

# GOOD Life News

*at The Peaks Senior Living Community*

NOVEMBER 2017

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

## Executive Director

**The Fight Against Alzheimer's**  
National Alzheimer's Disease Awareness Month takes place every November, but scientists and medical teams are working year-round to make strides in the diagnosis and treatment of this complex condition that affects millions of people worldwide.

Researchers are constantly learning more about Alzheimer's. Advances in brain imaging are helping provide a clearer understanding of how the brain is affected by the disease. Studies are exploring links to other health conditions, including heart disease, diabetes, stroke, high blood pressure and high cholesterol. This research may make earlier diagnosis of Alzheimer's possible, leading to better treatments and possible prevention.

Currently, there are medications that can temporarily slow the progression of symptoms and provide a better quality of life for patients. The Alzheimer's Association says several drugs that potentially could stop the disease from advancing are in the development and testing stages.

Non-medical therapies have been shown to help both patients and caregivers living with Alzheimer's. Music therapy often involves playing upbeat tunes during everyday activities, calming music near bedtime or to ease confusion and familiar music from the patient's past to provide comfort and prompt memories. Art therapy can give patients a way to express themselves when communication is difficult.

Storytelling is another therapeutic technique and includes programs such as TimeSlips, which uses photographs to inspire those with Alzheimer's to create and share stories. Scrapbooks, photo albums and memory boxes are other tools that can encourage patients to reminisce and talk about their lives.

— Courtesy of Prism Content  
Executive Director Russell Goddard



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

**FIT Functional  
Fitness®**

Our FIT Functional Fitness program is designed to go beyond typical senior fitness programs to help improve core strength, balance, cardiovascular health, and promote relaxation. Developed in partnership with a board certified exercise physiologist, the program's targeted exercises are created to deliver the maximum benefit for each participant. The goal is to increase overall health and wellbeing, reduce potential for falls and encourage residents to remain active. FIT Functional Fitness incorporates four fitness programs, taking current health levels into consideration and allowing all residents to participate.



## Resident Spotlight

The Peaks asks you to join us in welcoming one of our residents, Marion B.

Marion was born on Nov. 15 in Philadelphia, Pa. Although she was born in Pennsylvania, her family moved to California when she was

1 1/2 with her two older brothers. She spent her childhood near Beverly Hills in a smaller town. Growing up, Marion became fond of the piano at nine years old. By the time she became a teenager, she was a concert pianist. Aside from being a concert pianist at a young age, Marion enjoyed playing sports as well, such as tennis, and was always interested in school. She became a music major at UCLA and also transposed music for the blind. Marion eventually had two beautiful daughters and took time to raise them but always had music in her life. She became a teacher once her daughters were older. Marion spent most of her adult life in Las Vegas, to be closer to her mother and brother. She stayed in Las Vegas for 40 years and eventually moved to Flagstaff to be with her eldest daughter. Marion has one granddaughter and one great-grandson.

Since retirement Marion has had time to fulfill her interests in listening to classical music, reading historical novels, reading autobiographies and playing golf. She has also traveled all over the world — some of her favorite places are Jamaica and the Bahamas! In addition, she enjoys being around her friends and family. Many would describe Marion to be kindhearted, inspiring and a great friend.



Marion B.

## Resident Birthdays

Joyce H., 1st	Darla B., 15th
Josie P., 10th	Al O., 16th
Marion B., 15th	Jody P., 21st

## Food and Beverage/ Dining Services

Hello Residents,

The month of November features our Thanksgiving buffet. It will be held on Saturday, Nov. 18. There will be two seating times. First will be 11:30 a.m., the second will be 1:30 p.m. If you have not done so, please sign up at the front desk. Please provide them with the number of people in your party and they will seat you accordingly. The Omelet Bar will be on Nov. 8 and 22. Kitchen Corner will be held at 1:30 p.m. in the Bistro on Nov. 16.

Also, we would like to thank you for your patience during our kitchen remodel. We have relocated our dry storage to the Desert Sheep Dining Room temporarily to accommodate the change. I have spoken with many of you and most have applauded the changes we have been making. We are always in the process of improving everything we can to make this an enjoyable dining experience. If you are not satisfied please leave a note or feel free to stop me in the hall. As always, thank you for your comments and constructive criticism. We hope you have a great month of November. (Please note, our buffet is on Saturday so that more families can enjoy it with their loved ones.)

Wil Hernandez, Director of Dining Services



## Nursing/Health Care

### The Heart Health Benefits of Walking

The World Health Organization reports that heart disease is the leading cause of death worldwide. If behavioral risk factors such as physical activity, weight and smoking are modified, most heart disease can be prevented. The World Health Organization recommends moderately intense physical activity of 150 minutes a week. Evidence suggests that a routine of brisk walking qualifies as a moderate intensity physical activity.

A study was conducted on rural females between the ages of 29 and 79 years old who participated in a 10-week pedometer-based program. Pretests and post-tests were completed on weight, BMI, total cholesterol and blood pressure. Post-tests showed a significant improvement in all categories as well as improvement on a 10-year cardiovascular risk score. The researchers also evaluated the effects of using a pedometer with tracking capability to boost incentive.

A community-based walking program using pedometers with tracking capabilities is a successful way to improve cardiovascular risk factors. In this particular study, the most improvement was seen in participants aged 55 years and older.

— Courtesy of Marigliano and Fahs, Today's Geriatric Medicine, Vol 10.

Martha Toffol, Director of Nursing



## Marketing

The Peaks Senior Living Community, Health and Rehabilitation is recognized as a strong promoter of helping the Flagstaff community. The majority of our large community events gives back to the community. Proceeds are designated to local charities to help meet the needs of our Flagstaff neighbors. The Peaks Senior Living Community has helped many charities in Flagstaff including Flagstaff Law Enforcement Association, Big Brothers Big Sisters of Flagstaff, Flagstaff Cooperative Preschool, Flagstaff Emergency Shelter and we donated to the school's supply drive. The Peaks Senior Living Community and Health and Rehabilitation want to ensure that we are not only providing services to our seniors but also helping all families in the Flagstaff. We hope that you will join us for any future community events sponsored by The Peaks as we continue our support and helping others in need.

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



## Life Enrichment/Highlighted Events

The Peaks and the Life Enrichment team members are "Thankful" for our residents, patients, family members and friends. We have some fun-filled activities planned for you this month.

**November 1:** Elsie's Antique Corner, 2:30 p.m., Alpine Room

**November 3:** Valiant Veterans®, Sechrist Veterans Day Program, 1:30 p.m., Alpine Room

**November 4:** Community Game Day Fun, 2 p.m., Malapais Room

**November 6:** Brandy's Lunch Outing, Departing at 11:30 a.m., Lobby

**November 15:** Most Wanted — Turkey Birthday Party, 2:30 p.m., Alpine Room

**November 22:** Harkins Movie Outing, Departing at 12:30 p.m., Lobby

**November 27:** Navajo Cultural Story, 2 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. Note: Outings will be cancelled if there aren't at least three people signed up.

## Thank You!

Bungalow resident Annie K. and The Peaks Senior Living Community would like to thank all the residents, family members and friends. The Peaks Yard and Book Sale was a wonderful success! The donations, support and help that was provided with preparations for the sale was greatly appreciated! Over \$330 was raised due to book lovers and their generosity. The proceeds will benefit the Employee Christmas Fund.







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 928-774-7106



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## The Peaks Employee Christmas Fund

This is a reminder that the Christmas Fund Committee will shortly be delivering to you (or in some cases, mailing to you) a written solicitation for a 2017 donation to the Peaks Employee Christmas Fund. Watch for us and trust that your generosity will be greatly appreciated by the employees who do so much for us in so many ways.

Sincerely,

*The Resident Committee for The Peaks Employee Christmas Fund*

## New Residents

Gail W.

