

GOOD Life News

at The Peaks Senior Living Community

APRIL 2014

www.thepeaks.org



T-5 NuStep Recumbent Cross Trainer

for your suggestions and thank you, Mr. Doug Britain, our generous Regional Director of Operations.

Monthly Musings With Janet

Exciting news! The Peaks is adding a NuStep Recumbent Cross Trainer machine to our wonderful new gym. Thank you all

Enjoy,

Janet Mars, Executive Director AL/IL

Resident Spotlight

Bungalow resident Susan M. loved living on her father's farm in Rockford, Ill. Her dad, who also loved farming, worked the farm during the day and worked in a factory at night. He did this on three hours of sleep each night! Susan was the "hired hand." She did what was needed, from driving the tractor to feeding the chickens — whose eggs her dad sold at his night job. The first love of her life was the horse she had as a young teenager. Susan has always been interested in the arts. For many years she was a choral conductor at church and still sings in the choir. She toured Russia and Poland on a musical tour. She has painted since she was in first grade and her home is filled with her oil paintings. During her career as a Human Resource Director, Susan and her two daughters lived in Illinois, California and Tennessee. She followed her parents to Arizona when they retired to Sun City. Susan has four grandchildren and one great-grandson. Susan enjoys both the Bungalow and Lodge activities the Life Enrichment Department offers.



Susan M. and one of her paintings

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

Our Service Approach

Step 2 – Fulfillment and Anticipation of Resident and Guest Desires

During Platinum Service training, we learned that customer loyalty is achieved when an organization focuses on providing personalized service to its customers. This is the heart of our Service Approach to residents and guests.

Some techniques we use to meet residents' unique and personal requirements include engaging and adjusting to their pace, fulfilling expected and expressed wishes, anticipating any unexpressed wishes, and asking if any other assistance is desired. We are able to deliver this service by being proactive, using the resident or guest's name, and remembering their preferences. Our goal is to go over and above the "ordinary" service that might be expected.

"To give real service you must add something which cannot be bought or measured with money, and that is sincerity and integrity." —Douglas Adams

Nursing/Health Care

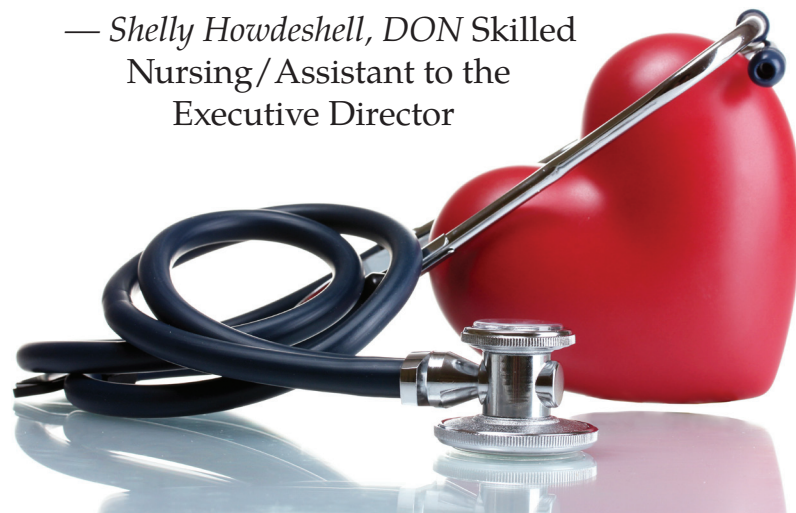
Preventing heart issues

A family history can put you at higher risk of heart disease.

But you're not destined to follow in your family's footsteps. The tips below may help weather you are at risk or not.

- Get your cholesterol, blood pressure and weight measured by your physician.
- Turn to your relatives to find out your family history. Heart disease and heart attack risk can be passed down through generations.
- Exercise a little each day.
- Set a reasonable goal for weight loss.
- Take your heart medicine.
- Eat well.
- Don't smoke.
- Go to the dentist.
- Pay attention to your symptoms and tell your doctor.

— *Shelly Howdeshell, DON Skilled Nursing / Assistant to the Executive Director*



Wake Up and Work Out

We all know that regular exercise is a key part of looking and feeling our best. And while exercise at any time of the day is beneficial, more and more research indicates that morning workouts are best.

Studies show morning exercise jump-starts your metabolism, reduces food cravings, boosts mental focus, and improves your mood. And all these positive effects last hours after you've finished your workout.

Making exercise first on your to-do list also ensures you'll complete your workout before the day's distractions throw you off track.

Life Enrichment at The Peaks

We'd love to have you join us in celebration of all the April birthdays at our April Shower's Theme Party on Wednesday, the 2nd, at 3 p.m. in the Alpine Room. Looking for something fun on a Saturday afternoon? Join us for a French Theater Production in the Malapais Room on April 5 at 3 p.m. Our very own Life Enrichment Assistant, Rebecca Asser, will be a part of the production! Come and meet Normajean! She will be hosting afternoon tea in the second floor dining room on Monday, April 14, at 2:30 p.m. Let's help our new lodge Life Enrichment Coordinator feel welcome. The 15th is not only Income Tax Due date, but NAU and Museum of Northern Arizona are hosting a Book Fair and Sale at the Peaks in the Alpine Room. Come browse through a large selection of books to add to your library. The sale begins at 1 p.m.

We are launching a fun Saturday morning experience. Join Sarah in the Computer Lab at 8:45 a.m. on the 12th and the 26th to take a virtual trip back to a place you cherish using Google Earth. Simply bring an address of a former residence, church your child was baptized at, the place of your honeymoon, or where you went to college. Sarah will take you down memory lane — at present day — giving you a modern-day tour of that cherished location. Google Earth will actually allow you to "drive" down the street you taught your kids to ride a bike on, show you that special memory, and how it looks today. Come check it out!

Outings for April include lunch at Himalayan Grill on Tuesday, April 8. We will leave the front lobby at 11:15 a.m. and on the 22nd we will hit an afternoon matinee at Harkin's Theater. We will have a choice of movies a week in advance and let you vote. For all outings, please sign up outside Life Enrichment.

With Easter on April 20, our Crafter's Corner on the 17th will be creating an Easter Bonnet to show off on Easter! We are even going to have voting and awards. Life Enrichment will supply plain hats, decorations and hot glue. If you have anything you'd like to add to your hat, or a hat you'd like to spruce up, bring it on the 17th to Crafter's Corner!

Per tradition, on Good Friday, the Easter Bunny will hop around the interior of the Peaks community and hide Easter Eggs for you to hunt. Keep your eyes peeled. Hunt begins at 9 a.m. and goes until all the eggs are found!



Fun, Friendship and Hats

It's hard not to notice the Red Hat Society whose members wear bright red hats with pride. Do you know the story behind this lively group of ladies?

In the late 1990s, Red Hat Society founder Sue Ellen Cooper spotted a bright red fedora at a thrift store and bought it on impulse. Later, she came across Jenny Joseph's poem "Warning" — which opens with the lines "When I am an old woman I shall wear purple/With a red hat which doesn't go" — and thought of her treasured red hat.

Cooper embraced the poem's message of approaching middle age with gusto and a sense of humor, and she began giving her friends the gift of a red hat and a copy of the poem. The women realized they were becoming a "Red Hat Society" and held their first official tea party on April 25, 1998.

The group grew largely by word of mouth, and by 2005, there were more than 40,000 chapters around the world.

The Red Hat Society's mission is to celebrate life and build bonds among women of all ages, using the components of fun, friendship, freedom, fulfillment and fitness. Members over 50 are called "Red Hatters," while women under 50 are called "Pink Hatters."

Our very own Sassy Seniors have chosen to serve the seniors in the Flagstaff community that receive Meals on Wheels. We will be assembling Easter gift bags of love, candy and a hand knit chick. Our Sassy Seniors and the Stitch and Chat group are pooling their efforts to provide some Easter cheer to those unable to get out for the Easter holiday. The Coconino County Health Services provide the Meals on Wheels five days a week. Our gifts will accompany that meal on Good Friday, with the hope of sending some Easter spirit to those less fortunate.

Thank you, Sassy Seniors!



Food and Beverage/ Dining Services

We are happy to announce that Michael Lahn is our new Executive Chef at The Peaks Senior Living Community. Michael has been part of our team for a year and a half and is excited about his new role. He graduated from culinary school in 2001, and brings with him many years of experience. His favorite type of food to prepare is Mexican. A little fun fact about Michael is that he loves playing disc golf. Be sure to congratulate him on his recent promotion when you see him!



Michael Lahn, Executive Chef

In the month of April we will again have the Omelette Bar on Wednesday, the 9th, from 7-9 a.m. By popular request we will have Patty and Bill Cummings playing live music for you in the Schultz dining room from 4:30-5:30 p.m on the 10th. Thank you for your feedback and let us know if you'd like live music more often during meal time. We are hosting an Easter Buffet on Sunday, April 20 with two seatings at 11 a.m. and 1 p.m. Please reserve your seats with Vickie at the front desk.

— *Jennifer Sharp, Director of Dining Services*



New Residents

The Peaks warmly welcomes:
Harriet and Arnold B.

Resident Birthdays

Mary B., 1st	Alfred B., 11th
Bobby S., 2nd	Molly W., 16th
Flora S., 4th	Shirley C., 18th
Mary M., 4th	Violette T., 20th
Janice Q., 5th	Jack M., 22nd
Jennie V., 7th	Delorys B., 26th
Stirling D., 8th	



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Staff

Director Of Nursing
Shelly Howdeshell

Director of Nursing
Julie Ryan

**Sales and
Marketing Director**
Barene Conley

**Life Enrichment
Director**
Maggie Twomey

**Director of
Community
Relations**
Patty Baca

**Resident Care
Coordinator**
Rosa Evans

**Director of
Dining Services**
Jennifer Sharp

**Assistant Director
Nursing**
Samantha
Jones, LPN

**Business Office
Director**
Margaret Melton

**Medical Records
Director**
Cara Bearden

Executive Chef
Michael Lahn

**Plant Operations
Director**
Ed McGillicuddy

**Executive
Director/
The Lodge**
Janet Mars

Social Services
Cara Bearden

**Central Supply
Director**
Debbie DeLong

**Registered
Dietician**
Lorraine Crim

April Is Volunteer Appreciation Month

The Peaks Senior Living Community has a solid core of volunteers that help us in many ways. We utilize most of our volunteers in our Life Enrichment programs. Last year we had over 100 one-time and regular volunteers at The Peaks who put in over 2100 hours of service in the spirit of making your community a better place to live. Help us thank them by stopping by the cocktail party we are hosting in their honor on Thursday, April 10, from 5:30-6:30 p.m. in the Malapais Room.

