

GOOD Life News

at *The Peaks Senior Living Community*

SEPTEMBER 2017

www.thepeaks.org

Executive Director

Advocating for American Heroes

Since being founded on September 17, 1914, the VFW Auxiliary has taken pride in its mission of providing “unwavering support for uncommon heroes.”

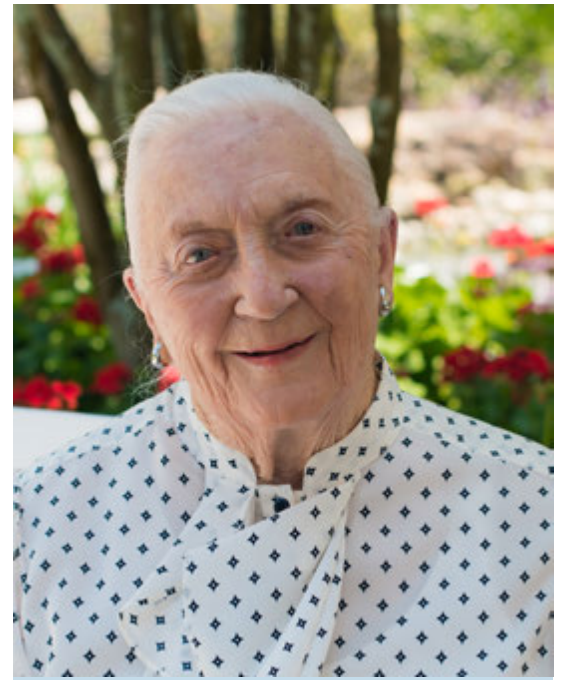
Originally known as the Ladies’ Auxiliary VFW, the nonprofit group is the renowned support organization of the Veterans of Foreign Wars of the United States. Since 2015, membership in the auxiliary is open to both men and women related to those who have served in overseas combat. Today, there are nearly 470,000 members in over 4,000 chapters.

From its inception, the auxiliary’s primary goal has been a simple one: to help veterans and active-duty service members and their families. This includes assisting the VFW in advocating for veterans’ rights, providing community service and fundraising and promoting patriotism.

Through their decades of service, members have volunteered millions of hours to their communities, especially at veterans’ hospitals, nursing homes and veterans’ homes. The auxiliary has also raised millions of dollars for veterans and their families, national disaster relief, cancer research and treatment, veteran memorials, care packages for troops and youth programs and scholarships.

— Courtesy of Prism Content Solutions

Executive Director, Russell Goddard



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

**Healthy
Aging Month**

This month’s theme is designed to focus national attention on the positive aspects of growing older. Just like Carolyn Worthington, editor-in-chief of Health Aging Magazine, we believe it’s never too late to find a new career, sport, passion or hobby. She says, “Use September as the motivation to take stock of where you’ve been, what you really would like to do if money was no object. And try it! Who says you have to do something related to what you studied in school? Who says, you can’t start your own home business later in life, test you’re your physical prowess, or do something wildly different from anything you’ve done before? Only that person you see in the mirror!”

Swim and Dance Again!

The Peaks swimming pool is now open! We would like to thank maintenance, particularly Ryan for all the hard work in getting the pool up and running. Residents, please feel free to take a swim or join us for Water Aerobics at noon on Mondays, Wednesdays and Fridays.

Also, Zumba has returned. Please join our very own Javiera in getting fit while having fun. Zumba is held in the Alpine Room every Monday and Wednesday, 5:30-6:30 p.m. Residents are free of charge and family, friends and guests pay \$3.

We look forward to seeing you there!

Nursing/ Health Care



The research is out: Diet matters.

Research tells us that nutrition is a critical component to good health. In a March 2017 JAMA study, 7.5-8% of all cardio metabolic deaths were linked to sugar-sweetened beverages and processed meats. Cardio

metabolic diseases include cancer, diabetes and cardiovascular diseases. Here are six nutritional tips you should know:

1. Choose foods with a wide variety of colors and textures, in their most natural form. Foods enjoyed in their natural state are the most nutritious.
2. Avoid or dramatically reduce processed foods. These include sugar-laden food and drinks, packaged snacks, smoked meats, white flour and excess salt. Clinicians now consider sugar to be the "new tobacco."
3. Choose realistic balanced diets for weight loss and weight maintenance. Steps to a balanced diet include increased water intake, foods high in fiber, consuming whole grains, lean proteins and healthy fats.
4. Consume healthy oils for heart health: fish, olive and avocado. Fish oils can prevent further illness in those people with a history of heart disease. Flaxseed, walnut or chia seed oil are also beneficial for those who follow a vegetarian diet.
5. Forgo red meat and live longer. Research shows that the consumption of red meats is linked to an increased risk for cancer, diabetes and cardiovascular disease.
6. Consume fermented foods/probiotics and fiber for gastrointestinal and overall health. Probiotics are commonly found in yogurt, kefir and fermented food and drinks. They can also be taken in the form of supplements. Probiotics need prebiotics in the form of high fiber foods in order to help your overall gastrointestinal health.

— Credit: Medscape

Martha Toffol, Director of Nursing

Marketing

The Peaks Senior Living Community has been busy these last few months. We had a successful fundraiser benefiting the Flagstaff Law Enforcement Association. The Winding Brook Arts and Wine Festival sponsors included Cuvee, The Peaks culinary team, food, local artists and entertainment. We also had staff and resident volunteers. Secondly, The Peaks Health and Rehabilitation Open House was successful as well. We used this opportunity to introduce our new branding, announce our name change and showcase our remodel and services to the community. Staff, residents and the community enjoyed train rides, balloon making, face painting, nature hikes, BBQ and scavenger hunts. KAFF radio was onsite, doing a live remote which added to the fun. This event was made possible by our bungalow residents, staff, Youth Ambassadors, Angels Homecare and community volunteers. The Peaks Marketing and Outreach team loves these events, but could not do them without help. If you have any events that you would like to put on at The Peaks or would like to volunteer, please see Patty or Leah.

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



Resident Birthdays

Andrew P., 1st	Glenn B., 11th
Cynthia D., 2nd	Murphy J., 11th
Julie S., 3rd	Jane H., 24th
Janet P., 4th	Blodwin R., 26th
LaRue T., 4th	Don H., 26th
Linda W., 6th	Dorothy G., 28th
Richard P., 8th	Norm W., 28th

Resident Spotlight

This month, we are featuring Lodge resident Susan M.

Susan was born in Rockford, Ill. on a farm. Being a farm girl, she enjoyed being outside and being around her horse. Susan spent her childhood in Rockford and married her high school sweetheart. Wanting a change in scenery and to be closer to her in-laws, Susan and her husband moved to Memphis, Tenn. Coming from a large family, Susan always knew she wanted to be a mother. She and her husband have two daughters. Susan decided to become a homemaker and take care of her children full-time, but kept her love for singing a priority. Susan enjoyed singing in choirs. She met her best friend in a church choir in Memphis. She went on singing tours in Russia and Poland with her choir. Not only did she sing in the choir, she was the conductor as well. Susan eventually moved to Florence, Ore. She wanted to see the Pacific Coast. Being in Oregon, Susan was able to be back in the United States and enjoy her life by the coast. Susan moved to Flagstaff because she wanted to be closer to her children and grandchildren.

Since retirement, Susan has had the time to fulfill her interests in oil painting, exercising and being a member of The Peaks Choir. Susan enjoys being around her family and friends. In addition, she likes helping with The Peaks Choir. Many would describe Susan as talented, kind and inspirational.



New Residents

We look forward to meeting you!

Food and Beverage/ Dining Services

Hello Residents,

September is a month that we enjoy in dining services. It gives us a chance to catch our breath before buffet season starts! I apologize for the miscommunication over the Omelet Bar. The Omelet Bar will be on the third Wednesday of every month. This month it will be on Sept. 20. I also want to take this time to clarify why there are items on the tables. We put coffee cups on the table as a way to get you coffee faster and hotter. This is sanitary, contrary to popular belief. The Servers should be bringing the coffee carafe to you and filling your cup as they greet you. We are continuing our training on service and we appreciate your patience. This month's Kitchen Corner will be on Sept. 21, at 2 p.m., in the Bistro. Please bring any concerns or comments to share with me and our staff. Lastly, we are enjoying the interaction between you, the residents, and our staff. We accept your constructive criticism and we look forward each and every day to providing you with great service. We hope you enjoy the month of September!

Will Hernandez, Dining Services Director



Life Enrichment/ Highlighted Events

September is the ninth month of the year and marks the beginning of autumn in the Northern Hemisphere and the start of spring in the Southern Hemisphere. This fall, we have some fun activities planned for you and your family!

September 1: Coconino County Fair Outing, departing at 10 a.m., Lobby

September 6: "Out of this World" Birthday Party, 2:30 p.m., Alpine Room

September 8: Museum of Northern AZ Presentation, 1 p.m., Bistro

September 10: String Quartet Performance, 3:30 p.m., Malpais Room

September 20: "Turn Back Time" Theme Party, 2:30 p.m., Alpine Room

September 22: Museum of Northern Arizona Outing, departing at 1 p.m., Lobby

September 27: Wildflower Lunch Outing, departing at 11:30 a.m., Lobby

September 27: Valiant Veterans® Celebration, 2 p.m., Desert Sheep Dining Room

September 28: Lori and Pam's Facials, 12 p.m., Bistro

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



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The Lodge**
Janet Mars

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Skilled Nursing**
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Director Of Nursing
Shelly Howdeshell

Director of Nursing
Martha Toffol

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Marketing Director**
Patty Baca

**Life Enrichment
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Tasha McIntyre

**Community
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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

Fifth Annual Fall Fashion Show

It's that time of year again! The Peaks' Fifth Annual Fall Fashion Show will be on September 23, 2017.

Brunch: 10 a.m.-12 p.m.

Show: 12:30 p.m.

The proceeds will benefit the Flagstaff Cooperative Preschool. Peaks residents will be free of charge. However, we are asking for \$15 donations for adults and \$10 donations for children from friends, family and community members.

The Flagstaff Cooperative Preschool is a parent-ran nonprofit organization established in 1962. Their mission is to develop the intellect, personality, body and heart of each child by creating a cooperative environment filled with experiences in tune with each child's individual characteristics, interests and family backgrounds. They promote interactive learning experiences while at play, and support the development of every child's self-esteem, self-reliance and positive view of life through family and community involvement.