



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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SENITA RIDGE

Memory Care

18172 North 91st Avenue, Peoria, AZ 85382
623-974-5847 | ridgesatpeoria.org



Good Life NEWS

at Senita Ridge

JULY 2025

SEEDS OF GRATITUDE

New planter beds bring joy to Senita Ridge residents

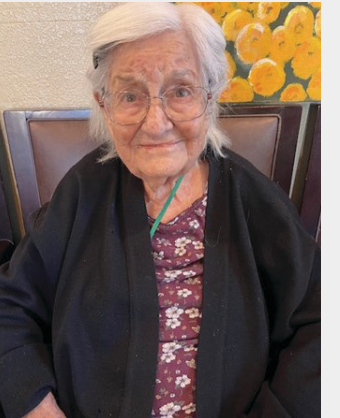
We are having fun gardening with our new raised planter bed donated by Acme Construction Supply! A big thank you goes out to Michael for making the planter bed and Ryan for providing the supplies! We appreciate everything you guys have done for the residents here at Senita Ridge!



RESIDENT SPOTLIGHT

Get to know Martha M.

Martha was born in Texas and has one sister, Gail. Growing up, she remembers that her grandmother owned a beautiful, big house that she took care of all by herself. Her grandmother also owned a small grocery store, and Martha loved helping her out there because she got to talk and mingle with all the customers.



After graduating high school, Martha went to college for one year to study business. She met Nelson in college, and they got married. He was in the Air Force during the Vietnam War.

Martha had four children; Nikki, Leslie, Michael and Mark. She got a job as a secretary for the church, where she loved working, going to church and helping families in the military. She also loved being a wife and mother.

Martha enjoyed playing tennis as well as traveling. She went to Europe with her friends and also traveled throughout the United States. She lived in Hawaii for about three years, which she said was very relaxing because no one is in a hurry there.

Martha moved to Senita Ridge in June 2023. She participates in a few activities and loves a good conversation. Martha has an amazing heart and loves her family. She is a blessing, and we love having her here.

TEAM MEMBERS

Campus Executive Director

George Bakhit

Director of Nursing

Skyler Clarkson

Business Office Director

Carrie Godfrey

Life Enrichment Director

Rebecca Hoppe

Spiritual Care Director

Lindsay Huffman

Resident Care Coordinator

Kristina Hassler

Culinary Director

Justin Waldrige

Community Relations Director

Nicole Carlen

Lead Sales Counselor

Laura Koehl



BIRTHDAYS

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

- Elizabeth V. - 7/4
- Mary H. - 7/11
- Ada G. - 7/14
- Jose V. - 7/16
- Kathryn S. - 7/21
- Patricia N. - 7/25
- Patricia S. - 7/31



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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 OF THE MONTH

Congratulations, Isaac E.!

“I am thrilled to announce that Isaac E. has been selected as our Team Member of the Month for July! This recognition is a testament to Isaac’s unwavering dedication, exceptional work ethic and the positive spirit he brings to our community every single day. Isaac has become an indispensable part of our team. Whether he’s stepping in to lend a helping hand, going the extra mile for a resident or simply brightening someone’s day with a kind word and a smile, Isaac consistently demonstrates what it means to lead by example.



His commitment to excellence and genuine care for those around him does not go unnoticed—and it certainly does not go unappreciated. Team members describe Isaac as reliable, compassionate and always willing to go above and beyond. He brings not just skill to his role, but also heart — and that’s what truly sets him apart.

Isaac, thank you for all that you do. Your hard work and dedication embody the values we strive for every day. I am proud to celebrate you and everything you contribute to our team and community. Congratulations, Isaac! You’ve earned it!”

George A. Bakhit
Executive Director

“Alaya and I have talked about how much we appreciate Isaac helping us out when he can, even when he doesn’t have to. I can attest that he is adored by residents and their families. In fact, he is often directly asked for or named by families when they wish to discuss their loved one’s care (it’s a good thing, promise).”

Shavonne & Alaya

“When I first started at Senita Ridge, Isaac was immediately welcoming and friendly. I have seen how he treats the residents firsthand with kindness, respect and love. Isaac deserves this and more. I hope he sees how much we appreciate all his hard work. Congratulations, Isaac!”

Jenelle

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

MONTESSORI MOMENTS

Montessori Principle #5: I always focus on the person’s strengths and abilities and what they can do.

The residents at Senita Ridge need to feel like they have a purpose, whether it’s helping move or build something, cleaning up or helping put something together. We want them to have that sense of being wanted and needed, so we let them help as much as we can based off of their strengths and abilities. We also enjoy doing activities that give back to the community, like putting things together for a charity or foundation. We all need to feel needed.



PRESIDENTIAL PRECEDENTS: THE ULTIMATE INFLUENCERS

Join us on July 15

A presentation provided by Adriana Collado

Which presidents have most influenced and expanded the role of chief executive? You might be surprised! Each occupant of the White House brings their personal insight (and baggage) to the office and makes decisions accordingly. Learn about the individuals who shaped the highest office in the land – for better or worse.

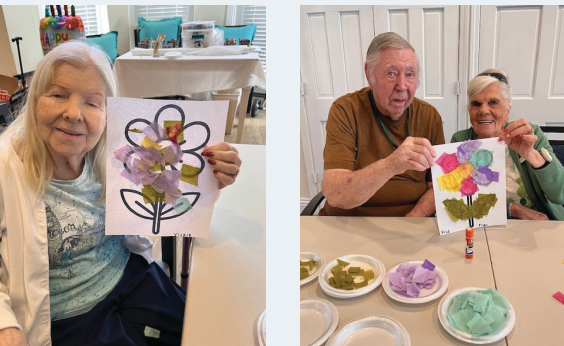
Adriana Collado is a respected defense attorney with over 20 years of experience in federal investigations and prosecutions. She has represented clients in federal courts nationwide, including Colorado and New York. Featured in media outlets like ABC’s 20/20 and NBC 6, Adriana serves as a legal commentator and has lectured at seminars like The Knowledge Group and NBI. Outside the courtroom, she educates audiences on legal history, constitutional rights, and law’s intersection with pop culture.

*Check with your life enrichment team for time and location.



GETTIN’ CRAFTY!

From 3-D flowers to colorful rocks, residents explore their creativity through fun art projects that utilize their artistic minds and skills.



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.