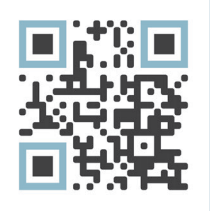




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GiGi Assistant®
TODAY

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



ARBOR RIDGE

Senior Living

9257 West Union Hills Drive, Peoria, AZ 85382
623-974-2255 | ridgesatpeoria.org



Good Life NEWS

at Arbor Ridge

JULY 2025

RESIDENT SPOTLIGHT

Get to know Harvey M.

Harvey was the third of seven children. He grew up on a farm in North Dakota and really enjoyed working there. Every morning before school, he would feed the animals, get ready and take his horse three miles to school. He attended a one-room schoolhouse that fit up to 20 students and was taught by a single teacher.

Music was an important part of his home life. His family would travel to perform at saloons and many other locations.



Harvey has lived a life full of adventures and experiences as a professional engineer — from living in Africa for 20 years to help improve natural resource programs and food production, to working for the government for 39 years, traveling to 17 countries, helping control the Yellowstone fires and helping draft the first proposal for artificial intelligence. He went from planting trees to reaching the highest levels of designing agricultural practices.

Harvey has always enjoyed his career and the experiences he's had. He was a Cub Scout leader, president of his homeowners association and president of the Bangel American School in West Africa.

Harvey is a family man. He has three children and six grandchildren, and he enjoys going to rodeos, fishing and hunting with them.

Some of Harvey's current hobbies include socializing, playing card games, bingo and mahjong. He and his wife dedicated their time to teaching more than 60 people how to play mahjong seven days a week. So, if you're interested in learning, let him know!



Harvey has lived at Ridges at Peoria Senior Living for almost a year now. Thank you, Harvey, for sharing your adventurous life with us and for helping not only our country, but others around the world.



TEAM MEMBER OF THE MONTH

Congratulations, Esperanza!

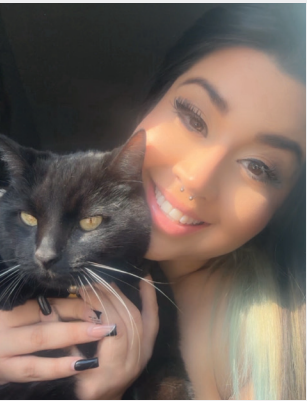
Esperanza was nominated by Marva B. at Arbor Ridge. Many residents have shared that Esperanza cares deeply about everyone, always puts her heart into her work and takes time for each and every person to ensure they have a great experience in all activities.

"Esperanza, you have a beautiful soul and your presence at Arbor Ridge has been a blessing. May God continue to guide and bless you! We are so lucky to have her as a part of the Arbor Ridge family." — Marva

"She is a very nice person, very understanding and extremely helpful to me. She goes out of her way to make sure I'm okay and asks how I am doing every day. She is very kind and super creative. I really enjoy all the activities she chooses, and everything is catered to everyone. Congratulations! You deserve it!" — Becky

"Esperanza has such a beautiful heart and cares deeply about the residents. She tirelessly coordinates excellent activities and entertainment for them every month. I can't think of anyone more deserving of this recognition. Well done, Esperanza!" — Lindsay

Team Member continued on page 2



TEAM MEMBERS

Campus Executive Director
George Bakhit

Director of Nursing
Skyler Clarkson

Business Office Director
Carrie Godfrey

Life Enrichment Director
Esperanza Vasquez

Spiritual Care Director
Lindsay Huffman

Resident Care Coordinator
Paula DeLong

Culinary Director
Justin Waldrige

Community Relations Director
Nicole Carlen

Lead Sales Counselor
Laura Koehl



IN LOVING MEMORY

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

- | | |
|-------------|-------------|
| • Bob G. | • Grant F. |
| • Armand B. | • Janice B. |
| • James C. | • Ethel G. |



BIRTHDAYS

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

- | | |
|--------------------|-----------------|
| • James M. - 7/2 | • Ron C. - 7/24 |
| • Marie C. - 7/5 | • Don M. - 7/27 |
| • Mary K. - 7/8 | • Gay M. - 7/27 |
| • Camilla M. - 7/9 | • Pat C. - 7/28 |
| • Thelma T. - 7/12 | • Tom H. - 7/29 |



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SOARING®: SUPPORTING THE SPIRIT

The importance of self-care in the golden years

What is self-care? Self-care means taking intentional actions to maintain and improve your well-being. It includes caring for your body, mind and spirit. It doesn't require fancy products or expensive routines. Rather, it involves listening to your needs, setting healthy boundaries and making time for activities that nourish and energize you. Here is a list of various activities you can do to practice self-care:



Stay active: Whether it's walking, stretching, swimming or chair exercises, movement helps maintain balance, mobility and heart health. Even a little bit of movement each day can make a big difference.

Eat well: A balanced diet rich in fruits, vegetables, lean proteins and whole grains helps keep energy levels up and reduces the risk of chronic illness. Staying hydrated is equally important.

Sleep soundly: Getting enough rest is key to good health. If you struggle with sleep, try creating a calming bedtime routine, limiting caffeine in the evening and keeping a regular sleep schedule.

See your doctors: Keep up with regular checkups, screenings and medications. Preventive care goes a long way in supporting longevity and quality of life.

Connect with others: Social interaction boosts mood and reduces the risk of depression. Make time for friends, family or community events. Even a phone call or a shared meal can lift your spirits.

Practice gratitude: Taking a few minutes each day to reflect on what you're thankful for can shift your focus from problems to possibilities. A gratitude journal or a simple mental list can do wonders.

Acknowledge your emotions: It's okay to feel sad, anxious or lonely at times. Rather than bottling up your emotions, talk to a trusted friend or counselor. Emotional expression is healthy and healing.

Learn something new: Take a class, pick up a new hobby or read a book on a topic that interests you. Learning stimulates the brain and keeps things exciting.

Do puzzles or games: Crossword puzzles, Sudoku, card games and board games are fun and stimulating ways to challenge your brain.

Try mindfulness and meditation: Spending even a few minutes a day in quiet reflection or meditation can reduce stress, improve concentration and enhance emotional balance.

Spend time in nature: A walk in the park, time in a garden or simply sitting outside in fresh air can refresh your spirit.

Self-care is not selfish. In fact, it's one of the most generous things you can do for yourself and those who love you. When you take time to care for your body, mind and spirit, you enhance your ability to enjoy life. Whether you're spending time with a grandchild, taking a quiet morning walk or simply savoring a warm cup of tea, these small moments of care build a life of dignity and delight.

You deserve nothing less.

Lindsay Huffman
Spiritual Care Director

Team Member continued from page 1

"The name Esperanza is of Spanish origin and means 'hope' or 'expectation.' I would add to that definition: loving caretaker, and in some cases, miracle worker. She is one of the most loving and capable people I have ever met. It's been almost a year since I became a resident here. When I arrived, she helped fill the void I was feeling in my life. I would hope that any of my family needing help and direction could be counseled by Esperanza. The work she does here is wonderful. The programs she and her team run are spectacular." — Wanda

"She is wonderful! She is such a help whenever I need anything. She shows true love for our residents and is greatly loved by them." — Paula

"Esperanza is very creative, artsy and imaginative. She has a lot of clever ideas for the life enrichment department and she loves presenting them at Arbor Ridge." —Tammy

"Esperanza always puts her heart into everything she does. She loves the residents and team members and is always going above and beyond for everyone! We all love being able to work with you!" — Juno

"Esperanza brings energy, creativity and heart to everything she does. I have the pleasure of working closely alongside her, and I can confidently say she is a true teammate. Whether we are collaborating on events, brainstorming new ideas or supporting one another on busy days, she is always thoughtful and positive. Her dedication to enriching the lives of the residents is seen in every interaction and program she creates. Congratulations, Esperanza!" — Alyssa M.

"Esperanza is the best partner I have ever worked with! She pours her heart and soul into everything she does, and the residents absolutely adore her. She devotes her time to making sure the residents' needs are met and that there is always a smile on their faces. Thank you, Esperanza, for being patient, hardworking and a wonderful example! You definitely deserve this. Congratulations!" —Ryann

"In her role, she does more than just fill a position — she creates an environment where joy, purpose and human connection flourish. Her unwavering commitment to meeting the needs of the residents, families and team members alike is a testament to her character and the genuine care she puts into her work every single day. Esperanza, your hard work, heart of gold and unyielding dedication make you a true asset to Arbor Ridge, and we are so grateful to have you on our team. You embody the essence of what makes this community special. Thank you for everything you do!" — George A. Bakhit, Executive Director

FROM THE EXECUTIVE DIRECTOR

As we celebrate July and the spirit of Independence Day, I want to take a moment to honor what truly makes Ridges of Peoria Senior Living extraordinary — you!

- To the residents:** Your strength, grace and stories remind us every day what it means to live with dignity and purpose.
- To our families:** Your trust, support and love are the foundation of everything we do.
- To our dedicated team members:** Your compassion and commitment breathe life into our mission and make this community feel like home.
- And to our valued partners:** Your collaboration and care help us build something greater than ourselves.

Together, we continue to shape a community where people don't just live — they thrive. Wishing you all a joyful, safe and meaningful Independence Day.

George A. Bakhit
Executive Director

MEMORABLE MOMENTS



UPCOMING EVENTS



Mark your calendar for some fun in July!

Entertainer: Dave Herr Drum-Along
July 1 at 2 p.m. (Living Room)

Vitality in Motion with John Paul
Wednesdays, July 3, 10, 17, 24, and 31 at 9:30 a.m. (Activity Room)

Volunteer: Teddy the Therapy Dog
July 4 and 18 at 1 p.m. (Living Room)

Entertainer: Vito
July 4 at 2 p.m. (Living Room)

Sunday Service with Claude
Every Sunday from 9:30–11 a.m. (Chapel or Living Room)

Entertainer: Randolph
July 11 at 2 p.m. (Living Room)

Volunteer: Southwest Mobility
July 15 at 11 a.m. (Living Room)

LifelongU: Presidential Precedents
July 15 at 1 p.m. (Living Room)

World Snake Day
July 16 at 1 p.m. (Family Room)

Seminar Hosted by Reunion Rehabilitation Hospital
July 17 at 3 p.m. (Family Room)

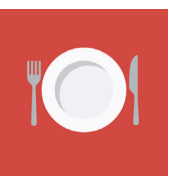
Entertainer: Kristine O'Boyle
July 18 at 2 p.m. (Family Room)

Seminar: The Importance of Hydration with Jermika
July 23 at 1:10 p.m. (Family Room)

Volunteer: Gus the Doodle
July 23 at 3:30 p.m. (Family Room)

Entertainers: Walt & Terry
July 25 at 2 p.m. (Family Room)

Valiant Veterans® Union
July 29 at 3 p.m. (Family Room)



WHAT'S COOKIN' IN THE KITCHEN?

We're excited to introduce a new menu software program to enhance your dining experience. This new system allows us to create seasonal menus in real time, giving us more flexibility and variety. Our meals will continue to feature fresh ingredients and remain thoughtfully balanced to support your nutritional needs. We look forward to bringing you even more enjoyable and personalized dining experiences.