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GARDEN RIDGE

Senior Living

18170 North 91st Avenue, Peoria, AZ 85382
623-974-5848 | ridgesatpeoria.org



MANAGED BY  The Goodman Group

TEAM MEMBERS

Campus Executive Director

George Bakhit

Director of Nursing

Skyler Clarkson

Business Office Director

Carrie Godfrey

Life Enrichment Director

Alyssa McCullough

Spiritual Care Director

Lindsay Huffman

Resident Care Coordinator

Julia Park

Culinary Director

Justin Waldrige

Community Relations Director

Nicole Carlen

Lead Sales Counselor

Laura Koehl



NEW RESIDENTS

We would like to welcome our newest residents!

- Gary S.
- Earlene F.
- Stephen S.
- Claire S.



BIRTHDAYS

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

- Vicki D. - 7/4
- Rose B. - 7/5
- Raulins B. - 7/5
- Marjorie M. - 7/9
- Cynthia R. - 7/9
- Bonnie B. - 7/10
- Donald J. - 7/11
- Luther W. - 7/12
- Gayle N. - 7/13
- Mary Jean B. - 7/14
- Judy G. - 7/16
- Beverly H. - 7/17
- Alicia S. - 7/17
- Jan B. - 7/21
- Suzanne S. - 7/25
- Sandra D. - 7/28
- Nicki E. - 7/31
- Sheila 7/31



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Good Life NEWS

at Garden Ridge

JULY 2025

RESIDENT SPOTLIGHT

Get to know Mary

Mary was born in Deming, New Mexico, and raised in Hurley. The oldest of four children, she grew up with one sister and two brothers. A bright student, Mary graduated as valedictorian of her high school and earned a full-ride scholarship with dreams of becoming an educator.



But at 17, her path took a turn when she met the love of her life, Bob. They married when Mary turned 18. At the time, Bob was attending college, and Mary had started her work life with the government. Mary and Bob went on to have two daughters. In 1958, U.S. Steel offered Bob a job opportunity in Venezuela, and they made the big move. Life in Venezuela was a major change from what they were used to in the states, but Mary embraced it fully. Though she wasn't much of a cook before, she learned quickly from the friends she made and even became fluent in Spanish. They were fortunate enough to meet the president of Venezuela and his wife at a barbecue they were invited to — a core memory of their time living there.

Mary worked at an international school as a librarian and floating substitute teacher, roles she thoroughly enjoyed. In 1981, they moved again, this time to Colombia, where Bob began working for Exxon. They lived in the city for several years before relocating to a coal mine site, where they spent four more years.

Mary kept busy with art lessons, playing bridge and welcoming new U.S. families who had relocated to the area. In 1989, they returned to the States, settling first in a condo in Sarasota, Florida. After exploring housing options in Florida, Texas and Arizona — and touring about 300 homes — they eventually found their perfect place in Phoenix, where they spent many happy years together.

Sadly, Bob passed away in 2006. In 2016, Mary moved to Garden Ridge at Ridges at Peoria Senior Living, where she continues to honor his memory and the beautiful 52-plus years they shared together.

Mary says she loves living here — it's comfortable, welcoming and full of friends. In her early years at Garden Ridge, she enjoyed the horse races and social events. Today, she still loves meeting new people and, of course, attending happy hour every now and then. We're so grateful to have you!

CANCER SURVIVOR TRIBUTE

Residents came together for a heartfelt gathering to honor cancer survivors, remember loved ones and support one another through shared stories and experiences.

Whether you are a survivor, knew someone who bravely battled cancer or came simply to show support — everyone's presence mattered.



Each resident received a beautiful purple rose, along with a meaningful quote: "To every survivor, supporter and loved one lost - this rose represents your journey, your love and your legacy. We honor you today and always." A purple ribbon keychain was also gifted as a lasting symbol or strength, remembrance and unity. We ended the tribute on a sweet note with delicious, purple-frosted cupcakes, made with love from our chef.



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

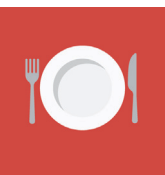
HUG A CAT DAY

We celebrated Hug a Cat Day with three special visitors — kittens! Residents enjoyed cuddling and holding them, and some kittens even napped peacefully in residents' arms. Hug a Cat Day brightened everyone's day!



WORLD TURTLE DAY

In celebration of World Turtle Day, Garden Ridge had some very special visitors stop by: Lucy, a 4-year-old Sulcata tortoise, and Esme, a 2-year-old Sulcata tortoise. A special thank you to Esperanza, life enrichment director at Arbor Ridge, for bringing in these gentle guests! Esperanza gave an engaging and educational talk about Sulcata tortoises, sharing fun facts and answering many great questions from residents. Everyone enjoyed the hands-on experience of touching, holding and even feeding Lucy and Esme.



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.

WORLD BEE DAY

In honor of World Bee Day, we had the pleasure of welcoming the owner of Honey Hive Farms to our community! As a passionate beekeeper, Connie shared her knowledge about honeybees, their vital role in our ecosystem and the fascinating process of beekeeping. Residents got a close-up look at the live observation hive and explored professional beekeeping equipment. Connie also offered her delicious local made honey for sale! It was a "bee-utiful" time!



MEMORIAL DAY TRIBUTE

This Memorial Day, residents and team members at Garden Ridge were honored to welcome Guy Sasso with Agave Hospice and Captain Bradley Neier, who shared heartfelt reflections on the meaning of the day. Residents were also given the opportunity to speak and remember their loved ones who served and sacrificed.

The afternoon was made even more special with beautiful live patriotic music by favored entertainer, Randolph Murray. It was a touching and meaningful tribute that brought our community together in remembrance.



TEAM MEMBER OF THE MONTH

Congratulations, Sandra S.!

Sandra has been part of Ridges at Peoria senior Living for five years. During her time with us, her genuine, caring personality and kind smile have left a lasting impression on both residents and team members. As a valued member of our kitchen team and lead chef, Sandra was nominated for this recognition due to her hard work, dedication and genuine care for residents. Here are some kind words shared about Sandra by both residents and fellow team members:



"When we think of exceptional dining experiences here at Garden Ridge, one name stands out above the rest: Chef Sandra S. As our head chef, Sandra has truly redefined what it means to offer more than just a meal — she has cultivated a culture where every dish is not just food, but a celebration of care, flavor and community. What truly sets Sandra apart is her genuine commitment to the desires of the residents. She listens attentively to their preferences, creating menus that are not only delicious but personalized. Congratulations, Sandra!" — George B.

"Sandra, we express gratitude for your efforts when you cook with so much passion for the residents. Thank you for setting a great example for our company! You don't just do a good job — you do a great one. Thank you for all the hard work you put into everything you do! — Crina P.

"Thank you for your dedication and hard work! You always have a wonderful smile on your face." — Jenelle J.

"Sandra, our amazing head chef, is a true gem! She consistently goes above and beyond for every department and always puts the residents first. Her sweet smile, fun personality and dedication make her a joy to work with! We are so lucky to have her on our team. Congratulations, Sandra!" — Alyssa M.

"Sandra is always very pleasant and her cooking is the best around! She always greets me with a smile and calls me 'Dayna Dayn,' and it makes me feel good. — Dayna S.

"There are no words great enough to describe how wonderful Sandra is. She truly puts her heart and soul into not only her work, but in every aspect of her life. I adore her, and it was an honor to be able to learn from her when I worked in the kitchen and to build a beautiful friendship with her. She deserves this and so much more! Congratulations, thank you for all that you do, and thank you for having such a beautiful personality and smile!" — Bre D.