the neighborhood



Phyllis Barreto
PS 401

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

SUN 22

9:00AM: BUS RIDE TO ORANGEWOOD PRESBYTERIAN CHURCH (OC)
Please call X12905 to reserve your seat.

9:00AM: BUS TO OUR SAVIOR'S LUTHERAN CHURCH (OC)
Please call X12905 to reserve your seat.

9:00AM: CATHOLIC MASS (LC) Join Priests from Casa Santa Cruz and our Catholic Community for Sunday Mass.

10:30AM: UNITARIAN UNIVERSALIST WORSHIP (PC)
Join the members of UU for a live stream service every Sunday.

1:00PM: BINGO WITH TED (PVL)
Join us for this game of chance. Free - Limit 2 cards

3:00PM: SUNDAY WORSHIP SERVICE (LC)
Join with Chaplain Peggy and various guest preachers, for this non-denominational Christian service. *All are welcome.*

**Gift Shop
Opens at
8a.m.
Mon-Fri**

MON 23

9AM: TRADER JOE'S/WHOLE FOODS (OC)

9AM: NO WATER AEROBICS WITH MIKE (CANCELED)

9AM: SIT & BE FIT (RC)

9AM: LLL ADVANCED SPANISH (AG1) Registration required.

10AM: BIBLE TALK (PN3)

10AM: HARP FOUNDATION PERFORMANCE (PVL)

10AM: LLL: ZENTANGLE UNDERWATER CORAL GARDENS (AG2) Must be registered.

11AM: LLL INTERMEDIATE SPANISH (AGR) Registration required.

11AM: NO OPEN FITNESS SPECIALIST HOUR (CANCELED)

12PM: LLL COURT COMPENDIUM (AGR) Registration required.

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

1PM: LIFE JOURNEY SUPPORT GROUP (PVL)

1PM: LLL SPANISH FOR BEGINNERS (AGR) Registration required.

1PM: NO L2 STRENGTH & BALANCE W/ MIKE (CANCELED)

1:30PM: POKER (PC)

2PM: BASKETBALL BOUNCE (RC)

2PM: LLL: OPERA MUSIC AND DRAMA (AGR) Registration required.

2PM: PATIO HOMES MEETING (AGR) Fire extinguisher training 2:30pm, PH Meeting 3pm, Pizza Party 5pm, \$10 each. Contact Martha Grimm, x11296 with questions

2:30PM: COLOR AND CHAT (AG5) Supplies provided or bring your own.

3PM: AA OPEN MEETING (AG2)

4PM: PIANO JAM SESSION (CPW2) Come over and join in! You can play a tune or two, or just listen as others play for you. All are welcome.

6:30PM: IRENE B'S BIBLE STUDY (RC) Join resident, Joe Miller, as he leads this Bible Study.

TUES 24

7AM: PV BREAKFAST ON THE PATIO (PV)

7:30AM: BACKSTREET BOUTIQUE SALE (TS)
Clothing, Oktoberfest and Native American 50% off. We now accept credit cards. Call x18463 for transportation or to schedule a donation pickup. Open 7:30 - noon Tu & Fri.

9AM: CHEN STYLE TAIJI QUAN (TAI CHI) (RC)

9AM: WATER AEROBICS WITH CAROLE (PL)

9AM: BMO HARRIS BANK (TP) BMO has a representative on site Tuesday and Thursday until 11 am.

10AM: LLL: JOURNALISM NOW (AGR) Registration required.

10AM: THE FREE THINKERS CIRCLE (AC)

10AM: WII BOWLING (PVL)

10:45AM: L1 CHAIR YOGA (RC)

11AM: STREETS OF NEW YORK (OC) Since 1976 Streets of New York has been serving authentic East Coast taste in Phoenix. Call x12905 to reserve your spot on the bus.

11:30AM: LLL: SOUTHWEST (AGR) Registration required.

11:45AM: NO LEVEL 2 STRENGTH & BALANCE WITH MIKE (CANCELED)

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

1PM: L3 CORE & CONDITIONING (RC)

1PM: LLL: TED TALKS (AGR) Registration required.

2PM: BE INFORMED WITH MICHELLE & DAVID (TV2) STAY INFORMED!

2PM: BINGO (PVL) Free Bingo - 2 card limit - Join us!

2PM: DARTS (RC) Join us in a few games!

3PM: CHOIR PRACTICE (LC) All are welcome to join the Campus singers and our Choir Director, Ellen Brown. Call x18465 with any questions.

4PM: PLAZA CLUB HAPPY HOUR (PC)

WED 25

8AM: FRY'S SHOPPING (OC)

8AM: BILLET PODIATRY-DR. SHEENA (WC) Call 480-661-6061 to schedule your appointment.

8AM: WELLNESS-BETTER HEARING (WC) By appointment only, dial 602-765-7800 to schedule.

9AM: L1 MORNING MOTIONS @ PLAZA VIEW (PVL) All Residents Welcome.

9AM: SIT & BE FIT (RC)

9AM: WATER AEROBICS WITH CAROLE (PL)

9AM: CREATIVE CORNER OPEN HOURS (AG5)

10AM: ASSISTED POOL EXERCISE (PL)

10AM: BIBLE STUDY (BR) Join Guest Teacher Rev. Vernon Meyer for a study on THE MANY FACES OF JESUS: Christology and the Search for the Historical Jesus

10AM: LLL: IPHONE BASICS (AGR) Registration required.

10AM: NEEDLEWORK CLASS (AG5) Join Carolyn for tips and tricks on knitting, crocheting and needlework every week! Call x15561 if you have questions.

10:45AM: SAFEWAY SHOPPING (OC)

11:30AM: LLL: CLASSICAL MUSIC (AGR) Registration required.

11:30AM: LLL: LESSONS FROM THE BLUE ZONE (LC) Deep Dive into the healthy habits of longest-lived people on the planet. Discussions on how our Beatitudes home has many of the key components to promote healthspan & lifespan! FREE EVENT. NO REGISTRATION REQUIRED.

12PM: GROOVYTEK (LIB) MONDAY - FRIDAY 12:00P - 5:00P

1PM: L2 STRENGTH & BALANCE WITH MIKE (RC)

1PM: L3 SENIOR STRENGTH TRAINING (FC)

1PM: PV'S RESIDENT MEETING (PVL)

2PM: NEW RESIDENT WELCOME COFFEE (LC) Meet & greet new neighbors! All residents are encouraged to attend! If you are new, please call Ray at x18467 to RSVP so we may recognize you. Don't forget to wear your name badges!

4PM: CAHOOTS BINGO (PC) Join us in Plaza Club on Wednesdays at 4:00 p.m. to play Bingo!

THU 26

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 until 11 am.
10AM: MID-WEEK PV WORSHIP (PVL)
10AM: PINOCHLE CARDS (CPW3) Single and double deck play. Join us or call Arnie Anderson x14311.
10:45AM: L1 CHAIR YOGA (RC)
11AM: ARTIFICIAL INTELLIGENCE (AGR) Registration required.
11AM: MID-WEEK LC WORSHIP (LC)
11:30AM: HEALTH & BRAIN GAMES WITH MIKE (PC)
11:45AM: IN HOUSE MOVIE AND LUNCH (LC) Oppenheimer: The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. Movie starts at 11:45am, lunch break at 1pm, movie resumes at 1:30 and ends at 3:15pm. Box Lunch tickets 7.50 in the Bistro
12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p
1PM: L3 CORE & CONDITIONING (RC)
1PM: LLL: HOLIDAY CARDS AND LETTERS (AGR) Registration required.
1PM: SING ALONG (PVL) Join in on the singing fun. All Beatitudes Residents are invited.
2:30PM: YOGA FOR YOU (RC)
2:30PM: TEA & TALK WITH NINA (PVL) Tea for two and two, four, six, eight for tea. Join Nina Louis, VP of Health Service for a spot of tea and conversation.
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 27

7:30AM: BACKSTREET BOUTIQUE SALE (TS) Clothing , Oktoberfest and Native American 50% off. We now accept credit cards. Call x18463 for transportation or to schedule a donation pickup. Open 7:30 - noon Tu & Fri.
8AM: UNIQUE LAB SERVICES (WC) Call 480-765-2677 to register in advance.
9AM: FRY'S SHOPPING (OC)
9AM: L1 MORNING MOTIONS @ PLAZA VIEW (PVL)
9AM: WATER AEROBICS WITH CAROLE (PL)
10AM: ASSISTED POOL EXERCISE (PL)
10AM: CHEN STYLE TAIJI QUAN (TAI CHI) (RC)
10AM: LLL - ALEXA: FOR LIFE (AGR) Registration required.
10AM: PLAZA POETS (PC)
11AM: COMPETITIVE TABLE TENNIS (RC)
11:30AM: LLL: PRESIDENTIAL DECISION MAKING (AGR) Registration required.
11:45AM: LEVEL 2 STRENGTH & BALANCE WITH MIKE (PVL)
12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p
1PM: JEWISH SERVICE (BR)
1PM: LINE DANCING WITH CAROLE L1 & L2 (RC)
1PM: SCIENCE AND SPIRITUALITY (AC)
1PM: SEPTEMBER BIRTHDAY PARTY (PB) Let's celebrate all the September Birthdays with live music by Mark Evans and free cake!
2PM: BINGO! (PVL)
2PM: L3 SENIOR STRENGTH TRAINING (FC)
2PM: DARTS (RC)
2:30PM: SKETCH TOGETHER (AG5) Sketch Together is back to meeting at 2:30 pm every Friday. Bring your own supplies or use ours. All are welcome!
4PM: ON THE ROCKS HAPPY HOUR (PC)
6:30PM: MUSIC & WINE (LC) The Fall series is back with the return of Father/Daughter duo Joe & Shana Bousard. Great tunes and stories from the great American songbook. All are Welcome. RSVP to Jackie @ x18467

music&wine**SAT 28**

9AM: SIT & BE FIT (RC)
9AM: WATER AEROBICS WITH CAROLE (PL)
10AM: L3 CORE & CONDITIONING (RC)
10AM: BINGO WITH TED (PVL)
10:30AM: FILM DISCUSSION GROUP (PC) We will watch A FILM with discussion and analysis immediately following the movie.
11AM: YOGA FOR YOU (RC)
1PM: DECORATIVE PAINTING WITH LINDA (AG5) Learn tips and tricks for decorative painting on everyday objects. All are welcome!
1PM: OPEN FITNESS SPECIALIST HOUR (FC)
1PM: RESIDENT VS ROBOT TABLE TENNIS (RC)
2PM: THE EVANS BELL CONVERSION PRESENT WOOL-GATHERING (LC) Come join us as we present a new program of spoken word and music to commemorate the wraithlike season of autumn. Featuring works never before preformed.
2:30PM: COME PLAY CHESS (PVL)
4PM: HAPPY HOUR MUSIC (PB)

Scan Me:**Events/Programs****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 23 — 29 • 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 23

TUESDAY 24

WEDNESDAY 25

Compote:
Cherry (95c)
Breakfast Special:
Steak Skillet (480c)
B-Creative Station:
Italian Bar (ask for cal)

Soup: Loaded Baked
Potato (123c/164c)
Entrée: Chicken
Croquettes & Lyonnaise
Potatoes (608c)

Soup: Chicken Udon
(86c/115c)
Entrée: Spaghetti & Meat
Sauce with Garlic Bread
(743c)

Soup: Tomato Basil
(80c/106c)
Entrée: Crab Cakes with
Lemon Dill Sauce &
Broccoli Slaw (583c)

THURSDAY 26

FRIDAY 27

SATURDAY 28

SUNDAY 29

Soup: Leek & Potato
(70c/93c)
Entrée: Lasagna & Garlic
Bread (721c)

Soup: Coconut Curry
Chicken (159c/212c)
Entrée: Kielbasa Sausage
with Sauerkraut (603c)

Soup: Navy Bean
(193c/257c)
Entrée: Pineapple-Chile
Glazed Chicken &
Mashed Sweet Potatoes
(475c)

Soup: Garden Minestrone
(120c/161c)
Entrée: Chicken & Green
Bean Stir Fry with Rice
Pilaf (448c)



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 26 & FRI 27

Soup: Wild Mushroom (264c)
Wild Mushrooms, Carrots, Onions, Vegetable Broth & Cream

Entrée: Chicken Milanese (910c)
Breaded Chicken Breast with Cucumber & Radish Salad 12.99

BUCKWALD'S ARIZONA GRILLE

WEDNESDAY - SATURDAY

4:00p-7:00p

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

WEDNESDAY 25

THURSDAY 26

FRIDAY 27

SATURDAY 28

Soup: Tomato Bisque
(125c/187c)
Entrée: Crusted Pollock
(260c)

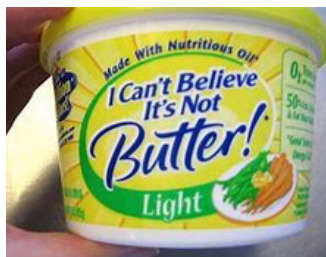
Soup: Hearty Vegetable
(158c/237c)
Entrée: New York Strip
Steak (515c)

Soup: Split Pea (158c/237c)
Entrée: Cheese Stuffed
Shells Florentine (345c)

Soup: Tuscan Chicken &
Bean (170c/255c)
Entrée: Vegetable
Lasagna (192c)

Common Food Claims

Have you ever bought a food that had "low-sodium" or "low-fat" on the label and wondered what does that mean? The FDA regulates claims placed on food products and dietary supplements with specific definitions. Below are most common health and nutrient claims on foods:



If a food claims to be...	It means that one serving contains...
Calories	
Calorie free	Less than 5 calories
Low calorie	40 calories or less
Reduced calorie	At least 25% less calories than the regular product
Sugar	
Sugar free	Less than 0.5 grams sugar and no ingredient that is a sugar
Reduced sugar or less sugar	At least 25% less sugars than the regular product
No added sugar	No sugar or sugar-containing ingredient added during processing or packaging
Fat	
Fat free	Less than 0.5 gram fat and no ingredient that is a fat
Low fat	3 gram of fat or less (and not more than 30% of calories from fat for meals and main dishes)
Reduced fat or less fat	At least 25% less fat than the regular product
Low in saturated fat	1 gram or less of saturated fat, and 15% or less of the calories coming from saturated fat (10% or less for meals and main dishes)
Lean	Less than 10 gram of fat, 4.5 gram of saturated fat and 95 mg cholesterol
Extra lean	Less than 5 g of fat, 2 g of saturated fat and 95 mg of cholesterol
Light or lite	At least 50% less fat than the regular product (or 1/3 fewer calories if less than 50% of calories are from fat)
Cholesterol	
Cholesterol free	Less than 2 mg of cholesterol and no ingredient that contains cholesterol
Low cholesterol	20 mg or less of cholesterol
Reduced cholesterol	At least 25% less cholesterol than the regular product
Sodium	
Sodium free, salt free, or no sodium	Less than 5 gram of sodium and no ingredient that is sodium chloride or contains sodium
Very low sodium	35 mg or less of sodium
Low sodium	140 mg or less of sodium
Reduced or less sodium	At least 25% less sodium than the regular product
Light or lite in sodium	At least 50% less sodium than the regular product
Lightly salted	50% less sodium than normally added
No salt added or unsalted	No salt added during processing. If the food is not sodium free, the statement "not a sodium free food" or "not for control of sodium in the diet" must also appear on the label.
Fiber	
High fiber or excellent source of fiber	20% or more of the Daily Value (DV) of fiber
Good source of fiber	10-19% of the Daily Value (DV) of fiber

Resident Spotlight



Suzanne and Jerry Hartley have found a way to combine their talents and passion for music by organizing Open Keyboard Jam Sessions and Song Fests for residents to perform and listen. Suzanne, a talented keyboard artist, provides the music while Jerry, with his organizational skills, makes sure things happen.



Since beginning in June 2022, they soon will have conducted 90 jam sessions and song fests. After numerous requests for opportunities to sing, the Song Fest held in December 2022 was a hit. They now hold Song Fests quarterly and Open Keyboard Jam Sessions twice monthly in CPW2 lobby.

Through their dedication and hard work, Suzanne and Jerry have created a platform so residents can enjoy music, and showcase their own talents. Their initiative has brought joy and entertainment to the community, and they look forward to many more successful events.

Keeping us Safe!

Our new sign-in process is now in effect! This new system is pretty darned incredible!



There are currently six buttons:

(1) First Time Visitor is when someone comes to visit you for the first time. This takes about two minutes and their information will be saved so that the next time they sign in they will only need to enter



(2) Returning Visitor is when they come see you again. After they sign in for the first time their information will be saved, and they'll be able to use this button.

(3) Pre-Registered Visitor is an interesting one. They can complete the sign-in process at home by scanning the QR code shown here, or visiting the link: <https://rb.gy/234oa2>. That's an o, not a zero. Now, when they arrive and type their name in (or scan the QR image on their phone) the system is prepopulated with their information.

(4) Delivery is for Amazon, Albertsons, FedEx, and other similar services.

(5) Vendor/Professional is for Health Care Providers, and so forth.

(6) Employee - Forgotten Badge is for when the inevitable happens.

All-in-all this is a system designed to keep us safe. While we might make a few tweaks as we continue to improve, that's the essence of it. If you notice a visitor whose badge has slipped into their pocket, just kindly remind them to attach it to their clothes. This makes it easier for everyone—security and residents alike—to recognize them as authorized on campus. For guests staying more than one day, they'll receive a handy badge holder that is valid till the end of their stay.





Centenarian's Day!



***Pictured: Dee Force, Dona Beardslee, Ellie Parsons, Marirose Burke, Peggy Simon, Ross Ruiz, Una Thomas.
Not Pictured: Frances Mast***

National Centenarian's Day is celebrated annually on September 22 to honor people who have celebrated their 100th birthday or more. The day is meant to celebrate centenarians' longevity, uniqueness, and liveliness. Help us celebrate our Centenarian's!

Music & Wine Event

Music & Wine

Friday, September 27 at 6:30PM

Life Center

The Fall series is back with the return of Father/Daughter duo Joe & Shana Bousard. Great tunes and stories from the great American songbook.

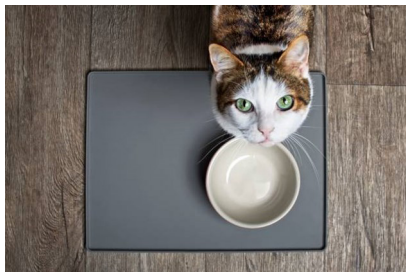
All are Welcome.

RSVP to Jackie @ x18467



Please don't feed the Cats Pigeons

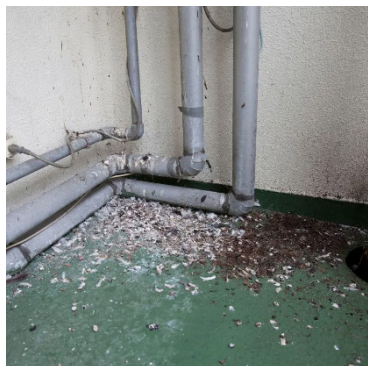
Gabi Holberg, Director of Independent Living



You may not be aware that you in fact ARE feeding pigeons. However, every time you put out cat food for our feral cat population, you are, inadvertently, also feeding the pigeons. They get wise to the new food source quickly and spread the word amongst their flock with lightning speed. They will linger around in anticipation and, given the opportunity, gobble up any food left behind or, before your intended beneficiary may even get the chance to have a nibble.



Of course, we all know what a mess pigeons make, not to mention the potential health threat they pose. Pigeon droppings and feathers are a significant source of allergens that are known to cause allergic reactions in people with diseases of the airways. We have had many, many campus-wide complaints regarding pigeon poop all over building walls and balconies. So, while you are trying to feed this cute feral cat that caught your eye, you are, instead, actively contributing to an increasing problem that costs the campus – and you – a lot of money to address.



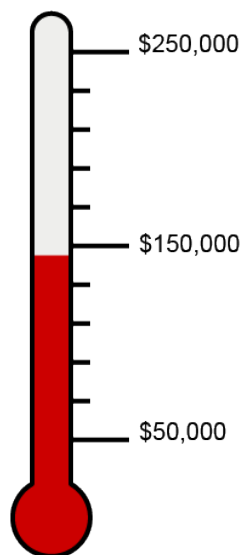
It doesn't stop there. Recently, a resident shared with me that he was actually attacked by pigeons waiting for food. He was walking by the apartment of a resident who apparently has been feeding the ferals. The pigeons must have considered him to be a threat to "their" food source and came after him. That must have felt like a scene straight out of Alfred Hitchcock's movie "The Birds".



We have very reasonable campus guidelines in place, stating not to feed the ferals, put out bird food or feed your pet on your porch. We are asking for your renewed commitment to keep this campus safe and healthy, and abiding by these guidelines. Feral cats have alternate food sources available to them and do not need to rely on residents to feed them. Thank you in advance for not putting out food for any animals going forward. You can help keep your neighbors safe and the community looking its best.



Employee Appreciation Fund!



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!

Total as of September 12th: \$147,110.64

Attorney General Mayes Warns of Bitcoin & Cryptocurrency Scams

PHOENIX — Attorney General Kris Mayes is again warning Arizonans to be on high alert for cryptocurrency scams targeting vulnerable individuals, particularly senior citizens.

"Scammers are taking advantage of the lack of familiarity on how cryptocurrency works to scam Arizonans out of their hard-earned money," said Attorney General Mayes. "My office is committed to ensuring that all Arizonans are informed and protected against these emerging threats. I urge Arizonans to be vigilant and to report any suspicious activity to our office immediately."

Scammers are always finding new ways to steal your money using cryptocurrency. Some common scams to watch out for:

Investment scams:

Scammers may contact you out of the blue on a social media pretending to be an investment manager. The scammer may also pose as a love interest on a dating app who wants to help you invest your money. These scammers will promise a high-rate of return with "zero-risk" as long as you buy cryptocurrency such as Bitcoin and transfer it to the scammer's account.

Business, government or job impersonator scams:

In a business, government, or job impersonator scam, the scammer pretends to be someone you trust to convince you to send them money by buying and sending cryptocurrency. They may claim to have seen fraud on your accounts and that your money is at risk and to fix it you'll need to buy cryptocurrency and send it to them. They might also say there's a legal problem, that you owe money, or your accounts or benefits are frozen as part of an investigation. They tell you to solve the problem or protect your money by buying cryptocurrency. These are red flags that indicate a scam.

Blackmail scams:

Scammers might send emails or U.S. mail to your home saying they have embarrassing or compromising photos, videos, or personal information about you. Then, they threaten to make it public unless you pay them in cryptocurrency. Don't do it. This is blackmail and a criminal extortion attempt. Report it to law enforcement immediately.

Tips to Avoid Falling Victim to Scams:

Verify Information: Before taking any actions, hang up, and independently verify the legitimacy of the caller by directly contacting the organization they claim to represent. Never use the contact details they provide — call whoever they claim to represent directly. Scammers can mask numbers making it appear that a legitimate company or organization is calling you.

Be Skeptical: Always be skeptical of unsolicited calls, especially those asking for immediate action involving financial transactions. A government agency will never ask you to remove money from your accounts to send via bitcoin, wire transfer or gift cards. Only Scammers Demand Payment in Cryptocurrency: No legitimate business is going to demand you send cryptocurrency in advance – not to buy something, and not to protect your money. That's always a scam.

Secure Your Personal Information: Never share personal information like your social security number, bank account details, or passwords over the phone with unknown callers or give anyone real-time access to your computer. Never click on a link from an unexpected text, email, or social media message, even if it seems to come from a company you know.

Consult Trusted Individuals: Always consult with a trusted family member or friend before making any substantial financial decisions, especially those involving digital currencies like bitcoin. **Report Suspicious Activity:** If something feels off, it probably is. Report the call to local law enforcement and file a complaint with the Arizona Attorney General's Office.

If you believe you or someone you know has been the victim of fraud file a consumer complaint by visiting www.azag.gov/consumer. If you need a complaint form sent to you, contact the Attorney General's Office in Phoenix at 602-542-5763, in Tucson at 520-628-6648, or outside the Phoenix and Tucson metro areas at 800-352-8431.

If you believe you have been the victim of identity theft, get help from the Federal Trade Commission by visiting www.identitytheft.gov or by calling (877)-438-4338. Educate yourself about cryptocurrency scams by visiting the FTC's website.

Article from the Attorney General's Office.

We Remember



Daniel Bedgood
July 8, 1935 —
September 19, 2024
Plaza South

Six Degrees of Separation—continued

also discovered, the week prior, another connection, as Lauren works with the granddaughter of one of our residents. I shouldn't be surprised with the connections back to Beatitudes due to our amazing residents, the lives you have lived, how you have inspired purpose in many, along with Beatitudes longevity and reputation in the community; it makes me proud of who we are and the good work we do.

Thinking of Dosia always puts a smile on my face, and I am happy to know that one way that Dosia's legacy lives on is through Duet's work in our communities and I am grateful that my daughter can help carry on Dosia's legacy in the programs that her company shares with Duet and the community.

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

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.



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