

# GOOD Life News

*at The Peaks Senior Living Community*

JULY 2017

[www.thepeaks.org](http://www.thepeaks.org)

## Executive Director

Well, the remodel is almost finished. We have a few items remaining, including original artwork for the cubbies at the top of each hall in the Health & Rehabilitation center and the addition of parking spaces on the south and east sides of the property. We want to thank everyone for their patience during this time and hope you enjoy the updates we have made. I also want to wish everyone a happy Fourth of July, and it is my hope you are all able to celebrate our National Independence Day with family and friends.

— *Russell Goddard*, Executive Director



**Our Talk.  
Our Walk.  
Every Day!**

**Enjoying  
the Summer  
Bounty**

At long, last summer is here! That means fresh fruits and vegetables straight from the garden, food co-op, roadside stand or local grocery. We're here to help you enjoy the best of the season's bounty and reap the benefits. Eating well this season is about fresh, colorful food, and on many occasions, eating outside with friends or family adds to the fun. Search out super foods like spinach, raspberries or blueberries. Research suggests that healthy eating can promote mental acuteness, resistance to illness and disease, and increased energy.

## Life Enrichment/ Highlighted Events

The Life Enrichment Team would like to invite you to join us in celebrating life and the freedoms we have in the United States.

**July 5:** "Freedom Ring" Birthday Party, 2:30-3:30 p.m., Alpine Room

**July 10:** Red Hats Lunch Outing, departing at 12:30 p.m., meet in the lobby.

**July 12:** Lunch Outing to Oreganos, departing 11:30 a.m., meet in the lobby.

**July 19:** "Sizzling in July," Theme Party, 2:30-3:30 p.m., Alpine Room

**July 26:** Valiant Veterans® Celebration, 2 p.m., with Guest Speaker Andrew Griffin from Arizona Department of Veteran's Services.

**July 29:** Concerts in the Park Outing, Pure Prophet, departing at 5 p.m., meet in the lobby.

Please sign up for all outings at least one day prior to the outings with Life Enrichment. The sign-up sheet can be found outside the Life Enrichment office or you can call Lori James at 928-774-7106 ext. 2040

## The Peaks Senior Living Campus First in Flagstaff to Receive National Award

Flagstaff, Ariz. (June 5, 2017) — The Peaks Health & Rehabilitation and The Peaks Senior Living Community have been recognized as 2017 recipients of the Bronze Commitment to Quality Award by the American Health



Care Association and National Center for Assisted Living (AHCA/NCAL). The award is the first of three distinctions possible through the AHCA/NCAL National Quality Award Program, which honors long term and post-acute care providers that have demonstrated their commitment to improving the quality of senior care. Since the National Quality Award Program implementation in 1996, The Peaks is the first senior living community and health care center in Flagstaff to be recognized.

“Bronze award recipients advance our mission of improving lives by delivering solutions for quality care,” said Mark Parkinson, president and CEO of AHCA/NCAL. “We applaud their efforts to enrich the lives of those in the long term and post-acute care communities we serve.”

The National Quality Award Program is centered on the core values and criteria of the Baldrige Performance Excellence Program. The program assists providers of long term and post-acute care services in achieving their performance excellence goals. The program has three levels: Bronze, Silver and Gold. Facilities begin the quality improvement process at the Bronze level, where they develop an organizational profile with essential performance elements such as vision and mission statements and an assessment of customers’ expectations. Bronze applicants must demonstrate their ability to implement a performance improvement system. A team of trained Examiners reviews each Bronze application to determine if the facility has met the demands of the criteria. As a recipient of the Bronze Commitment to Quality award, The Peaks may now move forward in developing approaches and achieving performance levels that meet the criteria required for the Silver Achievement in Quality award.

Patty Baca, Director of Marketing, and Leah Veschio, Community Outreach Director

## Nursing/Health Care

10 Early Signs and Symptoms of Alzheimer’s Dementia

1. Memory loss that disrupts daily life, forgetting important dates or events, or asking for the same information over and over.
2. Challenges in planning or solving problems, such as keeping track of and paying bills.
3. Difficulty completing familiar tasks at home, work or at leisure. Sometimes having trouble driving to a familiar location.
4. Confusion with time or place. Losing track of dates, seasons and passage of time. Sometimes forgetting where they are or how they got there.
5. Trouble understanding visual images and spatial relationships. Difficulty reading, judging distance and determining color or contrast.
6. New problems with words in speaking and writing. Having trouble following or joining a conversation.
7. Misplacing things and losing ability to retrace steps. Sometimes they may accuse others of stealing.
8. Decreased or poor judgment. Using poor judgement when dealing with money, giving away large amounts of money to telemarketers. Less attention is paid to grooming and bathing.
9. Withdrawal from work or social activities. Having trouble completing a favorite hobby or having trouble keeping up with their favorite sports team.
10. Changes in mood or personality. Confusion, depression, and fearful, anxious or suspicious behavior can be seen. Individuals may become easily upset when out of their comfort zone.

Courtesy of Alzheimer’s.org

— Martha Toffol, Director of Nursing



## Resident Spotlight



The Peaks asks you to join us in welcoming one of our residents, Jane G. Jane was born in Ft. Worth, Texas, but was raised in Ruston, La. She lived on a farm with her family. As a young woman, Jane knew she wanted to make a difference in people’s lives. She was accepted into Louisiana Tech and worked as a receptionist in the hospital while trying to obtain her degree to become a physician’s assistant.

Jane eventually moved to Dallas, Texas, and had her four children. After staying in Texas for some time, Jane moved to Oklahoma City, where she would spend five years. She subsequently moved to Little Rock, Ark., where she lived for 50 years.

Having plenty of moving experience, Jane thought it was a natural progression to become a real estate agent and business owner. She worked as a realtor for 40 years and assisted clients from Little Rock Medical Center, eventually meeting her husband, Jerry, who was a surgeon at the Medical Center. Jerry and Jane were happily married and spent a lot of their free time traveling to Europe and other countries. They spent four months in Cardiff, Wales, while her husband was studying Cardio Thoracic surgery. Jane found her experience in Wales to be marvelous. The culture was completely different than anything she had experienced. She was treated very well by the residents, as she was a professor’s wife and this was quite an honor.

Jane has lived in Flagstaff for two and a half years. What she likes the most about Flagstaff is the topography, terrain and having all four seasons. “It is completely different than Arkansas,” she said. However, the best part is being closer to family.

Since retirement, Jane has had time to fulfill her interests of horseback riding, scuba diving and being with her family. She enjoys traveling the world and having conversations about a variety of topics. Many would describe Jane as kind, creative and inspiring.

## Yard Sale

As you know, every year the Bungalow residents have a Yard Sale. This year, Annie would like to ask residents to donate any unwanted books. These books will be sold during the Yard Sale. All the proceeds will go towards the Employee Christmas fund. Please look for additional information in our August newsletter.

## New Residents

- Harry S.
- Helen J.
- John “Jack” and Nancy R.
- Robert B.



## Need Your Help

We are here to serve you, but we need your help! Please know we want all of our residents to enjoy themselves and have a good time. However, remember there is a two drink maximum for Happy Hour for residents, family and guests. In order to keep an accurate account of the number of drinks everyone has been served, we need your help. Going forward, we ask that individuals get drinks for themselves. If your friend, family member or guests are unable to get drinks, please ask for a staff member to help them. We thank you in advance for your help with this matter.

## Resident Birthdays

- Linda A., 3rd
- Linda C., 14th
- Chuck H., 19th
- Sonja H., 20th
- Margaret M., 24th
- Jane S., 26th
- Nellie N., 29th



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## Staff

**Executive Director/  
 The Lodge**  
 Janet Mars

**Executive Director/  
 Skilled Nursing**  
 Russell Goddard

**Director Of Nursing**  
 Shelly Howdeshell

**Director of Nursing**  
 Martha Toffol

**Sales and  
 Marketing Director**  
 Patty Baca

**Life Enrichment  
 Director**  
 Tasha McIntyre

**Community  
 Outreach Director**  
 Leah Veschio

**Director of  
 Dining Services**  
 Wil Hernandez

**Business Office  
 Director**  
 Candace Harrison

**Plant Operations  
 Director**  
 Jeremaih Minter

**Social Services**  
 Lynda Ballantine

**Central Supply  
 Director**  
 Christella Vasquez

**Registered  
 Dietician**  
 Lorraine Crim

## Food and Beverage/ Dining Services

Hello Residents,

We are excited for the summer. In the month of July, we will have a Fourth of July Buffet. It will be held on July 4, from 11:30 a.m. to 1:30 p.m. Please sign up at the Front Desk. Our Omelet Bar will be July 19. We appreciate all the positive feedback we have been receiving.

Please keep in mind our Dining Rooms do not serve hot breakfast from 10-11 a.m., Saturday through Thursday. Cold cereal, toast, fruit, yogurt and breakfast meats will be available.

On Fridays, we will continue to close the doors from 9:30 to 11 a.m. and 1:30 to 4 p.m. Also, please let us know in advance if you will have a party of four or more (for any given meal time). Please remember to purchase a ticket at the Front Desk for your guest or it will be charged to your room.

If you would like to book a special event and require items and/or food from the Kitchen, please get with Vicci at the Front Desk. She will start the process. As always, thank you for your continued patience. We strive to provide platinum service each and every time!



Regards,

*Wil Hernandez, Director of Dining Services*