

# GOOD Life News

*at The Peaks*

OCTOBER 2018

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

## Executive Director

### Sharing Stories

There are some stories we never forget, whether in the form of a favorite book or movie or family lore passed down from our ancestors. Storytelling not only helps us communicate and entertain, but also provides other benefits.

The human brain is hardwired to think in narrative form, which is why stories are so appealing. During storytelling, the brain becomes more active, especially in relation to a story's details.

For example, hearing the description of a scent will engage the brain's sensory cortex. Touching elements of a tale can prompt the brain to release the hormone oxytocin, which can boost feelings of empathy, and a happy ending triggers dopamine, which can result in optimism.

This sensory experience creates a bond between the storyteller and the listener, linking their experiences together. Hearing someone's life story helps the listener understand the narrator on a personal level. Often, the person telling a story feels an enhanced sense of pride and purpose by sharing their thoughts and memories. Storytelling has been shown to help improve self-esteem and reduce symptoms of depression.

-Courtesy of Prism Content Solutions



Executive Director, *Janet Mars*

## Marketing

Fall is in the air! The rainy season is coming to an end and school has started. The Peaks residents and staff continue to show support for the Flagstaff community. For the month of September, The Peaks highlighted a local non-profit organization which helps abused and neglected children in need. To learn more about their services, visit [Coconinocasaforkids.org](http://Coconinocasaforkids.org).

In honor of Sept. 11, The Peaks residents supported our first responders by recognizing them with snack boxes. This initiative was brought to us by Civic Service Institute at NAU.

It is that time a year again to come to the Peaks for its annual Halloween Carnival. Please bring your family and dress up for a night full of fun games and activities. This is open to all ages. For more information, contact us at 928-774-7106.

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



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

## Health Literacy Month

This annual observances month is designed to focus national attention on becoming activists of our own longevity. Taking steps to ensure one's own health and wellbeing in mind, body and spirit can take many forms. One of the most important things we can do is recognize the effects of aging and adopting a lifestyle that combats the process. Of course, this can include healthy eating, staying active, preventing falls, and correctly managing medications. We invite you to visit The Goodman Group's informational and inspiring blogs on health and wellness. Visit: [blog.thegoodmangroup.com](http://blog.thegoodmangroup.com).

## Resident Spotlight

Gordon was born in Waynesboro, Va. He moved to Tucson at age seven and then to Casa Grande. One of the only things he remembers about Casa Grande is watching/listening to the huge steam engine train go by every day. He then moved to Phoenix, where he finished high school. He went to Rice University in Houston for Pre-med.



Gordon went to Northwestern Medical School in Chicago for four years. He married his wife, Lois, while in Medical School. During his time at Northwestern, Gordon designed a ring and coupler device for joining small arteries together. Similar devices are being used around the world now. Gordon went into the army as a Captain in the ear, nose and throat clinic. He received an Army commendation medal for stopping high frequency noise loss in hundreds of soldiers by introducing special ear plugs. After the Army, he did a four-year residency in Iowa specializing in ear, nose and throat, along with head and neck surgery because he liked it so much. He had four kids by then. Gordon spent some time in the education realm but missed performing surgery. He went into private practice for 20 years in Phoenix. Gordon once traveled to Russia with a group of doctors and even performed surgery there!

After retirement, Gordon took some courses at Scottsdale Community College. He took classes such as art history, acrylic painting, sculpture, mythology, music theory and more.

Gordon is very passionate about choral music, dancing and hummingbirds. He was in a church choir for 20 years and performed in choir concerts in Romania, Estonia, St. Petersburg and some other places around the world. He and Lois traveled to London to watch their son perform in a Ballroom Dancing Competition. They moved to The Peaks two years ago. They had been coming to Flagstaff for over 30 years to the cabin they had built in Kachina. He enjoys watching the hummingbirds on the back patio of his Bungalow. He also enjoys singing in the Mountain Tremors Choir.

## Food and Beverage/ Dining Services

Hello All,  
Please help Dining Services welcome our new staff members. We will continue to conduct ongoing training, as we strive to provide you with Platinum Service®.



In the month of October, we will have two Omelet Bars. The first one will be on Oct. 10 and the second on Oct. 24. We will also be serving a special Halloween dessert on Oct. 31.

We are fast approaching Buffet Season. This means we will have our Thanksgiving Buffet on Nov. 17, 2018. It is the Saturday before the holiday. We will be posting the menu on or before Nov. 1.

Bungalow residents, please remember to bring your meal ticket each and every time you come for meal service or request takeout. This has always been an expectation and will be strictly adhered to. If you do not have one, please contact Life Enrichment. Have a Happy Halloween!

Director of Dining Services  
Wil Hernandez, CDM, CFPP

## New Residents

Ken H.  
Jean K.



## Life Enrichment/Highlighted Events

The month of October is Positive Attitude Month! The Life Enrichment Team has some positively fun activities and outings planned for you.

**Oct. 2:** The Peaks Choir Concert, 1:30 p.m. Malapais Room

**Oct. 6:** Vince's Piano Concert, 3 p.m. Malapais Room

**Oct. 10:** Outback Steakhouse, departing at 11:30 a.m. Lobby

**Oct. 15:** Arrowhead Presentation, 2:15 p.m. Bistro

**Oct. 18:** Aspen Drive & Sack Lunch — Snow Bowl, departing at 2:30 p.m. Lobby

**Oct. 16:** Navajo Cultural Story, 2 p.m. Bistro

**Oct. 16:** Archeological Society (every third Tuesday), 7 p.m. Alpine Room

**Oct. 17:** Frightening Birthday Party, 2:30 p.m. Alpine Room

**Oct. 22:** Guided Meditation, 2:30 p.m. Malapais Room

**Oct. 25:** Valiant Veterans®, 2 p.m. Alpine Room

**Oct. 27:** Book Club, 12 p.m. Desert Sheep Dining Room

**Oct. 30:** Insight to Gratitude, 2 p.m. Bistro

**Oct. 31:** Halloween Carnival & Trick or Treating, 5:30 p.m.

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' Employee Christmas Fund

Imagine it. We're thinking about Christmas already! Christmas around The Peaks is a glorious affair. The holidays are a time for all of us to reflect upon the kind care we have received this past year. It is also our opportunity to thank and reward all the employees who give us such good service all year long, day after day; food services, housekeeping, caregivers, maintenance, transportation, life enrichment and administrative staff. Many we see often, but also many are serving us behind the scenes. They all deserve a huge thank you!

We are not allowed to tip them, nor are they allowed to accept tips from residents or their families, but they continue to serve us well. They are caring and helpful, and we really couldn't function without them. Christmas gives us the opportunity to thank them so very much for all the work they have done. Making individual contributions to the fund, residents should consider those services received throughout 2018, including the quality and duration of the services. Residents must also consider what contributions can be made within their monetary resources. No "average" resident contribution has been established or calculated, and there are no suggested amounts. This program has drawn much gratitude and praise.

Beginning soon, the Resident Committee for The Peaks Employee Christmas Fund will be busy seeking your help again to raise funds for this endeavor. We will write to all our residents and their financial responsible party to ask for their support, thus letting the employees know that we appreciate all their kind service and wishing them a very Merry Christmas.

Sincerely,

The Resident Committee for The Peaks Employee Christmas Fund

## Nursing/Health Care

25 Ways Sugar is Making you Sick, Part 2

13. Too much sugar can lead to nonalcoholic fatty liver disease, the leading cause of liver transplants.
14. Healthy choices? Think again. Trail mix, oatmeal, yogurt, smoothies, salad dressing and bread all have hidden sugars in their ingredients.
15. The University of Texas found a link between sugar and squamous cell carcinomas.
16. As you increase your added sugar intake, levels of HDL (good cholesterol) drops increasing your risk for cardiovascular disease.
17. 74 percent of all packaged foods contain added sugars which is 85,000 food items sold in the U.S.
18. Healthier sweeteners are no better for you. Sugar is sugar and doesn't have a lot of nutrients.



Sydney Loney, Reader's Digest, April 2018

Martha Toffol, Director of Nursing

## Joke of the Month

Which ghost is the best dancer? The Boogie Man!



# 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

## Staff

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**Business Office  
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Candace Harrison

**Plant Operations  
Director**  
Jeremiah Minter

**Social Services**  
Cara Bearden

**Central Supply  
Director**  
Christella Vasquez

## Resident Birthdays

Mary Ann T., 3rd

Marianne W., 4th

Joanne E., 9th

Redonda R., 11th

Joan S., 16th

Marigale C., 17th

Nancy C., 18th

Claudia L., 20th

Kathleen P., 22nd

Adrian R., 25th

Sophie S., 30th



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