

GOOD Life News

at The Peaks Senior Living Community

MAY 2017

www.thepeaks.org



Executive Director

Platinum Service®

Each month the Department Directors here at The Peaks select a Platinum Service® Employee of the Month. Our selection criteria begins with the comments and compliments we receive from our staff, residents and guests on the “Platinum Service® Nominee” forms located at both the reception desk in the Lodge and in the Health and Rehab.

I want to encourage everyone; residents, patients, guests and employees, to take the time to fill out a Platinum Service® Nominee form if you receive or witness Platinum Service® performed by one of our employees. Recognizing the caring and competent services provided by our individual staff members is extremely important to us. Thank you for your participation.

— Russell Goddard, Executive Director



Marketing

Did you know that Peaks sponsors events for our Healthcare professionals in Northern Arizona? The Marketing/Outreach team organizes these events, as we value the importance of educating our healthcare community on age-related disease processes.

Most recently, The Peaks’ Martha Toffol, MSN, Director of Nursing, and Lynda Ballantine, MSW, Director of Social Services, presented “Dementia and Beyond.” The purpose of this presentation was to increase awareness for healthcare professionals of resources available in our community for individuals and their families suffering from Dementia. Our goal at the Peaks is to share our expertise with the Flagstaff community so we can better serve and care for our seniors and provide family support as our loved ones become older. Please keep an eye for additional events!

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



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

**Step into
Spring**

There’s nothing like the beginning of a new season. Spring is the perfect time to get outside and spend time with your loved ones. Soaking up the sunshine can actually help improve cognitive function and increase one’s happiness, according to the National Institutes of Health. Don’t let Mother Nature have all of the fun — join her outside and try a fun springtime activity! Eat outdoors, partake in spring-cleaning, choose a local park or trail for walks, go on a picnic, or visit a plant nursery. We are here to help you experience whichever spring activity you most enjoy!

Thank You from The Peaks

April 23-29, 2017 is National Healthcare Volunteer Appreciation Week. The Peaks, the Residents and Life Enrichment team would like to thank you from the bottom of our hearts for all the love, care, help and support you have given us. Thank you for the all the selfless hours of dedication and commitment. Please join us in thanking our volunteers and congratulating our 2016 Volunteers of the Year.

Resident Volunteer of the Year: Mary B., Peaks Resident and Volunteer Librarian, has organized and provided a variety of books to capture the interest of and entertain our residents for six years. Thank you for being behind the scenes. The time and effort you give to ensure the library collection has an assortment of reading material for avid readers is appreciated!

Non-Resident Volunteer of the Year: Linda Marquez has dedicated five years of service to our residents, their families and the community. She has helped by running booths at our Halloween Carnivals and serving bagels and donuts on Tuesdays and Fridays. Linda has also been instrumental in decorating The Peaks for the Christmas and Thanksgiving Holidays. Last year, she completed this task with very little help. Thank you for beautifying our home and giving your time, support and care!

The below poem is dedicated to all of our volunteers.

Dedicated Hearts

Dedicated hearts like yours
Are not so easy to find.
It takes a special person to be
So generous and kind.
To care so much for your fellow man
Is a quality all too rare.
Yet you give of your time and talents,
For all in need to share.

So thank you for being a volunteer,
We're privileged to work with you.
We want you to know how appreciated you are,
Not just today, but the whole year through.

— Author Unknown



Linda Marquez



Mary B.

Nursing/ Health Care

Home Safety for Seniors

As seniors age in their homes, there are important safety concerns and modifications that should be considered to make the environment safer. Adding additional lighting in the home can help for those with vision problems. Improve lighting on stairwells; add lights to closets, install glow-in-the-dark light switches and add night lights. During the day, open curtains, blinds and shades to let in natural light. Consider installing a walk-in or no threshold shower and adding a bath chair or an adjustable hand held shower-head. Install non-slip strips, suction cupped mats in shower. In the kitchen, use drawers designed to close automatically and shelves that pull out or pull down. Larger rocker-style light switches are easier to use than traditional toggle switches.

Clear pathways throughout the home and move any furniture that people have to maneuver around. Look for and remove any electrical cords that may be a tripping hazard. Keep stairways free of any objects, and make sure stair railings are secure. Don't forget the outside of the home too. -Credit Tammy Smith, Sun Herald, AARP.

— Martha Toffol, Director of Nursing



New Residents

Darius D.
Paul R.



Life Enrichment/ Highlighted Events

The Life Enrichment Team has plenty of fun-filled activities planned for the month of May. In celebration of National Photograph month, we ask you stop and smile for a photograph at any of the upcoming parties.

May 3: "Mr. May Twirl & Swirl" B-day party, 2:30 p.m., Malapais Room

May 10: Starlite Bowling Outing, depart at 1 p.m.

May 16: Kachina Mexican Restaurant Lunch Outing, departing at 11:30 a.m.

May 17: "The Peaks Prom," 2:30 p.m., Malapais Room

May 24: Valiant Veterans® Celebration, 2 p.m., Desert Sheep Dining Room

May 30: Dancing Grannies' Spring performance, 10 a.m., Alpine Room

May 31: Taike Drum Show, 3 p.m., Back patio (weather permitting)

Please sign up for all outings at least one day prior to the outing 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.

History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month." Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. A formal proclamation is given every May asking the entire nation to pay tribute in some way to older persons.

— Courtesy of U.S. Department of Health & Human Services

Food and Beverage/ Dining Services

Hello Residents,

The second quarter is coming close to an end! This month will feature our Mother's Day Buffet to be held on May 14. There will be two seatings: 11:30 a.m. and 1:30 p.m. Please make a reservation at the front desk. If you have guests attending, please remember you cannot use your meal card for this event. You can purchase tickets for your guests at the front desk. Kids 5-11 will be \$12, and kids 12 years old and up will be \$20.

Also, we want to thank you for your patience during our remodel. Now that it is over, we will focus on the small important things; such as making sure your food and coffee are hot each and every time. Our omelet bar will be May 24 in the bistro from 7 to 9:30 a.m. We gladly accept any and all recipes. Our Forum with the Chefs will be May 25, at 1:30 p.m., in the bistro. Thank you for your comments and suggestions. We look forward to providing the best service possible. Have a wonderful month of May!

— Wil Hernandez, Director of Dining Services



Resident Spotlight

Roy S. joined the Bungalow residents on Captain Colton Lane about one year ago.

He grew up in Cincinnati, Ohio. He attended Purdue and graduated in 1948. He lived in Chicago, Ill., for about eight years, then moved back to Indiana and lived there until he moved to Flagstaff last year. He was married to his late wife, Jean, for 30 years. In his professional career, he counseled small business operators. He served in the Army Air Corps for four years.

Although he misses Indiana, he has grown to like Northern Arizona and enjoys visiting with his daughters, Kate and Barbara, who live locally.

Roy is always up for an interesting conversation about current events.



Roy S.

Resident Birthdays

Dolores M., 1st
Roy S., 7th
Trudy A., 9th
Lowell C., 9th
Virginia R., 11th
Anna M., 18th
Joseph K., 23rd
Faith G., 25th
Barbara D., 25th



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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**
Ralph Doten

Social Services
Lynda Ballantine

**Central Supply
Director**
Christella Vasquez

**Registered
Dietician**
Lorraine Crim

We Need your Help

Residents please remember The Peaks is our home and each and every resident has their own personal preference. We ask you to be aware that some of our residents do not want their photographs taken. In order to respect their wishes, we ask that you refrain from taking pictures and using cell phones at our events without their expressed permission. Thank you for your help!

Like Us on Facebook

Go to [facebook.com/
ThePeaksSeniorLivingCommunity](https://facebook.com/ThePeaksSeniorLivingCommunity) to see pictures and catch up on all the fun here at The Peaks. This is a great way for family members and friends to stay connected!

