



Good Life

NEWS

at The Peaks, A Senior Living Community

MARCH 2020

EXECUTIVE DIRECTOR

Global Ways to Get Happy

Various cultures across the globe have approaches to creating happiness and well-being in everyday life.

Hygge: This Danish concept, which focuses on coziness and comfort, has become

a worldwide lifestyle trend. Soft blankets, warm beverages and simple pleasures, such as reading, can create hygge in your daily routine.

Lagom: Sometimes called the Goldilocks principle, this Swedish philosophy is about balance and determining what's "just right" for you. For example, eating until you feel full, but not stuffed, is practicing lagom.

Wabi-sabi: The ancient Japanese concept of wabi-sabi celebrates life's imperfections by embracing the beauty in broken or worn objects, as well as one's personal flaws.

Gezellig: At the heart of Dutch culture, gezellig can be loosely translated as the enjoyable things in life. Being social is a key element, since anything can be considered gezellig — even something unpleasant, such as waiting in a long line — if you're with a friend.

Patty Baca, Interim Executive Director



KEEP YOUR KIDNEYS HEALTHY

The kidneys have an important role in the body. These two organs filter the blood, regulate the balance of certain nutrients and produce essential hormones.

Stay hydrated — Being consistent about drinking water and other fluids helps the kidneys perform their most important job, flushing out waste and excess fluid from the bloodstream.

Maintain a healthy diet — Eating nutritious foods, including those low in sodium, may lower your risk of developing kidney problems. Foods that boost kidney health include apples, blueberries, red bell peppers, cabbage and fatty fish.

Monitor blood pressure — High blood pressure is a major cause of kidney damage. Get your blood pressure checked regularly and make any needed lifestyle changes.

Exercise — Keeping fit can lower blood pressure and improve heart function.

Review medications — When taken daily, some over-the-counter pain relievers can contribute to kidney problems. Some supplements may also affect the kidneys. Talk to your doctor about medications.

Control blood sugar — Diabetes causes the kidneys to work extra hard and can lead to kidney disease, regularly monitor blood sugar levels and kidney function.

PLATINUM SERVICE® EMPLOYEE OF THE MONTH

Congratulations to Troy Dale! He is the Employee of the Month for January. Troy has worked for The Peaks for approximately 2 1/2 years. Troy practices Platinum Service® every day. He is kind, never says "No," and he loves our residents. Troy states he enjoys working with his fellow team members and learning new things. In addition, he has befriended members of the team, as well as residents. In his free time, he enjoys spending time in the outdoors, hiking, camping and trying out new restaurants and finding new stores.



RESIDENT SPOTLIGHT

Carol was born in Globe, Ariz., where she spent her earlier years. Carol went to ASU where she graduated with a degree in Elementary Education. She was drawn to working with kids because of her own bright minded teachers growing up, as well as the beautiful energy of kids. Her teaching career let her travel to New Jersey, San Francisco, the East coast and around the Phoenix area. She taught 1st grade, 3rd grade, 6th grade, and kindergarten.

She spent 51 years on the east coast, teaching kindergarten for the last 30 years. She has three kids and five grandchildren. Carol loves to read, knit, and write letters. She expressed how important it is to her, to keep in contact with her loved ones. Around the holidays, she writes over 100 cards! She has always loved Flagstaff. After her many trips back and forth to visit with her friend Anne, she decided to make it home. She would like to thank everyone at The Peaks for making her feel very welcomed.



NURSING/HEALTH CARE

Worried About Coronavirus?

Coronaviruses are a large family of viruses that are common in many different animal species. Although it is not common, animal viruses can sometimes infect people. Rarely, an animal corona virus develops the ability to spread from one person to another. The SARS virus that broke out in 2003 was a coronavirus.

The current coronavirus is called 2019 Coronavirus. It was first detected in Wuhan City, China. Thousands of people have been affected by the virus and it has been confirmed that there is person-to-person spread.

The symptoms of Coronavirus have ranged from mild illness to being severely ill and dying. Symptoms can include fever, cough, and shortness of breath. The way the virus spreads is not definitively known at this time. The spread of SARS was thought to happen through respiratory droplets. Health officials are working to learn just how contagious the virus is.

The incubation period is the time it takes for symptoms to appear after a person has been exposed to the virus. The CDC believes the incubation period is anywhere between 2-14 days.

There have been a total of six confirmed cases in the United States. Five of these have been "imported cases" from people traveling from China to the U.S. While the CDC considers this infection outbreak a very serious health threat, the immediate health risk to the American public is considered low at this time. edocAmericaHealthtip-Coronavirus 02/01/2020

Martha Toffol, Director of Nursing



LIFE ENRICHMENT/ HIGHLIGHTED EVENTS

March 4: Beautiful Nails, at 3 p.m., Bistro

March 5: Canyon Breeze-Sedona Lunch Outing, departing at 11 a.m., Lobby

March 7: N.A.U. A Capella, at 3 p.m., Alpine

March 8: Songs of the Heart Concert at 3 p.m., Alpine Room

March 11: Tai Chi, at 10:30 a.m., Alpine Room

March 12: Meet & Eat with Connect Hearing at 3:30 p.m., Alpine Room

March 12: History of Women's Resilience Talk at 2:30 p.m., Bistro

March 15: Austin's Piano Music at 11:30 a.m., Malapais Room

March 18: Luck of the Irish B-Day Party at 2:30 p.m., Alpine Room

March 21: Lucky Shamrock Craft at 1:30 p.m., Alpine Room

March 22: Austin's Piano Music at 11:30 a.m., Malapais Room

March 23: Navajo Culture Story, at 3 p.m., Bistro

March 24: Health Assessment at 1 p.m., Bistro

March 25: Tai Chi at 10:30 a.m., Alpine Room

March 26: Games with Angela at 10 a.m., Alpine Room

March 26: Barnes & Noble Outing, departing at 1 p.m., meet in Lobby

March 30: Carolyn's Asteroids Talk, at 1 p.m., Bistro

Note: Please sign up for all outings outside the Life Enrichment Office one week prior to the outing. Outings will be cancelled if there aren't at least three people signed up.

FOOD AND BEVERAGE/ DINING SERVICES

Hello Residents,

We hope you enjoyed the Valentine's Dinner, as well as the Super Bowl spread! On St. Patrick's Day, we will be providing corned beef and cabbage with other special Irish dishes. The Omelet Bars will be on March 11 and 25.

Currently, we are planning our Easter Buffet menu. We will post it soon. There will be two seatings: 11:30 a.m. and 1:30 p.m. The Buffet will be on Saturday, April 11. Please continue to return dishes and other items in your apartment belonging to Dining Services. Remember, our Kitchen Corner is the second Tuesday of the month. Thank you for your continued patience, comments and suggestions. We look forward to serving you. Have a great month!

Wil Hernandez, Dining Service Director



INTERESTED IN VOLUNTEERING

There are morning and afternoon volunteer opportunities available at the following facilities: Pioneer Museum, MNA, Sechrist and Coconino Center of the Arts. Please contact Linda Webb if you are interested: 928-600-4354. Note: It is our goal to provide transportation to and from the facilities. We are working on the logistics.

MARKETING

The Marketing and Outreach team would like to thank the professional community. They have offered and provided various presentations of interest to The Peaks residents. We just finished our Cultural Diversity event, which was greatly attended. We are grateful to all the residents who attended and showed their support. A special acknowledgement and thank you to Katherine Meyer, of Balance - Mental Health and Wellness, LLC and to the community spiritual leaders who attended.

Please let Patty Baca or Leah Veschio know if you want to learn more about a topic or if you know a speaker who would be interested in presenting.

The Peaks appreciates all the positive comments and referrals from our residents and their families. If you know of anyone who may be interested in our Peak View suite, please refer them to Patty Baca.

Spring is on its way!

Patty Baca, Director of Marketing and Leah Veschio, Director of Business Development/Community Outreach



SPIRITUAL CARE DIRECTOR

Sharing Wisdom

By Autumn Jerumbo

What does inspiration mean to you? What about humility, beauty, truth, and imagination? What is the role of laughter in a full and vibrant life, and why might grief be a blessing? These are among the many topics we've been discussing in our Good Vibes Topic and Discussion Group that meets every other Monday, at 2 p.m., in The Lodge Library. In this group we draw a topic, read a short quote or poem about the topic, and then share our thoughts and experiences about it. This group has been a great opportunity to bring residents together, learn more about one another, share memories, and laugh with one another.

One of the gifts that emerges when we meet and talk about 'big-life' topics is a deepening of a relationship; both the relationship we have with ourselves and the relationships we have with one another. And what a gift to celebrate the wisdom we've accumulated over the years! As we share what we have learned about things such as mystery, work-ethic, individuality, partnership, cooperation, and forgiveness, the very suffering we may have experienced through our life lessons become a beacon of light to others. This gives our suffering meaning and we contribute to one another simply by sharing.

In our meditation group (that meets every alternate Monday at 2 p.m.), we recently had a discussion on the differences between wisdom and knowledge. One resident shared, "Knowledge is accumulation of facts; it's memorization. Wisdom is knowing how and when to implement those facts into your daily life." Another resident shared, "Knowledge is about knowing data, typically learned in a formal manner. Wisdom is knowing how to make decisions, whether or not it aligns with the data." Yet another resident shared, "Knowledge is knowing that a tomato is a fruit. Wisdom is knowing not to put it in your fruit salad." Essentially, wisdom comes from experience; from trials and tribulations, from mistakes, hardship and perseverance. May you, dear residents, celebrate and share the gifts of wisdom you've gathered in your lifetime.

"Blessed are those who find wisdom, those who gain understanding."
Proverbs 3:13

Autumn Jerumbo, Spiritual Care Director





THE PEAKS

A Senior Living Community

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



MANAGED BY



The Goodman Group

STAFF

**Executive Director/
The Lodge**
Michele Ortiz

Community Outreach Director
Leah Veschio

Executive Director/Skilled Nursing
Russell Goddard

Director of Dining Services
Wil Hernandez

Directors of Nursing
Jennifer Hutchinson
Martha Toffol

Business Office Director
Mike Brandtmeier

Sales and Marketing Director
Patty Baca

Plant Operations Director
Jeremiah Minter

Life Enrichment Director
Tasha McIntyre

Social Services
Geraldine Kinsel-Begay

Central Supply Director
Christella Vasquez

Spiritual Care Director
Autumn Jerumbo

RESIDENT BIRTHDAYS

Barbara M., 4th
Betty C., 12th
Hellen J., 14th
Nora K., 20th

Marshall E., 24th
Shirley B., 30th
Paul N., 31st

NEW RESIDENTS

- Marge D.
- Sharon H.
- Joella S.



LIKE US ON FACEBOOK

@ThePeaksSeniorLivingCommunity

Visit facebook.com/ThePeaksSeniorLivingCommunity to see pictures and catch up on all the fun here at The Peaks. This is a great way for family members and friends to stay connected!