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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



MANAGED BY  The Goodman Group

TEAM MEMBERS

Campus Executive Director
George Bakhit

Director of Nursing
Debby Lindsay, RN

Life Enrichment Director
Rachel Zingg

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



BIRTHDAYS

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

- Marilyn M. - 3/1
- Patricia V. - 3/10
- Carolyn M. - 3/30



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Good Life NEWS

at Senita Ridge

MARCH 2024

TEAM MEMBER SPOTLIGHT

Get to know Anastasia

This month's featured team member is Anastasia! Anastasia is a server here at Senita Ridge. She always has a smile on her face and goes out of her way to help everyone around her, whether it's residents or team members. She is always asking what she can do to help and goes above and beyond. Thank you, Anastasia! Check out what her team members had to say about her:



"Anastasia is a beautiful person and is very kind. She is always smiling and asking, 'how are you?'" She is always giving hugs. She is a hard-working team member and always picks up shifts and helps out with chores in the kitchen. The residents love her kindness and joy. We are lucky to have her on our kitchen team!"

- Crina

"Anastasia is always there to help with a smile on her face. She is amazing to work with and cares for everyone. Residents and co-workers can always count on her for anything they need. She is an amazing, kind soul!"

- Rebecca

"Anastasia is always helping everyone! When a resident needs help and she sees the caregivers are busy, she will step in to help the resident. She goes above and beyond and is always smiling and happy to do whatever she can to help out! Thank you, Anastasia, for being you!"

- North Side caregivers

"Anastasia is a great team player and is always smiling and happy to help out any way she can! She is great with the residents and they just love her. Thank you for all you do!"

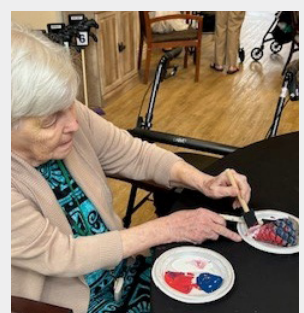
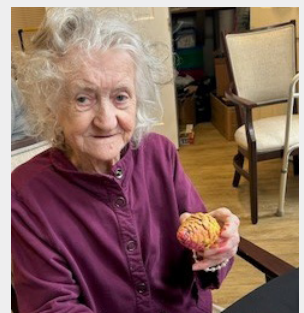
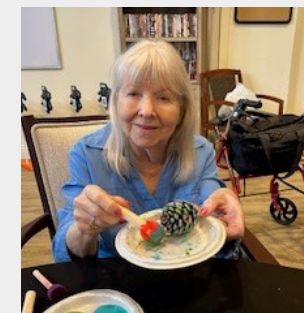
- Tatina

"Anastasia, it's no surprise that you are this month's spotlight team member. You are a wonderful person and have a very big heart for the residents. Your love for your job shows in everything you do. We love working with you — you are a very hard-working person!"

- Robert

ART CORNER

Residents got together last month to paint pine cones! Check out these photos from the crafting event!





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

CELEBRATING EASTER

Mark your calendars

Happy Easter all! Easter is a time for rebirth and resurrection. The word "Easter," meaning "east," can represent the sun which rises in the east, bringing light, warmth and hope. To some people, Easter is about a bunny and Easter eggs — to others, it's about the resurrection of Jesus Christ. This month, we will share stories about all of life's adventures, good and bad, and our experiences and trials. We will count the times we have felt changed and reborn to honor the Easter season.

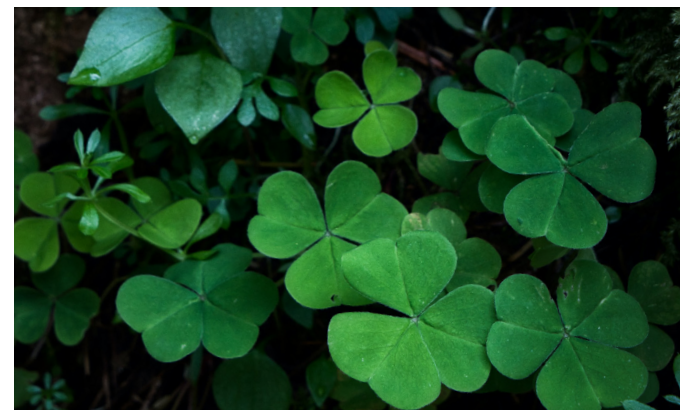
We will host an Easter party on Mar. 30 at 9 a.m. in front of Senita Ridge. Everyone from each Ridges community is welcome! It will also be the beginning of spring, so the weather should be perfect. We will have an Easter bunny, an egg hunt, food, goodies and games!

We are also having a little party for the residents of Senita Ridge on Mar. 22 at 1:30 p.m. There will be lots of goodies and live music! We would love for you to join us at both parties, and we can't wait to see you there!



SAINT PATRICK'S PARTY

Join us for a St. Patrick's Day party on Friday, Mar. 15 and 10:30 a.m. There will be live music, good food, snacks and fun games! We will get to know about Saint Patrick and host a themed trivia game to learn more about the history behind St. Patrick's Day. Don't forget to wear green and get ready for a grand ole time!



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.

RESIDENT SPOTLIGHT

Meet Ada G.

Ada was born in St. Johns, Arizona. Her dad was a cowboy and she grew up on a farm with two brothers and two sisters. They all loved living on the farm, and Ada would feed the horses, pigs and cows. She loved riding the horses. Her and her siblings also played lots of games around the farm!



Ada and her family were all musically gifted — they always played and listened to music together. In school, Ada sang as a soprano in the choir.

After Ada graduated high school, she moved to Phoenix, Arizona. She got a job at Newberry's and had her daughter, Sue, in 1946. Ada then started a new job at Goodyear Aircraft, where she riveted on B-24's! Ada and her daughter later moved to a John F. Long tract home, one of the first in Phoenix.

Ada and her daughter did so much together. They loved doing anything that involved music, including going to musicals at the Fabulous Fox West Coast Theatre in downtown Phoenix! They went to church where Ada would sing in a choir and always had a solo.

It didn't take long for her daughter followed in her footsteps and also become a singer. Ada then got a job at Sperry Flight Systems, where she became a top inspector for flight systems on airplanes.

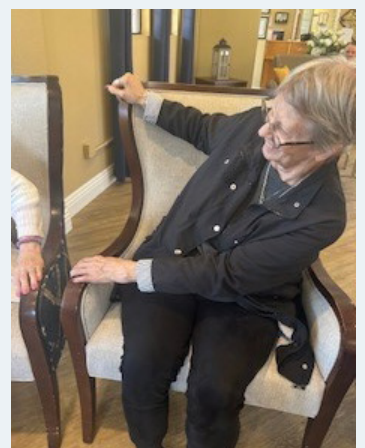
Ada's family loves to visit her at Senita Ridge. She started off her family with one daughter — and now has five grandchildren, 17 great-grandchildren and one great-great-grandchild! Ada, we enjoy you being here and love to hear your singing!

ACTIVITY CORNER: EXERCISE

Building muscles and friendships

Every morning at 10 a.m., we have an exercise class. The residents say that exercising helps wake them up, loosen their muscles and that the stretching feels great! The best part of exercising is that we always end up laughing together!

Engaging in a regular exercise program not only helps you physically, but it can also reduce anxiety and depression, which is much needed in this chillier weather. Please come join us every morning for some exercise and laughter. Oh, and I forgot the best part — there are cookies!



MONTESSORI MOMENTS

Montessori Principle #12

"I focus on positive engagement with the person living with dementia and it is easy for the person to succeed as there is no right and wrong."

Here at Senita Ridge, we all are in different walks of life. Everyone has different strengths, interests and ways of learning. Our team members truly get to know our residents and find out what they love and what fills them with joy. We do activities together that they enjoy, and team members ensure that Senita Ridge is a safe place for residents to try new things. There is no right or wrong way of doing anything, and we cheer each other on to keep trying and learning new things!