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



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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
Debby Lindsay, RN

Life Enrichment Director
Alyssa McCullough

Campus Community Relations Director
Julie Larsson

Culinary Director
Justin Waldrige

Business Office Director
Carrie Godfrey

Campus Maintenance Director
Anthony Rivera

Spiritual Care Director
Joshua Rivera



IN LOVING MEMORY

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

- Frederick T.



NEW RESIDENTS

We would like to welcome our newest residents!

- | | |
|----------------|---------------|
| • Elaine H. | • Jeannine R. |
| • Leonard R. | • Fern C. |
| • Elizabeth S. | • Ernest A. |
| • Diane S. | • Larry K. |
| • Paul R. | • Nancy D. |



BIRTHDAYS

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

- | | | |
|---------------------|------------------------|-----------------------|
| • Sue B. - 3/2 | • Lawrence S. - 3/12 | • Nancy M. - 3/20 |
| • Malcolm C. - 3/3 | • Greg G. - 3/13 | • Dorothy P. - 3/20 |
| • Ken B. - 3/4 | • Laura K. - 3/14 | • Stephanie S. - 3/22 |
| • Jeanette W. - 3/4 | • Marguerite M. - 3/14 | • Geneva F. - 3/24 |
| • Sharon M. - 3/6 | • Shirley A. - 3/9 | • Neva J. - 3/26 |
| • David S. - 3/9 | • Marilyn L. - 3/17 | • Verla N. - 3/29 |



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Good Life NEWS

at Garden Ridge

MARCH 2024

CULTURAL UNDERSTANDING

Learning about the Chinese New Year

Here at Garden Ridge, we believe in the importance of having cultural understanding. Studying different cultures allows us to gain a deeper understanding of the diverse ways in which people live, think and interact. By studying different cultures, we gain insights into the historical development of societies and the origins of traditions.

One of our wonderful volunteers, Emily with Mindful Companions, has been teaching residents about the Chinese culture. With Chinese New Year being February 10th, Emily explained how the year of 2024 will be The Year of the Dragon. Associated with the element of wood, this specific year marks the start of the Year of the Wood Dragon.



TEAM MEMBER SPOTLIGHT

Get to know Andrea



Our team member for the month of March here at Garden Ridge is Andrea A., also known as Marcela. She is a valuable asset and has made a huge impact on our community. Andrea is a med tech at Garden Ridge. Here are some kind words about Andrea by residents and team members:

“Andrea is always pleasant, smiley, accountable, a team player, dependable and has great customer service.”

Debby L

“Andrea is a wonderful human being! She has a wonderful personality, caring heart and is always willing to help residents and team members. Garden Ridge is truly lucky to have her on our team. Congratulations! You are so deserving for your pure heart and hard work you put in every day.”

Alyssa M.

“Andrea is an amazing soul and kind spirit. She truly cares about the residents and it shows every day in her work. She always has a smile on her face and has a fun, bubbly personality! Garden Ridge is truly lucky to have her and I hope she knows how much we all appreciate her.”

Bre D.

“Andrea goes above and beyond for our residents as well as her team members. She delivers services with a smile and strives to make everyone around her feel their best. She is a true blessing here at Garden Ridge.”

Julia P.



SOARING®: SUPPORTING THE SPIRIT

March Forth

Welcome to the month of March...

stomp...

stomp...

stomp...

March heralds the arrival of spring; a season of renewal and growth. As the earth awakens from its winter (or rainy) slumber, we too, can awaken to new possibilities. This month offers a chance to refresh our perspectives, rekindle our passions and rediscover the world around us.

I believe that in our lifetime, we accumulate a wealth of wisdom and experiences. March invites us to share our stories, mentor others and leave a lasting legacy. We can explore new hobbies, revisit old interests and find joy in the simple things while welcoming the new season of the year as well as the new season of our lives.

That said, in this season of new beginnings, we have the opportunity to cultivate a sense of curiosity and wonder. Let's take walks in nature and feel the warmth of the sun on our faces — watch the world come alive.

We can try new recipes, read new books and engage in meaningful conversations. As the rainy season gives way to spring, let us also shed any limitations and embrace the possibilities. Every day is a gift, filled with opportunities to learn, grow and connect. Let's make the most of March and every month that follows, writing new chapters in our lives with purpose, passion and joy.

In this season of renewal, may we also remember the wisdom and experiences that have shaped us thus far. May we share our stories, mentor others and leave a lasting legacy that inspires future generations to march forth with purpose and passion. As we write new chapters in our lives, let us hold onto hope and optimism, knowing that every day is a gift filled with opportunities to learn, grow and flourish.

As we march forth into this new season, let us embrace the transformative power of spring. May the budding flowers and chirping birds inspire us to bloom where we are planted and find our own unique song to sing. Whether it's trying that new hobby, reconnecting with old friends or simply taking a deep breath of fresh air, let us open our hearts and minds to the possibilities that await us.

In conclusion, March reminds us that life is precious and full of surprises. So let us seize the day, embrace the present and look to the future with hope and optimism. As we journey through this month and beyond, may we continue to grow, learn and flourish in every way. Carry on dear and beloved residents! March forth!

Joshua Rivera
Spiritual Care Director

RESIDENT SPOTLIGHT

Meet Ina W.

Our resident spotlight for March is Ina W. Ina was born in January in Colfax, Iowa, where she spent more than half of her life. She was blessed with three brothers, Arlo, Hugh and Melvin.



Ina took classes to learn shorthand typing, which she utilized in her many careers. She worked in insurance, solar aircraft, hospitality and was even a substitute teacher. When Ina was 50 years old, she decided to learn ASL interpreting and she used those skills throughout her life. She would translate for the deaf population in job interviews, funerals and church. Ina was working as a legal secretary for the Polk County attorney's office when she retired.

After graduating high school, Ina met her husband, Gilbert, "Gib" for short. Gib had just discharged from the Navy and they met through mutual friends. After dating for a few years, they got married and had three children; a biological son, Steve, and Cynthia and Jeff, whom they adopted. When their children were grown, they decided to become snowbirds, which led them to find their love for traveling.

When Ina and Gib decided to end their traveling adventures due to Gib's health, they decided moving to Arizona where their son lived. Moving to Arizona was the start of Ina and Gib's journey at Garden Ridge. They met friends that turned into family. Ina and Gib were married for 68 years before he passed away.

Ina has lived at Garden Ridge for 9 years and she still loves it. She appreciates all the team members and friends. You can always find her playing bridge, exercising and at bible study. We are so honored to have Ina. She is a bright light with a sweet smile. If you see Ina, smile and say hello!

BLESSING OF THE PETS

Honoring our beloved companions

Joshua, our Spiritual Care Director, hosted a beautiful ceremony, Blessing of the Pets. It is a traditional ceremony held in various cultures where pets are brought to receive a blessing, often in honor of Saint Francis of Assisi, the Patron Saint of animals. It is a symbolic gesture of gratitude for the companionship and joy that pets bring to our lives.



GROUNDHOG DAY

An early spring is upon us

Residents celebrated Groundhog Day by enjoying groundhog cupcakes that our kitchen prepared. Reports stated that Punxsutawney Phil, groundhog and weather expert, did not see his shadow! That means we can expect above-average temperatures for the next six weeks. Hooray!

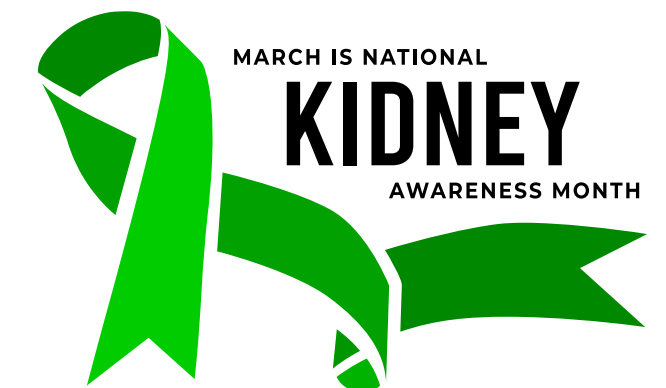


KIDNEY DISEASE AWARENESS MONTH

March is Kidney Disease Awareness Month, and March 14 is World Kidney Day. Most people are aware of the kidney's function to filter, clean and remove waste and excess fluid from the body through urination. But did you know that the kidneys produce hormones that help regulate and control your blood pressure and stimulate bone marrow to make red blood cells? Keeping our kidneys healthy keeps our bodies healthy, so it is very important to protect them.

Risk factors for kidney disease include diabetes, overuse of medications called NSAIDs, (which include Advil, Motrin and Naproxen), kidney stones, and high blood pressure. Managing your diet by reducing fatty and salty foods can decrease your risk of chronic kidney disease. Exercise and drinking plenty of water is also important.

Signs of kidney disease can include fatigue, itchy skin, brown and frothy urine, poor sleep, and loss of appetite. Talk with your provider if you are concerned about your kidneys. To check kidney function, there is a simple blood test which most providers order and review annually. Following simple lifestyle choices can ensure your kidneys function for as long as you!



SPRING AHEAD MARCH 10

In the U.S., daylight saving time starts on the second Sunday in March and ends on the first Sunday in November, (which will be Nov. 3 this year) with the time change taking place at 2 a.m. local time.

With a mnemonic wordplay referring to seasons, clocks "spring forward and fall back"—that is, in springtime the clocks are moved forward from 2 a.m. to 3 a.m. and in fall they are moved back from 2 a.m. to 1 a.m. Daylight saving time lasts for a total of 34 weeks (238 days) every year, or about 65% of the entire year.

Don't forget to set your time-pieces ahead before you retire on Saturday, March 9.

