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25 YEAR ANNIVERSARY

THE PEAKS

A Senior Living Community

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



# Good Life NEWS

at The Peaks, A Senior Living Community

JULY 2025



MANAGED BY  The Goodman Group

## TEAM MEMBERS

### Campus Executive Director

Gary Olson

### Director of Sales & Marketing

Patty Baca

### Life Enrichment Director

Frances Bryant

### Community Outreach Director

Paige Inman

### Maintenance Director

Steven Carrillo

### Business Office Director

Mike Brandtmeier

### Spiritual Care Director

Alexandra Marks

### Director of Nursing

Jenn Grove

### Cullinary Services Director

Christina Valencia



## IN LOVING MEMORY

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

- Sheila G.



## NEW RESIDENTS

We would like to welcome our newest residents!

- Dean T.
- Odette P.
- Shirley "Diane" K.
- Dave W.
- Donald S.



## BIRTHDAYS

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

- |                      |                      |                       |
|----------------------|----------------------|-----------------------|
| • Debbie P. - 7/4    | • Harry C. - 7/10    | • Theodore L. - 7/19  |
| • Jackie M. - 7/4    | • John C. - 7/10     | • Gene B. - 7/24      |
| • Tom P. - 7/5       | • Monte B. - 7/11    | • Charles P. - 7/25   |
| • David S. - 7/5     | • Diane S. - 7/12    | • Petra O. - 7/27     |
| • Jo H. - 7/5        | • Patricia K. - 7/12 | • Joan M. - 7/29      |
| • JoJo A. - 7/9      | • Linda C. - 7/14    | • Jacquelyn P. - 7/29 |
| • Charlotte J. - 7/9 | • Dorothy D. - 7/16  | • Joanne T. - 7/30    |
| • George T. - 7/10   | • Johnny B. - 7/17   |                       |



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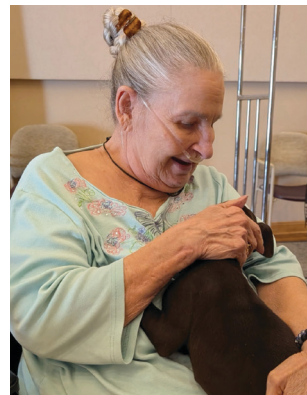
## PEARLS OF LIFE®

Residents have been busy enjoying physical activity and nature through daily walks along our beautiful trails, gardening, community outings, arts and crafts, baking, creating delicious treats, wonderful intergenerational visits and much more!



Last month, we had a wonderful group of teenagers and adults visit us from Pinedale, Arizona! This amazing group helped us with our gardening and took time to socialize and get to know many of the residents. As team members, this reflects our commitment to service through our Montessori Principles, such as Principle #1: *I always try to give engagement a sense of purpose and capture interest for the person living with dementia.*

We are always eager to receive feedback from family members and loved ones. Please feel free to reach out to Kay at [kaibah.chee@thepeaks.org](mailto:kaibah.chee@thepeaks.org) so we can better serve your loved one.



## RESIDENT SPOTLIGHT

### Get to know Patricia J.

Patricia was born in the British West Indies, now Jamaica. She and her family moved to New York City when she was just 13, and the culture shock as a naïve adolescent was severe. Pat



threw herself into her studies and physical activities. After graduating from high school, she attended Hunter College and majored in physical education. Pat became a physical education and special education teacher at a high school and continued her studies at Columbia University, where she earned a master's degree in physical therapy.

She went on to work at a hospital using her physical therapy skills, and that is where she met her husband. They married and had two daughters, both of whom attended college in New York City. One daughter moved to Italy to study art, and the other moved to Flagstaff and studied nursing. Pat later decided to move to Flagstaff to be closer to family.

She shared some of her pearls of wisdom to live by: "Keep on laughing and find the humor. Even in the hardest of days or times, there is humor to be found."

Please give Pat a warm welcome and share a laugh with her when you see her around!



LIFE ENRICHMENT  
UPDATES

Greetings, residents! We’ve had a great time enjoying this wonderful weather outdoors with our friends and neighbors. We love the fellowship it brings to our community! Please remember to stay hydrated during this period of warmer weather.



Do you like to sing or play an instrument? If so, we welcome you to share your talent with us. Please see Laurie P., Resident Ambassador, as she is interested in starting a new group activity. She is always eager to help us organize fun events for our community.

A big congratulations to the resident winners who took on The Peaks team members in a very competitive game of Family Feud! A special thank you to our community partner, Tasha V., for organizing these interactive games for us! Join us on July 14 at 1 p.m. in the Bistro for our next Residents vs. Residents game!

Please sign up for the scheduled monthly outings. We have weekly shopping trips to various grocery stores, as well as two additional monthly trips specifically requested by residents. Sign-up sheets are posted at the Front Desk with Pearl. As always, the Life Enrichment team welcomes your ideas and suggestions to better serve you and help us plan for upcoming activities, holidays and special events. I am looking forward to embracing a new month with all of you! Please refer to your monthly activity calendar for more information.



SOARING®:  
SUPPORTING  
THE SPIRIT



I’m not sure about you, but in today’s climate, it’s hard to keep up, stay informed, process and make sense of our roles in this fast-paced, information-overloaded world. Luckily, for most of you reading this, The Peaks is a community that fosters healthy support through its programming; life enrichment activities, community member-led lectures on various topics, spiritual gatherings that meet individuals where they are and good old-fashioned conversations during meals.

Caring for yourself during particularly stressful times is crucial to having hope, joy and a sense of peace in your life. Some self-care practices such as walking in nature, purposeful breathing, practicing gratitude (even if some mornings it’s just for a great cup of coffee ) and extending compassion to others offer immeasurable benefits in return.

I’d enjoy hearing your input. What do you do to keep yourself at peace throughout the day? What daily practices keep you moving forward in gratitude? How do you keep your sense of humor? Please reach out — and let’s start another way forward.

Alexandra Marks  
Spiritual Care Director

SKIN CARE AND AGING

As we age, the skin becomes more fragile, drier and less supple. The epidermal layer of the skin becomes thinner and skin loses its elasticity due to the reduction of collagen, elastin and enzymes. There is a reduction in cell turnover and the ability to retain moisture decreases from the sebaceous oils. This can lead to dry skin, which can cause other complications and needs to be monitored.

When taking showers, make sure to apply a moisturizer after and avoid a lot of scrubbing, exfoliates, hot water and alcohol-based products. Look for lotions that do not contain alcohol and that are thicker. Apply the lotion to your skin as soon as you are out of the shower. This also applies to men.

Now that the summer is here, don’t forget to drink water. This not only hydrates your skin, but it is important for your whole body. If you experience dry skin that does not seem to improve with the use of lotions or worsens, causing itching or infection, see your health care provider.

COMMUNITY UPDATES

**Flagstaff Chamber of Commerce Independence Day Parade Friday, July 4 at 9-11 a.m. (depart at 8 a.m.)**  
Please sign up with Pearl at the ALF reception desk to reserve your spot as we will have limited seats of The Peaks bus. If you feel up for a brisk walk, you’re encouraged to join the fun by walking alongside the bus as part of our parade crew. All participants are encouraged to dress for the occasion — let’s show off our red, white and blue! We’ll depart from The Peaks at 8:00am sharp, so please be sure to arrive in the Lobby of the Lodge ready to go. For additional details, please reach out to the life enrichment team. We look forward to celebrating with you!

**Cherish the Moments Alzheimer’s Walk Saturday, July 26 at 9-11 a.m. (Buffalo Park)**  
Sponsored by Northern Arizona Alzheimer’s and Dementia Alliance, the Cherish the Moments Walk raises funds for respite care for people affected by dementia and their caregivers in Northern Arizona. A sign up sheet will be available at the Front Desk. Please reach out to Patty B. at pbaca@thepeaks.org for more information and watch for flyers.

**Alzheimer’s Support Group Wednesday, July 30, 4-5 p.m. in the Private Dining Room**  
You’re invited to join us as we start our Alzheimer’s Support Group here at The Peaks! We will gather together on the last Wednesday of every month. Please contact Patty B. with questions.

**Team Member of the Month**  
We are excited to announce our July Team Members of Month, Tiffany N., ALF Quality Coordinator, and Alan M., Dietary Technician. Congratulations!

SUMMER SELF-CARE

I remember asking someone what they did for self-care and feeling a bit silly when I couldn’t answer the same question myself. Self-care sounded so self-indulgent, so self-absorbed, and so... selfish! Little did I understand at the time that I needed care too.

So, for all of you who are always “doing for others,” this is for you — a comprehensive list of 150 amazing self-care questions to get you on your way! (145 more to come!)

1. How do I honor my emotions when they feel overwhelming?
2. What’s one way I can express how I feel without using words?
3. How do I respond to myself when I’m sad?
4. What does emotional safety mean to me?
5. How can I hold space for my own feelings today?

Just a warning: When you start this self-care journey, you will be the beneficiary of some wonderful surprises and gracious gifts. Cheers to your summer self-care adventure!

CNA APPRECIATION WEEK

Last month, we celebrated our CNAs during their special appreciation week with a fun superhero theme, much gratitude, special cards and refreshments! Residents were busy making thank you cards for our CNA team members. One resident shared, “there’s not enough space or words to express how much I appreciate all that they do for me.” Thank you from all of us at The Peaks!



CULINARY UPDATES

**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.

**Omelet Bar Wednesday, July 30, 7 a.m. in the Bistro**

WE INVITE YOU TO SHARE  
YOUR EXPERIENCE!

We value and appreciate your feedback. Your online review can also assist other families who are exploring senior living options for themselves or their loved ones.

