



Together, we make a difference

Barbara Wood, VP of Development & Communications/PR

In the 11 years I've been part of Beatitudes Campus, I remain continually amazed and humbled by the rich diversity that defines our community. The variety of experiences, backgrounds, and perspectives here is what truly makes Beatitudes special. Each resident brings a unique combination of activities, emotions, and physical abilities, creating an environment where we all grow and flourish together. These diverse life journeys and abilities not only enrich our campus but also foster a deep sense of belonging, where every voice is heard and valued.

I've witnessed moments of celebration, triumph, loss, struggle, learning, and yes—even miracles. I am grateful to each of you for the role you play in making Beatitudes Campus such a thriving community. You may not always realize it, but just by being here, you're contributing a part of yourself, and it positively impacts us all. Whether you're out enjoying the



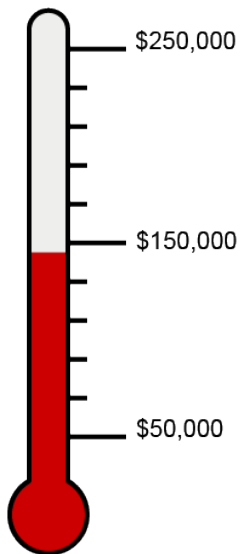
grounds, engaging in activities, or more limited in your movements, your spirit and presence are the heartbeat of Beatitudes. Thank you for being a vital part of this family.

As a community, we are all dedicated to maintaining the strength and diversity that make Beatitudes so unique. I've shared information with you before about the Resident Assistance Fund (RAF), which plays a crucial role in preserving the unity and inclusivity we cherish. As a voice of the Beatitudes Campus Foundation, it's an honor to share more about this essential initiative. Simply put, RAF provides critical resources to residents who need assistance with housing or healthcare costs. These

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: \$147,110.64



Name	Day
Barb Komnick	15
Bob Telleen	15
Joan Emig	15
Bill Henry	16
Bill Storm	16
Jeri Cornwell	16
Bonnie Still	17
Sally Drey	17
Louis Smith	18
Jacqueline Sherman	19
Mary Louise McCarthy	19
Emilie Ruiz	20
Paula Meyer	20
Cindy Pickard	21
Thomas Wickes	21
Wanda Luey	21

Happy Belated Birthday to:

Michael Wolf	10
Paul Carpenter	10

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 15	MON 16	TUES 17	WED 18
<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>10:30AM: 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) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p>9AM: DOLLAR TREE/ GOODWILL (OC) Please call X12905 for reservations, 5 person minimum. (New Location 35th Ave & Peoria)</p> <p>9AM: LLL ADVANCED SPANISH (AG1) Registration required.</p> <p>9AM: SIT & BE FIT (RC)</p> <p>9AM: NO WATER AEROBICS WITH MIKE (CANCELED)</p> <p>9:30AM: LLL SPANISH FOR BEGINNERS (AGR) Registration required.</p> <p>10AM: VACCINE EDUCATION EVENT (LC)</p> <p>10AM: BIBLE TALK (PN3) Join residents for some Biblical discussions. Call Barbara Lambert with questions at x15206.</p> <p>11AM: LLL INTERMEDIATE SPANISH (AGR) Registration required.</p> <p>11AM: OPEN FITNESS SPECIALIST HOUR (FC)</p> <p>12PM: LLL COURT COMPENDIUM (AGR) Registration required.</p> <p>12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1PM: NO L2 STRENGTH & BALANCE WITH MIKE (CANCELED)</p> <p>1PM: LIFE JOURNEY SUPPORT GROUP (PVL) All are welcome.</p> <p>1:30PM: POKER (PC)</p> <p>2PM: BASKETBALL BOUNCE (RC)</p> <p>2PM: LLL: OPERA MUSIC AND DRAMA (AGR) Registration required.</p>	<p>6:30AM: WALKING GROUP (CM)</p> <p>7:30AM: BACKSTREET BOUTIQUE SALE (TS) Oktoberfest steins for sale. Native American items 25% off. 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>9:30AM: CURANA OPEN HOUSE EVENT (LC) Join us for the Clinic - Ribbon Opening Event</p> <p>10AM: LLL: JOURNALISM NOW (AGR) Registration required.</p> <p>10AM: THE FREE THINKERS CIRCLE (AC)</p> <p>10AM: WII BOWLING (PVL)</p> <p>10:45AM: L1 CHAIR YOGA (RC)</p> <p>11AM: IN N OUT BURGER (OC) Call x12905 to reserve a spot on the bus.</p> <p>11:30AM: LLL: SOUTHWEST (AGR) Registration required.</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: TED TALKS (AGR) Registration required.</p> <p>2PM: ALTERATIONS WITH MARY JO (RC)</p> <p>2PM: BE INFORMED WITH MICHELLE & DAVID (TV2)</p> <p>2PM: BINGO (PVL)</p> <p>2PM: DARTS (RC)</p> <p>2PM: VOTER REGISTRATION (PB) Bring a form of identification 2-4pm</p> <p>2:30PM: HAPPY 102ND BIRTHDAY (PB) Join us as we celebrate the birthday of Ross Ruiz. Birthdays cards are welcome! Free cake!</p> <p>2:30PM: WHAT CAN THE UNIGUEST APP DO FOR YOU!?! (POSTPONED)</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) Get your grocery shopping done! Call x12905, and leave your name, for a seat on the bus. 5 person minimum</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: NO L1 MORNING MOTIONS @ PLAZA VIEW (CANCELED)</p> <p>9AM: SIT & BE FIT (RC)</p> <p>9AM: WATER AEROBICS W/CAROLE (PL)</p> <p>9AM: CREATIVE CORNER OPEN HOURS (AG5)</p> <p>10AM: ASSISTED POOL EXERCISE (PL)</p> <p>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</p> <p>10AM: COMMUNITY GARDEN MEETING (AG3)</p> <p>10AM: LLL: IPHONE BASICS (AGR)</p> <p>10AM: NEEDLEWORK CLASS (AG5)</p> <p>10:45AM: SAFEWAY SHOPPING (OC)</p> <p>11:30AM: LLL: CLASSICAL MUSIC (AGR) Registration required.</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: L3 SENIOR STRENGTH TRAINING (FC)</p> <p>1PM: LOW VISION SUPPORT GROUP (PVL)</p> <p>1PM: NO L2 STRENGTH & BALANCE WITH MIKE (CANCELED)</p> <p>2PM: SUNDAES WITH DAVE (PB) Come join us to chat with department leadership while enjoying free ice cream sundaes! Team leaders attend from 2-3 PM and sundaes are available until 4.</p> <p>4PM: CAHOOTS BINGO (PC)</p>
<p>Gift Shop Opens at Sa.m. Mon-Fri</p>	<p>2:30PM: COLOR AND CHAT (AG5) Supplies provided or bring your own.</p> <p>3PM: AA OPEN MEETING (AG2)</p> <p>4PM: MUSICAL SONG FEST (LC) Join us! Refreshments provided. All are welcome to come listen and sing!</p> <p>6:30PM: IRENE B'S BIBLE STUDY (RC)</p>	<p>2:30PM: WHAT CAN THE UNIGUEST APP DO FOR YOU!?! (POSTPONED)</p> <p>3PM: CHOIR PRACTICE (LC)</p> <p>4PM: HAPPY HOUR (PC)</p>	

WEEKLY AGENDA: SEPTEMBER 15 – 21

THU 19

6:30AM: WALKING GROUP (CM)
9AM: NO WATER AEROBICS WITH MIKE (CANCELED)
9AM: OPEN FITNESS SPECIALIST HOUR (FC)
9AM: THE STUDIO WITH DAVID RAGAN (AGR)
9AM: BMO HARRIS BANK (TP) BMO has a representative on site Tuesday and Thursday until 11 am.
10AM: MID-WEEK PV WORSHIP (PVL) Join Chaplain Peggy for our 10-10:30AM Thursday morning non-denominational worship service in Plaza View Lounge. All are welcome to receive communion.
10AM: PINOCHLE CARDS (CPW3)
10:45AM: L1 CHAIR YOGA (RC)
11AM: LLL ARTIFICIAL INTELLIGENCE (AGR) Registration required.
11AM: MID-WEEK LC WORSHIP (LC) Join Chaplain Peggy in the Life Center for our non-denominational service. All are welcome to receive communion.

11AM: ASU ART MUSEUM (OC) Join us for a free tour of the Arizona State University Art Museum. Call XT 12905 to reserve a spot on the bus.

11:30AM: EPISCOPAL SERVICE (EF) Join the Priest from All Saints' Church for a weekday service.

11:30AM: NO HEALTH & BRAIN GAMES WITH MIKE (CANCELED)

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

1PM: EYES ON SITE (WC) Call 480-626-8925 to schedule appointment.

1PM: L3 CORE & CONDITIONING (RC)

1PM: LLL: HOLIDAY CARDS AND LETTERS (AGR) Registration required.

1PM: SING ALONG (PVL) Join in on the singing fun.

2:30PM: YOGA FOR YOU (RC)

2:30PM: WINE & CHEESE SOCIAL (PVL) Join us for some refreshing spirits (including sparkling cider), cheese, fruit and, live entertainment.

4PM: ON THE ROCKS HAPPY HOUR (PC)

4:30PM: DEMENTIA & PHYSICAL PAIN: WHAT YOU NEED TO KNOW (LC)

FRI 20

6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk!

7:30AM: BACKSTREET BOUTIQUE SALE (TS) Oktoberfest steins for sale. Native American items 25% off. Clothing 25% 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: NO MORNING MOTIONS @ PLAZA VIEW (CANCELED)

9AM: WATER AEROBICS WITH CAROLE (PL)

10AM: ASSISTED POOL EXERCISE (PL)

10AM: CHEN STYLE TAIJI QUAN (RC)

10AM: LLL: QR CODES (AG1) Registration required.

10AM: SHOPPING SPECTRUM MALL (OC) Please call in your reservations to X12905, 5 person minimum.

11AM: COMPETITIVE TABLE TENNIS (RC)

11:30AM: LLL: PRESIDENTIAL DECISION MAKING (AGR) Registration required.

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

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

1PM: LINE DANCING W/CAROLE L1 & L2 (RC)

1PM: SCIENCE AND SPIRITUALITY (AC)

1:15PM: SYMPHONIC MUSIC WITH BRUCE PULK (PC) Join us for an hour of listening and learning about Symphonic Music.

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.

2:30PM: 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) Join Bill, Robert, and The Purple Gang as they entertain you with music from the '50s through the '90s. Tues, Thu & Fri.

SAT 21

6:30AM: WALKING GROUP (CM)

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)

11AM: YOGA FOR YOU (RC)

12PM: EARLY ONSET CAREPARTNER SUPPORT GROUP (BR) Contact Tena Alonzo at 16182 with questions.

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: REPUBLICANS GROUP MEETING (AGR)

2:30PM: COME PLAY CHESS (PC)

3PM: SOUND HEALING EVENT WITH CAROLE (AGR) Relax & Enjoy the Healing Benefits of Crystal Bowl and Gong Bath Sound Therapy.

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 16 — 22 • 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 16

TUESDAY 17

WEDNESDAY 18

Compote:
Cherry (95c)
Breakfast Special:
Chorizo & Potato
Burrito (380c)
B-Creative Station:
Baked Potato (ask for cal)

Soup: Florentine
Minestrone (159c/210c)
Entrée: Teriyaki Chicken
with Jasmine Rice (784c)

Soup: Vegetable Rice
(147c/196c)
Entrée: Liver & Onions
with Bacon & Mashed
Potatoes (552c)

Soup: Lemon Chicken Orzo
(107c/142c)
Entrée: Ham Steak with
Grilled Pineapple &
Scalloped Potatoes
(501c)

THURSDAY 19

FRIDAY 20

SATURDAY 21

SUNDAY 22

Soup: Turkey (156c/208c)
Entrée: Chicken
Parmesan
over Linguine (521c)

Soup: Manhattan Clam
Chowder (100c/150c)
Entrée: Blackened Mahi-
Mahi Tacos with Black
Beans & Rice (594c)

Soup: Greek Chicken
(139c/177c)
Entrée: Orange Beef with
Lo Mein Noodles (715c)

Soup: Chile-Lime Tortilla
Shrimp (211c/282c)
Entrée: Penne Chicken
Alfredo (660c)



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 19 & FRI 20

Soup: Chicken & Sweet Corn (315c)
Chicken, Sweet Corn, Carrots, Egg Ribbons & Green Onions
Entrée: Artichoke Chicken (589c)
Chicken Breast topped with Artichokes & Cheese Sauce 12.99

BUCKWALD'S ARIZONA GRILLE

WEDNESDAY - SATURDAY

4:00p-7:00p

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

WEDNESDAY 18

THURSDAY 19

FRIDAY 20

SATURDAY 21

Soup: French Onion
(369c/553c)
Entrée: Cod Vera Cruz
(247c)

Soup: Miso (84c/126c)
Entrée: 6oz Ribeye Steak
with Garlic Butter (620c)

Soup: Chicken Orzo
(129c/193c)
Entrée: Beef Pot Pie (511c)

Soup: Cream of
Mushroom
(215c/322c)
Entrée: Roasted Turkey
Breast (189c)

Understanding Osteoporosis



Osteoporosis is a disease that consists of weakened bones and increased fracture risk. It's sometimes called a "silent disease" with few, if any, noticeable changes to your health to indicate you have it. In fact, the first indication of osteoporosis often is when a bone breaks. Although it can strike at any age, osteoporosis risk increases after 50, with the highest rates seen in women 65 and older and men 70 and older. White and Asian women are more likely to develop osteoporosis than men, however anyone can still be at risk of developing this condition. Taking steps to build bone health while you are young can literally make or break what will happen to your bones as you age. However, at every age, a healthful diet and regular weight-bearing exercise are important, helping to ensure bone tissue continues to build.

Bone Health and Diet

Bones may seem dry and dull, but they are far from it. They are constantly under construction; certain cells break down bone tissue and other cells use the calcium and nutrients from foods you eat to build new bone. If you are not physically active or getting the nutrition you need, bones will suffer — becoming less dense, weaker and more likely to fracture.

Bone-Building Nutrients

Calcium, the major nutrient needed to form new bone cells, is vital for bone health. Bones store about 98% of the calcium in your body. Some calcium-rich foods and beverages include milk, yogurt and cheese, and calcium-fortified soy milk. Other sources include soybeans, dark green leafy vegetables and calcium-fortified tofu, but the amount of calcium the body absorbs from these foods can vary. Calcium needs change at different stages of life:

- Adults ages 19 to 50 need at least 1,000 milligrams of calcium a day.
- Women over age 50 and men over age 71 need at least 1,200 milligrams of calcium a day.

Calcium cannot build bones alone. It works with other nutrients including vitamin D, vitamin K, potassium and magnesium to increase bone density and strength.

Foods vs. Supplements

Supplements can't duplicate what foods offer naturally. If you don't drink milk or consume other dairy products, make sure you're eating plenty of non-dairy sources of calcium and calcium-fortified foods and beverages. Consult with your doctor about taking a calcium supplement with vitamin D, especially if you have reached menopause or post-menopause.

www.eatright.org





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

Want to Help?

Did you know there are many volunteer opportunities on campus to help out that do not require a weekly time commitment? Special projects. One-time events. Assisting other residents. Helping in an office or with a distribution. Does this sound like something you can do?



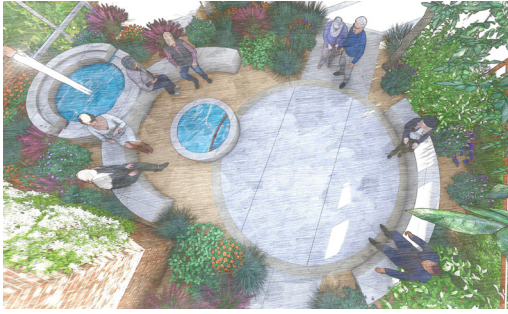
Let's take a look at some examples where you can help once or as needed and as often as you would like:

- Assist at Memory Lane, a Friday activity, to help with games or with food tastings (Mollie Heiden, Life Enrichment)
- Be a Research Ambassador to share research possibilities with other residents (Tena Alonzo, Comfort Matters)
- Help out in the office when projects require more hands (Tena Alonzo)
- Be a Friendly Visitor with a resident who would appreciate talking with you (Mollie Heiden, Life Enrichment)
- Guide a resident in a wheelchair to a special event or program (Mollie Heiden)
- Help at a special event-this is a fun one because you never know what you might help with! (Didi Cruz, CARECore)
- Get your hands dirty at a First Saturday at the Garden, particularly for planting, cleanup and preparing the beds (Melissa Frey, Community Garden)
- Tutor at Maryland School, where you can change the life of a child - this does require an ongoing commitment but you can arrange that with the teacher (Ruth Crowley, Community Outreach)



There are many places you can help - just let others know you are willing. Contact the staff person in charge or the chair of the committee and see what's available in an area that interests YOU. The person to contact for the activities above is listed after each one so make a call. You will meet new people, provide a service, and get a wonderful sense of accomplishment.

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."*



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



Campus Kudos! - Landen & Than

About 12:30 on August 30th, I fell in my bathroom and was unable to get up. I pressed my Personal Help Button and Landen Spiguza and Than Say from our security team arrived within 4 minutes. They verified that it was safe to help me up, then assisted me to my recliner and checked me over. After reassuring them that I was okay, they asked if there was anything else they could do for me. They were so nice, attentive and so sweet, even retrieving a bottle of water from my refrigerator for me. Landen also recommended that I consider getting a different pair of slippers. Mine were just a "slip on" pair and he suspected that they might have contributed to my fall. I already have replaced my old ones with a pair that fully encloses my feet. I am so appreciative for Landen's and Than's considerate help and for the wise recommendation. Thank You both.

Betty Alvarez
CPS



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!

Happy 102nd Birthday Bistro

Happy Birthday

Tuesday, September 17 at 2:30PM

Come on down and join us as we celebrate the birthday of Ross Ruiz. Free cake! Music by Adam G. Birthdays cards are welcome!



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 Spotlight

Janet Weider Does It All For Arizona Humane Society. Since making her first donation back in 2000, Beatitudes resident Janet Weider has been an irreplaceable force for good at AHS. After a decorated career in the IT Industry enabled by her quantum chemistry studies at the University of Kentucky, Janet has channeled her boundless energy into numerous philanthropic efforts during her retirement. She began volunteering for AHS in 2013 and has taken on nearly every role you could imagine, from Bottle Baby ICU to our Thrift Store, having accumulated 5,000 volunteer hours along the way. Along with donating her time, Janet is also a member of the Presidents Club and has made many generous contributions to AHS, the first of which was inspired by our Legacy Circle. When Janet and her husband Walt realized that their beloved late dog may outlive them, she was quick to join the program and wanted to give what she could to ensure it remained available to Arizona pet owners for years to come. When asked why she continues to support AHS' mission, Janet simply recalled how she wouldn't have been able to earn her degree without a scholarship, emphasizing how a little help can go a long way.

**Reprinted from Arizona Humane Society publication Paw prints.*



Campus Kudos! - Martin Medina

I recently returned from a trip and tested positive the following day for COVID. Following the Beatitudes guidelines, I was in isolation for five days. I understood that I could go for a walk in the early evening when few people were out and so I did, wearing a mask along with my trusty hearing aids. About an hour after I returned, I noticed that my right hearing aid was missing. Panicking, I immediately went out and retraced my steps around the periphery of the campus with a flashlight. After a couple rounds, I remembered that I had a program on my phone called "Find My Hearing Aids." I went to bed thinking "isn't technology wonderful!", believing that I would surely find the lost one in the morning.



It was my first day out of isolation so as soon as it was light out, I went and tried looking again using the program. I saw a couple of our workers riding in their carts so I hailed them and explained my plight. I showed one my program's map and the two dots, one red and one green, representing each of my aids and the blue circle representing me. When the red dot (the lost one) and the blue circle coincide, shouldn't the lost hearing aid be under my feet? The second worker looked for a few minutes and left but the first worker drove around at least 15 minutes searching for it until I finally told him to stop, figuring he must have other work to do. I quit at 8:30 when it was just getting too hot to be outside. Finding a light brown hearing aid the size of a large beetle amidst all the little rock ground cover on campus is challenging to say the least. I called my audiologist who told me that yes, I could get the hearing aid replaced for \$400 but that they would not do that for a week because usually the lost was found.

I couldn't help myself, I had to go back out that afternoon, sweat or not. I arrived at the "spot" and the worker from the morning, to my surprise, immediately showed up in his cart. Smiling, he asked if I was the lady who lost her hearing aid. I said that I sure was and he said "Well, I found it." "No! Where?" I exclaimed. "Over under that tree by the Life Center" he pointed, way off from where my program indicated it was—if I was reading it right. He ran upstairs to CPS to get where he was saving it and gave it to me. I sighed, smiled at him with great relief, shook his hand, and thanked him for all that he did for me. All in a day's work, it seemed, and he was off.

This maintenance worker (Martin Medina) told me that he has been employed at the Beatitudes for over ten years. His name badge is wrinkled with the cellophane cover cracked and torn. I did not expect him to come back and keep searching for what I lost, but he did. For his generosity, thoughtfulness and persistence, I won't forget what he did.

-Janet Valder

We Remember

Doris Ellingson
January 22, 1930 —
September 7, 2024
Plaza View



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**

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www.bcampus.org/rr

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

Together, we make a difference –continued

are individuals who have worked hard, saved, and planned, but, as we know, life's unpredictable challenges—health crises, economic downturns, the loss of family support, or simply living longer than expected—can quickly deplete the financial reserves meant to last a lifetime.

Since nearly the beginning of the campus, the Resident Assistance Fund has been part of our community's fabric. The vision that Beatitudes would be a place where we look out for one another is deeply ingrained in who we are, and now, more than ever, fulfilling that vision is essential. Beatitudes is more than just a place to live—it's a lifestyle that enriches everyone who calls this campus home. One of the ways we maintain this lifestyle is by keeping our community intact, and RAF is a key element in ensuring this.

Today, Beatitudes is home to 608 residents—450 in Independent Living and 158 in our licensed areas: Assisted Living, Early Memory Support, and the Health Care Center. Over the past year, an average of 12 residents each month received some level of support from the RAF, helping to cover the cost of housing, healthcare, or both. Just in the past 12 months, we have provided more than \$280,000 in assistance to residents – a powerful investment that helps ensure our friends and neighbors remain safe, supported, and part of our wonderful community.

If you or someone you know is struggling to meet financial needs,

please don't hesitate to reach out to me to discuss applying for RAF assistance. This assistance can cover a wide range of needs, from housing and healthcare costs to one-time medical expenses such as hearing aids or dentures, or even in-home care services from Beatitudes at Home. Residents who have lived here for at least three years may be eligible, as long as certain criteria are met, including exhausting available assets, having insufficient income to cover expenses, maximizing family support, and downsizing to the most cost-effective apartment available. Applicants must also apply for support through Arizona's Long-Term Care System (ALTCS).

The Resident Assistance Fund is sustained entirely by charitable contributions from residents, family members, and members of the broader community. A committee of campus representatives oversees the fund to ensure that it reaches those who need it most. Donating to RAF is one of the most meaningful ways to support your neighbors—every dollar makes a tangible difference. Many of you already give generously, and for that, we are truly grateful. Your support directly impacts the lives of our residents, allowing us to grow together as a stronger community. If you'd like to contribute or learn more, please don't hesitate to reach out to me at x16136. Together, we're creating a lasting impact in the lives of our Beatitudes family.

Campus Kudos! - Dining Staff

As residents of the Beatitudes Campus our food program is a very important issue.

We feel very fortunate to have such a great Dining Service Staff. No matter where we choose to eat, either Bistro's, Buckwald's or Elaine's we are always served with respect, caring, friendliness and knowledge of the menu.

In addition to serving our orders, they bus and clean our tables to allow us to enjoy the end of a great dinner.

Thank you to all these wonderful Servers, we are very grateful to all of you.

-Susi and Paul Sipos

Members of the Employee Appreciation Fund Committee

