

# GOOD Life News

at The Peaks

MAY 2018

www.thepeaks.org

## Executive Director

### Minor Leagues, Major Appeal

With a lively atmosphere, seats close to the action and affordable ticket prices, minor league baseball games score big with more than 40 million fans each season.

The teams in Minor League Baseball are usually affiliated with an MLB club and are divided into progressive levels, such as Class A, Double-A and Triple-A, known as the “farm system.” Players develop their skills and work their way up through the levels with the goal of getting called up to the big leagues. Nearly every MLB player started in the minors. Major leaguers can also be sent down to the minors temporarily if they are recovering from an injury or need to work on a skill.

Minor league games offer major fun, and admission and concessions are usually a fraction of the cost of an MLB game. The smaller stadiums, on-field entertainment between innings and themed promotions appeal to many fans, and there’s the draw of watching potential big-league players, who often sign autographs before and after games.

There are currently 160 teams in Minor League Baseball.

Courtesy of Prism Content Solutions

— Russell Goddard, Executive Director



## Marketing

The month of May is unique because it honors several important groups of people. We all have memories of our favorite teachers, and National Teacher Day is May 6. At The Peaks, we have several residents who are teachers within the Flagstaff community and our Community: Josie, Betsy, Vera and Linda, just to name a few. Thank you, everyone, for keeping the education alive at The Peaks. I also want to acknowledge Armed Forces Day and Memorial Day. I cannot begin to express my gratitude and love for the sacrifices those in the Armed Forces have made. I am very proud to call the United States of America my country and home. Thank you so much! Last, but not least, is Mother’s Day. As an “adult child,” I honor each and every one of our mothers. Thank you for your kindness and support in being my “Mom” from The Peaks. Here’s to a wonderful month of celebrations!

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



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

**Platinum  
Service®  
Standard #1**

*“I place our residents at the center of everything I do, personalizing my services to meet their preferences.”*

Our service delivery is designed to consistently create resident satisfaction and to build loyalty. Through our Platinum Service program, we practice the fundamentals of business etiquette, such as promptly greeting residents and guests with a warm and sincere welcome, introducing ourselves, and if necessary, offering assistance. Our interactions are personalized and appropriately paced to meet the unique needs of our residents. Service is then adjusted to their diverse backgrounds and cultures, creating memorable experiences. We are attentive, friendly and caring, delivering to our residents, guests and visitors a distinctive experience.

# Nursing/Health Care

## The Seven Worst Things You Can Do to Your Heart

A few simple lifestyle changes can dramatically reduce your risk of heart attack or stroke. You don't need to be a health food fanatic or a marathon runner to lower your risk, and the sooner you make a change, the faster you can reverse existing damage and set your heart on a new healthy path.



1. You smoke cigarettes, cigars or vape. All three of these habits will put you at greater risk for heart disease and stroke. Nicotine has been shown to constrict coronary arteries, and the effect is immediate. If you stop now, you can reduce your heart attack risk.
2. You skip your walk. The American Heart Association recommends 30 minutes of exercise at least 5 days a week. Increasing your weekly physical activity on a regular basis will reduce your mortality rate.
3. You eat like the Cookie Monster. Weight creep over the age of 50 is one of the biggest heart health issues that can easily lead to obesity. Reducing daily caloric intake by 15 percent or 500 calories will increase your longevity.
4. You eat dinner out of a box. Foods that come out of a box or a bag are more likely to make you fat or sick than whole foods you cook yourself. Processed foods can trigger obesity and metabolic syndrome. Increase your intake of fruits, vegetables, whole grains, skinless poultry and fish.
5. You are missing your veggies. Try to eat one serving of both fruit and vegetables at every meal. This includes breakfast. Skip the granola bars and smoothies that are loaded with sugar. For natural blood pressure control, try potassium rich vegetables.
6. You lose your cool. Occasional stress is a normal part of life. But chronic stress can elevate your blood pressure; additionally, chronic stress is linked to obesity. Exercise, medication, yoga, tai chi and forest bathing can all help to reduce your stress.
7. You over-imbibe. Ingesting moderate amounts of alcohol daily or weekly may have cardio protective benefits but most people aren't disciplined to keep it modest. No alcohol is better for you than too much.

— Mike Zimmerman, AARP Magazine, February/March 2018

— Martha Toffol, Director of Nursing

# Resident Spotlight

This month's Resident Spotlight is Maggie G. She was born in a small town, Tortugas, just outside of Las Cruces, N.M. When she was two or three years old, her family moved to Morenci, Ariz. Her father worked in the copper mine. She grew up and went to school there. She comes from a large family, being one of ten children. Her father made sure Maggie chose a career after graduation. She went to St. Mary's school of nursing in Tucson. After graduating, she stayed and worked at the hospital there.

In 1973, she married her husband, a man she knew from Morenci, and moved to Flagstaff. Her husband worked for APS. From Maggie's sons and daughters, she is blessed to be a grandmother of eight. After her children were in school, she went to work as a nurse for Dr. Hildebrand. She also enjoyed traveling and traveled to seven different countries. She traveled with a club that shared her love of traveling. Some of the countries she visited were Italy, Spain, England, Germany and France.

After she retired, she enjoyed spending time with friends and going out to eat. Maggie moved to the Peaks about three years ago. She loves to dance, go on outings and rarely is in her room. She is usually enjoying one of the many activities here at The Peaks.



# New Residents



- Joy C.
- Helen N.
- Melvonne "Bonnie" S.
- Elizabeth "Penny" S.

# Resident Birthdays

- |                 |                  |
|-----------------|------------------|
| Dolores M., 1st | Anna M., 18th    |
| Roy S., 7th     | Joseph K., 23rd  |
| Helen N., 7th   | Faith G., 25th   |
| Lowell C., 9th  | Barbara D., 25th |
| Trudy A., 9th   | Bill K., 25th    |

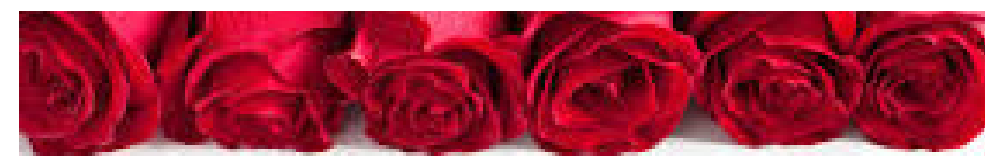
# Food and Beverage/ Dining Services

Hello Residents,

We hope you enjoyed the Easter Buffet! We are looking forward this month to Mother's Day. We have some small changes to the menus, and we hope you are pleased with what we have done. Our Omelet Bar this month will be on May 16. As we continue through the year, we strive to provide excellent service. Please continue to give us your menus with feedback so we can adjust accordingly.

We hope you have enjoyed having Fine Dining Fridays back. We would like to announce the Commencement of Madi Sheehan. She is graduating from NAU with her B.A. degree. Please join us in congratulating her. We hope your year is going great and please feel free to contact us with questions, comments and concerns. We are here for you.

Thank you,  
Wil Hernandez, CDM, CFPP  
Director of Dining Services



# Happy Mother's Day!

Happy Mother's Day to all the mothers who live at The Peaks. Please know you are loved and treasured for all the love and care you have given to your family. Here's a poem that expresses the love you provide.

## "Mother's Day"

By Michael Sage

Oh Mother, Oh Mother of mine,  
The light of love through you doth shine,  
My character you sculpt and carefully define,  
My future you determine and gently align.

Oh Mother, Oh Mother so dear,  
You teach me life's rules to which I should adhere,  
When I stumble you lift me up and tell me not to fear,  
And my successes you celebrate with a twinkle and a tear.

Oh Mother, Oh Mother so great,  
You teach me to love and never to hate,  
And at times when on thin ice I seem to skate,  
Your advise me with love that never seems to abate.

Oh Mother, Oh Mother of love,  
You are the proverbial beautiful white dove,  
You lead me towards goodness with a nudge and a shove,  
Thank you for everything, but especially for your love.

# Life Enrichment/ Highlighted Events

The Life Enrichment Team has planned several engaging activities for you to enjoy throughout May.

- |   |   |
|---|---|
| <b>May 5:</b> Red Rock Apella Show, 3:30 p.m. in Alpine Room          | <b>May 23:</b> Barnes and Noble Outing, 11:30 a.m. meet in Lobby        |
| <b>May 9:</b> Fratellis Lunch Outing, 11:30 a.m. meet in Lobby        | <b>May 23:</b> LifeStyle of the Famous, 2:30 p.m. in the Bistro         |
| <b>May 11:</b> Museum of Northern Arizona Presentation, TBD in Bistro | <b>May 24:</b> Valiant Veterans®, 2 p.m. in the DSDR                    |
| <b>May 14:</b> Red Hats Lunch Outing, 12:30 p.m. meet in Lobby        | <b>May 28:</b> Navajo Cultural Story, 2 p.m. in the Bistro              |
| <b>May 16:</b> Fiesta Birthday Party, 2:30 p.m. in the Alpine Room    | <b>May 29:</b> Dancing Grannies Performance, 11 a.m. in the Alpine Room |

Please sign up for all outings one week in advance!

Sign-up sheets can be found outside the Life Enrichment Office or you can reserve by calling Lori James at 928-774-7106, ext. 2040.

**Note:** Outings will be cancelled if there aren't at least three people signed up.



# THE PEAKS

A Senior Living Community

3150 North Winding Brook Road, Flagstaff, AZ 86001  
928-774-7106 | [www.thepeaks.org](http://www.thepeaks.org)



MANAGED BY  
 The Goodman Group

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## Fun Facts

- May was once considered a bad luck month to get married.
- In Old English, May is called the “month of three milkings” referring to a time when the cows could be milked three times a day.
- The Indianapolis 500 car race is held each year during this month, as is the Kentucky Derby, the world’s most famous horse race.
- The United Kingdom celebrates May as the National Smile Month.



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