

GOOD Life News

at The Peaks

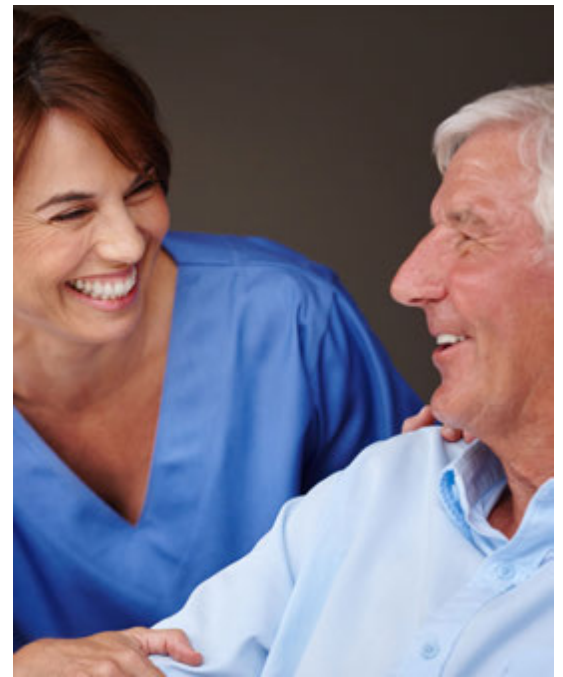
MARCH 2018

www.thepeaks.org

Executive Director

As this is March, I wanted to take the opportunity to remind everyone that our annual resident and family surveys will be going out sometime in April. This is a very important tool for us to make sure that we are hearing your voice. I want to encourage you all to take the time and fill out your survey thoughtfully, as we take your responses very seriously. If we are doing a good job or there are areas you see that we could improve upon, please let us know. With that, have a great month!

— Russell Goddard, Executive Director Health and Rehabilitation Center



Our Talk. Our Walk. Every Day! Platinum Service® Standard #20

"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador means that what we do and the way we do it is the result of a direct personal connection with our team and residents. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection. Here, we are fortunate to have such dedicated, skilled and upbeat team members who make our community a great place to live and work.

"Integrity is what we do, what we say, and what we say we do."
—Don Galer

Health Perks of Positivity

March is Optimism Month, but those who make a year-round habit of looking on the bright side may reap a number of health benefits.

Better physical health: Optimists tend to have reduced rates of heart attack and stroke, as well as lower blood pressure and better cholesterol levels. Evidence suggests that those who have a positive outlook are more likely to exercise, eat well and get enough sleep.

Increased life span: Since optimism and good health often go hand in hand, it follows suit that people who view life through rose-colored glasses are apt to live longer. A study of centenarians found that the majority had positive attitudes.

Stronger immune system: Research shows that being optimistic about a stressful situation can raise the body's immune response, increasing its ability to fight infection and disease.

Lower depression rate: Compared to pessimists, optimists are often more social, handle stress better and are more resilient. These qualities can help ward off depression.

Faster recovery: Recovery rates show that people with sunny dispositions bounce back from illness and injury faster than those who are less hopeful.

Courtesy Prism Content Solutions

Nursing/Health Care

Weight Loss in the Elderly

Lack of appetite or decreased food intake in the elderly is known as “anorexia of aging” and is a common concern in older populations.

At times, it can lead to frailty, cause significant weight loss, muscle weakness and wasting, increased fall risk, pressure injuries and impaired wound healing. Anorexia in the elderly population can also lead to osteoporosis, impaired immune function and can increase mortality.

The underlying causes of anorexia and weight loss are due to physiological changes that occur with the aging process. Slowed gastric emptying and lower levels of appetite control hormones are variables that can't be controlled. Other age-related changes include sensory changes such as poor dentition, loss of taste buds and smell and poor vision. Some elderly people have decreased motor skills that can lead to difficulty in preparing or eating meals. Social isolation can play a role in loss of appetite when one lives alone and does not want to cook only for themselves.

Primary care providers should review memory and mood assessments to determine if depression is present, which can contribute to lack of adequate calorie consumption. Chronic medical conditions such as congestive heart failure, cancer and COPD can all negatively affect appetite and adequate nutrition. A review of a patient's medication list is an important part of the picture to examine as well. There are numerous medications that can cause anorexia or other symptoms such as nausea, vomiting, dry mouth or constipation.

Smaller, more frequent meals, use of protein supplements, eating more calorie-dense foods and liberalizing restricted diets are all ways to treat weight loss in the elderly, without using medications. Nutritional interventions along with physical activity can lead to improvement in weight and reduce frailty.

(Today's Geriatric Medicine, September/October 2017)

— Martha Toffol, Director of Nursing



Life Enrichment/ Highlighted Events

According to Reader'sDigest.com, March 20: “The sun shines on the equator for the Vernal Equinox, giving us a near-50/50 split of day and night.” The Life Enrichment Team has several fun-filled activities for you to enjoy throughout the day!

- **March 7:** Lunch Outing to BBQ Restaurant, 11:30 a.m., Meet in Lobby
- **March 14:** Flagstaff School Orchestra, 11 a.m. in Alpine Room
- **March 17:** Melissa's Cello Concerto, 2:15 p.m. in Malapais Room
- **March 18:** Austin's Piano Performance, 4 p.m. in Malapais Room
- **March 19:** Employee Pie Eating Contest, 2 p.m. in Alpine Room
- **March 21:** “Flower Power” B-Day Party, 2:30 p.m., Alpine Room
- **March 23:** Bookmobile, 1 p.m. in Front Parking Lot
- **March 23:** Navajo Cultural Story, 1:45 p.m. in Bistro
- **March 26:** Valiant Veterans® (Dedicated Drum Wellness), 2 p.m. in Desert Sheep Dining Room
- **March 28:** Harking Theatre Movie Outing, Meet in Lobby, Departure Time TBD
- **March 30:** Aging and Dementia Presentation, 1 p.m. in Bistro
- **March 31:** “Lil’ Cheesy Spread” Social, 12:30 p.m. in Bistro
- **March 31:** Book Club, 12 p.m. in Desert Sheep Dining Room

Please sign up for all outings one week in advance! Signup 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.

New Residents

Irene W.



Resident Spotlight

This month's Resident Spotlight is Doris R. She grew up in Buenos Aires, Argentina. Doris lived in Buenos Aires until she was 24 years old. She attended the University of Buenos Aires and received a master's degree in language. Doris left Argentina and returned to the United States since her father felt it was not safe, due to all of the events occurring in the world at that time.

It took 40 days to come from Argentina to the United States. Her first job in America was to teach Spanish to soldiers at the University of California-Berkeley and at the Army School of Languages in Monterey, Calif. Doris received a scholarship from the American Embassy to study for one year at the College of Mount Holyoke in Massachusetts. She also studied at the University of California in Berkeley and received a second master's in language. Although she taught Spanish, she also speaks Norwegian and French.

She met her husband, Frank, who was in the Army while teaching in Monterey. They were married in 1953. They have a daughter who now teaches at NAU. The next few years, they were stationed in Germany and North Carolina. Later, her family moved to Newport, Virginia, where she taught Spanish for over 40 years at the Christopher Newport University.

She started the Doris R. Scholarship, which she still oversees. This awards the recipient a one-year scholarship to study in a Spanish speaking country.

Doris relocated to Flagstaff to be near her daughter. Doris played tennis and belongs to several clubs. She still belongs to the Knitwits, Flagstaff Symphony Guild and the Shakespeare Book Club. Currently Doris can be seen at many activities at The Peaks including Bingo and the FIT Functional Fitness® program.



Save The Date

Get ready to get dolled up, put on your dancing shoes and have fun at our annual Peaks Prom. Prom will be held on April 18, 2018 at 2:30 p.m. in the alpine room. Live musical performance and appetizing treats and drinks. Invite your family and friends to join you! We look forward to seeing you there!

Life Enrichment Team

Food and Beverage/ Dining Services

Hello Residents,

The month of February was full of excitement and new things! We are now two weeks into the new menu roll-out and we hope you are enjoying the changes. We

value your feedback and look forward to hearing from you. This month, our menu will feature a Chef's Special on St. Patrick's Day. We will also have an omelet bar on March 14. Kitchen Corner will be on Thursday, March 22 at 1:30 p.m. in the bistro. The Easter Buffet will be on March 31 so that our staff may spend time with family. Be on the lookout for that menu. Be sure to make your reservations early. There will be two seating times, 11:30 a.m. and 1:30 p.m. You can charge your guests' meals to your room or pay cash or check. The cost is \$15 for kids ages 12 and under, \$20 for adults. Should you have questions, please feel free to stop me in the hall. We hope you are enjoying the year so far and as always, have a great month!

Wil Hernandez, Director of Dining Services



Resident Birthdays

Jacky B., 1st	Karen O., 19th
Barbara M., 4th	Anna H., 23rd
Betty C., 12th	Marshall E., 24th
Lorraine H., 13th	Shirley B., 30th
Hellen J., 14th	Paul N., 31st



THE PEAKS

A Senior Living Community

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928-774-7106 | www.thepeaks.org



MANAGED BY
 The Goodman Group

Staff

**Executive Director/
The Lodge**
Janet Mars

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Shelly Howdeshell

Director of Nursing
Martha Toffol

**Sales and Marketing
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Patty Baca

**Life Enrichment
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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
Cara Bearden

**Central Supply
Director**
Christella Vasquez

Registered Dietician
Lorraine Crim

Marketing

The Peaks Senior Living Community and The Peaks Health and Rehabilitation are continuing supporting local charities. We just finished up working with veterans by being a sponsor for a fundraising dinner at the American Legion. A special thank you to the Peaks residents in helping put together food bags for our low-income and homeless veterans of Flagstaff. At the Peaks, we have several veterans that are residents and we are grateful that they have chosen the Peaks as their home. We at the Peaks would like to thank all our veterans and active-duty members for their service.



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



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