



GiGi Assistant® (GiGi), is a free mobile app that acts as your personal concierge ready to assist you with what's happening in the community.

We encourage residents, guests, caregivers and families to download the app and get connected!



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MANAGED BY The Goodman Group



25 YEAR ANNIVERSARY

THE PEAKS

A Senior Living Community

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



Good Life

NEWS

at The Peaks, A Senior Living Community

JUNE 2025

TEAM MEMBERS

Campus Executive Director
Gary Olson

Director of Sales & Marketing
Patty Baca

Life Enrichment Director
Frances Bryant

Community Outreach Director
Paige Inman

Maintenance Director
Steven Carrillo

Business Office Director
Mike Brandtmeier

Spiritual Care Director
Alexandra Marks

Director of Nursing
Jenn Grove



IN LOVING MEMORY

We remember our dear friends who have passed in the last month:

- Reed R.
- Joyce H.
- Doris R.
- Sandy O.
- Luella K.



NEW RESIDENTS

We would like to welcome our newest residents!

- Patricia C.
- Rosemary R.
- Gary S.
- Barbara B.
- Mary M.
- Karen R.



BIRTHDAYS

We want to wish the following residents a very happy birthday:

- Dorothy L. - 6/2
- Neva W. - 6/2
- Bob P. - 6/2
- Janice K. - 6/10
- Emma C. 6/11
- Barbara E. - 6/12
- Karen R. - 6/19
- Sophie B. - 6/20
- Barbara B. - 6/23
- Anthony W. - 6/24
- Neilsa S. - 6/25



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PEARLS OF LIFE®

Last month, residents in the Pearls of Life® memory care neighborhood were busy with a variety of meaningful activities and special deliveries! We entered the salsa-making contest, and though we didn't win, it was fun to see the many contributions from residents. A group also went out to enjoy a delicious Mexican lunch at one of our favorite spots, La Fonda.



Mother's Day was celebrated with a tea party! We enjoyed seeing all the families that came to visit and the many floral deliveries that poured in! We hope all the mothers felt special and loved.

We also celebrated Nurses Week, and residents provided special acts of kindness to make our very own nurses feel loved! They made many cards to share throughout The Peaks and the local health care community.

A special thank you to Katherine W. for your continued support in providing us with your beautiful guitar music sing-alongs and leading our choir! We love the joy and therapeutic feel it brings to everyone!



CELEBRATING 25 YEARS

This year marks a very special milestone for The Peaks, A Senior Living Community — our 25th anniversary! As we celebrate this momentous occasion, we warmly invite you to join us for a fun and festive community barbecue!

Date: Wednesday, June 19
Time: 1:00 - 4:00 p.m.
Location: The Peaks Courtyard
Featuring: Delicious barbecue and live country music

Over the years, The Peaks has been honored to lead the way in providing exceptional care, comfort and support for seniors. Our commitment to the community remains strong and we look forward to many more years of service and partnership. This celebration is not just about our past — it's about the incredible people who make our community what it is.

To our residents: thank you. Your continued support, trust and presence are the reason we do what we do. We are deeply grateful and couldn't be happier to serve you and the broader Flagstaff community.

Please note: Space is limited, so be sure to RSVP by June 11 with Pearl at the ALF Reception Desk to reserve your spot.



LIFE ENRICHMENT HIGHLIGHTS

Greetings, residents!

I can't believe it's already June and the year is halfway over! I hope you're all enjoying the beautiful outdoor weather that Flagstaff has to offer this time of year.

Last month, we celebrated many special occasions; Mother's Day, Nurses Week, Patty's 25th work anniversary, Spring Fling, gardening gatherings, team member graduations, Ollie's 103rd birthday, a backyard barbecue and so much more!

If you or someone you know would be interested in giving educational lectures, sharing hobbies or speaking at our monthly Valiant Veterans® gatherings, please let the life enrichment department know.

We are also looking to add more veteran photos to our honorable Wall of Valor. Please see someone in life enrichment and we'll be happy to assist.

The Lodge invites you to join our new line dancing program, held every Thursday at 1 p.m. in the Alpine Room.

This month, we'll be celebrating Father's Day, Flag Day, the start of summer and much more. Please refer to our monthly calendar for a full schedule of programs. We welcome your ideas and suggestions — they help us plan activities that you enjoy and bring us all closer together through shared experiences. June is going to be a wonderful month. Happy Father's Day!

The Life Enrichment Department



Dancing Grannies



Line dancing



Happy 103rd birthday, Ollie!



Oliver "Ollie" C.



Thank you, Patty, for 25 years of dedication



Special delivery for our nurses



Happy Nurses Week

MOTHER'S DAY BRUNCH

Thank you to all that attended our Mother's Day Brunch last month! We hope you enjoyed it as much as we enjoyed having all of you! It's always nice to see our residents with their loved ones on special days.



LECTURE: PRIDE AROUND THE WORLD

Join us on Thursday, June 5 at 10 a.m.

A virtual presentation provided by Melissa Wojewnik, Executive Director at Cypress Palms

Join us and take time to explore how Pride is celebrated around the world. Pride represents visibility, acceptance, and the opportunity to honor the journey toward living openly. It's a time to recognize the courage of those who came before—many of whom are older adults in our own communities. By learning these traditions and the history behind them, we can better understand the experiences of LGBTQ+ elders. Honoring these personal histories and stories allows us to bring deeper compassion, connection, and understanding into our day-to-day lives. Together, we can create spaces where everyone is valued, seen, and supported.



ANNOUNCEMENTS



Father's Day Barbecue
Sunday, June 15 at 4:00-6:30 p.m.

In celebration of Father's Day, the culinary team invites you to join our Father's Day Barbecue Dinner Feast! We will hold a fun and flavorful barbecue-styled menu on

Sunday, June 15 from 4 p.m. to 6:30 p.m. RSVP with our receptionist for parties with five or more guests to secure your spot! We hope to see you there to celebrate!



National CNA Week

June 12-18 is National CNA Week! We are very thankful to celebrate our frontline CNA team members who work diligently to serve residents. May you feel valued and appreciated today and always!



Pet Reminder

A friendly reminder to please pick up after your pets. Thank you for your help in keeping our community clean and looking beautiful!



Team Member of the Month

We are excited to announce our June Team Member of Month, Michelle H.! Michelle is a certified nursing assistant that jumps in to help where and when needed. She has great passion in serving our residents! Congratulations, Michelle!

**SOARING®:
SUPPORTING THE
SPIRIT**



As human beings, we all have the intrinsic need for human (and animal) connection. But do we all have established, intimate, soul-giving relationships?

The vast majority of us at some point in our lives have experienced deep hurt stemming from a relationship. The recovery process from these wounds can take weeks, decades or may even be lifelong.

In the midst of these often painful situations, we need spiritual practices to help us heal. Whether you enjoy reading the word of God, spiritual literature, praying, silence, walking in nature, meditation, exercise or solitude, we can all find practices that work for each of us to nurture and heal — with special care for our souls.

Please join us for many Soulcare-based gatherings and support your well-being!

Alexandra Marks
Spiritual Care Director

RESIDENT SPOTLIGHT

Get to know Gary S.

Gary was born and raised in Monroe, Michigan. He later moved to Arizona, where he worked at the Arizona Corporation Commission in charge of safety. Gary retired for the first time in 1999 and moved to Flagstaff to become vice president of a natural gas company (now UniSource). He retired from the gas company in 2009.

Gary met the love of his life while working at the gas company, and they have shared many adventurous years together exploring the United States via Harley-Davidson motorcycles and serving three terms as a leader for Flagstaff Elks Lodge 499.

They share three daughters, one son and seven grandchildren. Please welcome Gary to The Peaks!



VOLUNTEER SPOTLIGHT: THRESHOLD CHOIR



We say it often, but thank you to the Threshold Choir ladies that visit our community every week to serenade us with their beautiful songs! They were nominated as The Peaks' Volunteers of the Year for their dedication and genuine care for the

residents. They know just how to brighten up our day with our favorite songs. Thank you, ladies!

LECTURE: AMERICAN SLAVERY, EMANCIPATION & ABOLITION

Join us on Thursday, June 19 at 10 a.m.

A virtual presentation provided by James Todd, Associate Professor

A reflection on American slavery and the movement to end it, including Abraham Lincoln's evolution on the issue and his presidential leadership. The talk will also highlight the significance of the Emancipation Proclamation, the Thirteenth Amendment, and how these things are commemorated in America's newest federal holiday, Juneteenth.

