

# GOOD Life News

at The Peaks

JULY 2018

www.thepeaks.org

## Executive Director

### Landmarks Across America

The United States is home to dozens of must-see landmarks that are widely recognized symbols of the country. Have you visited any on this list?

**Statue of Liberty** — A gift from France in 1886, Lady Liberty stands proudly in New York Harbor with her torch symbolizing enlightenment and freedom.

**White House** — A highlight of historic sites in Washington, D.C., the home and office of the U.S. President is the only private residence of a head of state that is open to the public free of charge.

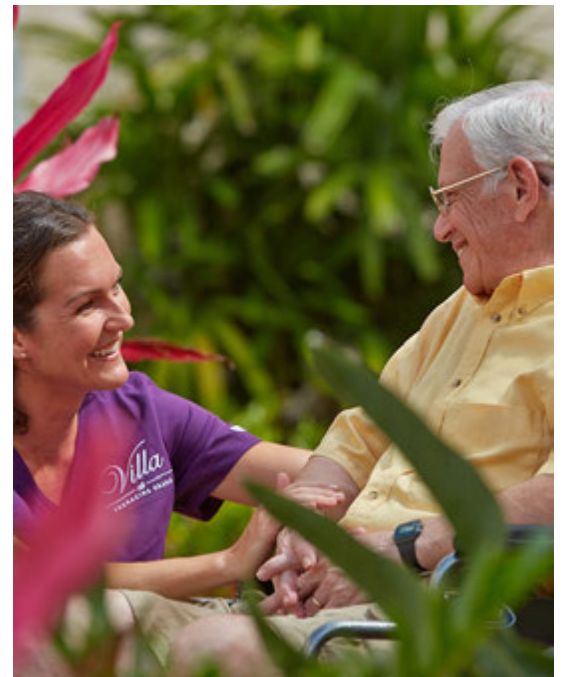
**Gateway Arch** — This 630-foot-tall monument to America's pioneering spirit and expansion of the West offers spectacular views of St. Louis and the Mississippi River.

**Mount Rushmore** — The giant faces of Presidents George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln are carved into a granite cliff in South Dakota.

**Grand Canyon** — This geological wonder in Arizona was formed millions of years ago, when the Colorado River eroded a 277-mile ravine through layers of rock, creating breathtaking vistas.

**Golden Gate Bridge** — Instantly recognized by its "international orange" paint color and art deco design, this San Francisco landmark was voted one of the seven engineering wonders of the modern world.

— Russell Goddard, Executive Director



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

**Platinum Service®  
Standard #2**

*"I build lifetime relationships with our residents by creating memorable experiences."*

"The customer always comes first" is an old saying that still rings true today. When surveyed, customers said they didn't feel it was a good service experience when employees worked on something else when they were waiting for assistance or when employees continued talking to each other as the customer waited for help.

At The Goodman Group and in our managed communities, Platinum Service® shows how we are always trying to focus on our residents to ensure these types of things do not happen. Through our service standards and our service approach, we make these promises to our residents: To be genuinely caring, reliable, create a great personalized experience, and be friendly and cooperative.

## Quote of the Month

"This nation will remain the land of the free only so long as it is the home of the brave."

— Elmer Davis



## Resident Spotlight

Residents of the Peaks, please welcome Irene W. She is a wonderful storyteller and a kind soul. She was born in Nanticoke, Pa., the youngest of four girls. Her father was a coal miner, and her mother was a homemaker. Irene attended Battin High School, an all-girls high school. Immediately after finishing school, she went to work. She was a purchasing agent with Archer Daniels Midland Company.

In 1948, Irene met the love of her life, Edward, at a dance hall in town. She remembers it was Edward who walked up and struck up their first conversation. The two would go on to marry and have a family and a successful catering/restaurant business.

Irene loves baseball. Her team is the New York Yankees. Irene's been to the New York Yankee Stadium to cheer on her team. She also recalls walking by the local merchant stores and looking at the displayed baseball game scores. They had a friend who'd let them in early to watch the players walk onto the field, take their pictures and get their autographs. Irene is very thankful. Her love of baseball has been instilled in her son and her grandchildren.

One of her beloved memories of her late husband and their son was being on the boardwalk. Together, they enjoyed eating the food, playing carnival games and riding the rides.

Irene and her husband joined their son, Edward, in Flagstaff in May 2000. When Irene isn't participating in activities, she is in her room staying busy. You can find her writing letters, conversing on the phone with her family and friends or watching a baseball game. Her favorite music record is by music artist Andrea Bocelli, an Italian singer.

Her little life advice is to "be yourself," "be outspoken" and "take one day at a time."



Irene W.

## Nursing/Health Care

Please welcome our new Nurse in Assisted Living and Memory Care!

Jory Malis comes to us with a wealth of knowledge and experience in clinical and supervisory roles. She has worked in Home Health, Hospice, Wound Care, Public Health and Staff Development.

Jory first started making visits to The Peaks as a Home Health Nurse in 2001 (when Patti Baca was the Receptionist). Her mom and dad lived at The Peaks 10 years ago, first in the Bungalows, then the Lodge, with her dad in the Memory Unit.

In her leisure time, Jory enjoys gardening, singing and periods of doing nothing in particular. She feels very happy about this opportunity to make a difference for others.

—Martha Toffol, Director of Nursing



Jory M.

## Food and Beverage/ Dining Services

Wow! The year is really flying by. We have already been through half the year. We hope you have been enjoying the buffets thus far. We have held two focus group meetings with a select number of residents. This group is providing us with feedback so we can make changes to the menus. The meetings have been very productive, and we hope to have a final draft to home office soon.

This month there will be a Fourth of July BBQ. The menu will be posted soon! Our Omelet Bar will be on July 11. If this should change, I will be sure to post in advance.

Thank you for all your feedback and your patience. I understand your frustrations. As a department we are working diligently to ensure this is a team process; that includes you, me and Home Office. We genuinely care about your opinion and well-being. We hope you have a great month of July!

—Wil Hernandez, CDM, CFPP,  
Director of Dining Services



## The Story of Fourth of July

### The Declaration of Independence

We celebrate American Independence Day on the Fourth of July every year. We think of July 4, 1776, as a day that represents the Declaration of Independence and the birth of the United States of America as an independent nation.

But July 4, 1776 wasn't the day that the Continental Congress decided to declare independence (they did that on July 2, 1776).

It wasn't the day we started the American Revolution either (that had happened back in April 1775).

And it wasn't the day Thomas Jefferson wrote the first draft of the Declaration of Independence (that was in June 1776). Or the date on which the Declaration was delivered to Great Britain (that didn't happen until November 1776). Or the date it was signed (that was Aug. 2, 1776).

### So what did happen on July 4, 1776?

The Continental Congress approved the final wording of the Declaration of Independence on July 4, 1776. They'd been working on it for a couple of days after the draft was submitted on July 2 and finally agreed on all of the edits and changes.

July 4, 1776, became the date that was included on the Declaration of Independence, and the fancy handwritten copy that was signed in August (the copy now displayed at the National Archives in Washington, D.C.) It's also the date that was printed on the Dunlap Broadside, the original printed copies of the Declaration that were circulated throughout the new nation. When people thought of the Declaration of Independence, July 4, 1776, was the date they remembered.

In contrast, we celebrate Constitution Day on Sept. 17 of each year, the anniversary of the date the Constitution was signed, not the anniversary of the date it was approved. If we'd followed this same approach for the Declaration of Independence, we'd be celebrating Independence Day on Aug. 2 of each year, the day the Declaration of Independence was signed!

Courtesy of ConstitutionFacts.com

## Resident Birthdays

Linda A., 3rd

Margaret M., 24th

Linda C., 14th

Jane S., 26th

## Life Enrichment/ Highlighted Events

The Life Enrichment Team has planned a month of entertaining and enjoyable activities for our residents and their families.

**July 4:** Flagstaff Chamber of Commerce Fourth of July Parade, meet in Lobby at 7:30 a.m.

**July 4:** "To Honor America" Slide Show by Ernie W., 10 a.m., in Bistro

**July 11:** Soul Summit — Concerts in the Park, depart at 5 p.m., Lobby

**July 11:** Evening Dinner Music, 5 p.m., in Schultz Dining Room

**July 15:** Music Meditation, 3 p.m., Malapais Room

**July 16:** The Talking Book Library, 2 p.m., in Bistro

**July 16:** Drum Wellness, 3:15 p.m., in Desert Sheep Dining Room

**July 17:** Hillbilly Jamboree Musical Act, 4:15 p.m., Alpine Room

**July 18:** "Under the Deep Sea," Theme party, 2:30 p.m., Alpine Room

**July 20:** Valiant Veterans® — Dedication Performance, Alpine Room

**July 21:** Elsie's Weekend Outing to Brandy's, meet at 12 p.m., Lobby

**July 22:** Shakespeare Scenes, 11 a.m., in the Alpine Room

**July 25:** Beaver Street Brewery Outing, 11:30 a.m., meet in Lobby

**July 25:** Elsie's Lifestyles of the Famous, 2:30 p.m., Bistro

**July 28:** Lil' Chocolate Spread, 1:30 p.m., Bistro

**July 30:** 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.

## Marketing

The Peaks Senior Living Community and Health and Rehabilitation is proud to be a long standing, contributing member of the Flagstaff community. Since opening its doors, the Peaks has developed strong relationships throughout Flagstaff and Northern Arizona. Did you know Peaks has partnered with Coconino Community College in offering a scholarship to those who want to become a certified nursing assistant? We at the Peaks recognize the importance and need for high quality staff to care for our residents and patients. We want to help individuals who want to take the next step into becoming an important member of health care.

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





# THE PEAKS

A Senior Living Community

3150 North Winding Brook Road, Flagstaff, AZ 86001  
928-774-7106 | www.thepeaks.org



MANAGED BY  
 The Goodman Group

## 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**  
Jeremiah Minter

**Social Services**  
Cara Bearden

**Central Supply  
Director**  
Christella Vasquez

**Registered Dietician**  
Lorraine Crim

## New Residents

Marta S.  
Virginia M.  
Mary S.  
MaryEllen H.



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