

GOOD Life News

at The Peaks Senior Living Community

JANUARY 2018

www.thepeaks.org

Executive Director

Benefits of Digital Games

Video and computer games are no longer just child's play. Surveys say more than 41 million Americans over the age of 50 play video games regularly, with 40 percent playing daily. While these types of games are entertaining, research shows they offer other benefits, too.

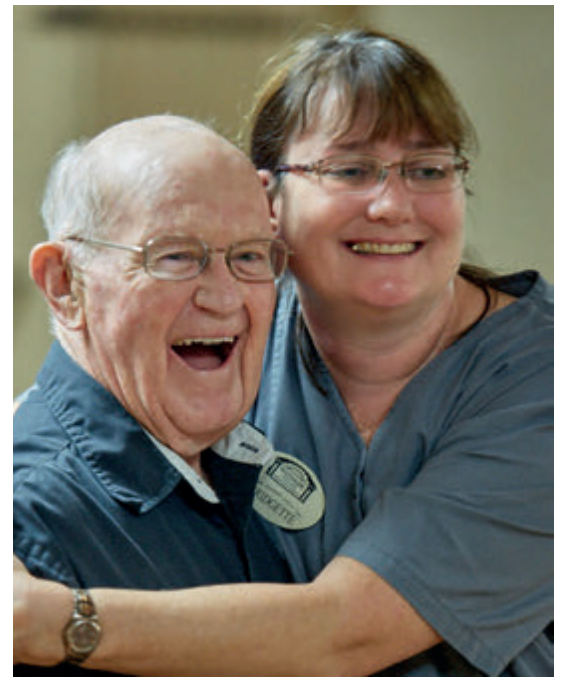
A variety of digital games, from puzzles and word games to role-playing adventures, have been shown to increase cognitive abilities. Many games engage the brain by using skills such as multitasking, memory, critical thinking and hand-eye coordination. With regular play, these brain functions can become stronger and sharper.

Some games can provide physical exercise as well. Most of today's popular gaming consoles offer games that require players to move their bodies to take part in virtual versions of sports and activities, providing cardiovascular benefits and helping improve balance.

Digital gaming also helps seniors stay socially engaged. Much like bridge and bingo, gaming get-togethers offer good-natured competition with friends and neighbors. Lots of games can be played online with people all over the world and are a fun way to stay in touch with grandchildren and other relatives.

— Courtesy of Prism Content Solutions

Russell Goddard, Executive Director



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"I am responsible for the quality of the work environment and I am valued when I share ideas, feedback and opinions in a professional manner."

We know that one of the best ways to create a welcoming and great experience for everyone that lives, works or visits our community is by considering each person's feedback. Here, we are fortunate to have an employee base committed and dedicated to our residents and their wellbeing. Being committed to involving each resident and employee helps us improve our overall service. Sharing ideas, feedback, and opinions is essential and always appreciated. Our door is always open!

Dazzling Display of Lights

The brilliant colors of the northern lights dancing across the night sky create a dazzling overhead display. But what causes this natural phenomenon known as the aurora borealis?

The sun's atmosphere is made up of charged particles, and solar winds sweep them through space. When these fast-moving particles enter Earth's atmosphere, they collide with gas molecules, sending the gases into a state of high energy. When the molecules return to their normal state, they give off a glow of light, causing an aurora.

The color of the lights depends on the type of gas the particles encounter. Oxygen gives off greenish-yellow hues, while nitrogen emits blue or purplish-red tints. The lights put on a breathtaking show as they swirl, sway, twist and ripple in various shapes across the sky, sometimes stretching from one horizon to the other, and reaching up to 500 miles high.

Latitudes in and near the Arctic Circle -- places such as Alaska, Canada, Iceland, Greenland, Denmark, Norway and Sweden -- are the best spots to see the aurora borealis. The light displays occur year-round, but winter offers the best views because of the long periods of darkness.

Food and Beverage/ Dining Services

Happy Holidays! We hope you had a wonderful holiday season and enjoyed the Christmas Buffet! As we welcome in the New Year, we will be introducing a new menu system. In order to keep you informed and get your feedback, we will be holding Town Hall meetings. Please be on the lookout for the meeting dates and times. Also, our Omelet Bars will be the second and fourth Wednesday of each month. We look forward to serving you and providing platinum service.

— Wil Hernandez, Director of Dining Service



Marketing

Happy New Year's! The Marketing and Outreach team has reflected on 2017 at The Peaks. The Peaks has shared our success with the Flagstaff community. Did you know The Peaks believes in gift giving? As a not-for-profit, The Peaks has sponsored several charities and given donations in 2017. Most of our events supported local charities like: The Flagstaff Law Enforcement Association, Flagstaff Big Brothers and Big Sisters, Coconino Senior Living Foundation and Flagstaff Shelter Services. We also support scholarships for NAU nursing students and donated monies to the school supply drive. We are always looking for ways to support our seniors and our youth in the Flagstaff community. Please come and support our events in 2018, as they will continue to benefit Flagstaff.

Patty Baca, Director of Marketing and
Leah Veschio, Community Outreach Director



Resident Spotlight

This month we are featuring, Lodge Resident, Jodi P. She moved to Flagstaff from Prescott in August! Jodi was born in Elmhurst, Illinois and has an older brother, Jerry. Just before turning two, Jodi was diagnosed with Polio and was put into an iron lung for two months. Growing up, two of Jodi's passions were riding horses and downhill skiing.

At the age of 28, Jodi married and shortly after, gave birth to a baby boy. After living in Illinois for 34 years, Jodi moved her family to Prescott, where she began working at the Yavapai County Records' Office. Being busy with work and raising her son, Jodi still found the time to volunteer at the Prescott Frontier Days Rodeo.

When she was 45, Jodi packed up and moved to Phoenix and worked at the Arizona State Hospital for 15 years. To beat the heat, Jodi spent her free time in the swimming pool. In April 2016, she packed up again and moved herself back to Prescott to take care of her father.

At The Peaks, Jodi spends her time stamp cross-stitching and quilting, something that was self-taught in high school. She also enjoys genealogy, participating in FIT to Stretch™, watching mystery movies, playing the card game Hand and Foot, along with board games.



Nursing/Health Care

Talking to your doctor about an embarrassing problem.

Nearly 15 million Americans are living with overactive bladder (OAB), which is a common but often debilitating condition that can be embarrassing to talk about with your doctor. OAB is caused when damaged nerve cells cause the bladder to contract uncontrollably resulting in frequency, urgency and leakage. Many people with OAB prefer to live with their condition and don't seek medical treatment or advice.

Seeking an accurate diagnosis is the first step in managing overactive bladder, and treatments can range from lifestyle changes to medications, neuro-stimulation and even injections into the bladder. Limiting caffeine, reduction of fluid intake and pelvic floor exercises are the first steps taken to reduce symptoms. In older adults, physicians will choose medications to manage overactive bladder, but these medications often have side effects of dry mouth and constipation and are often abandoned by the patient.

There are several newer treatments for overactive bladder when lifestyle changes and medications fail. Two new therapies include neuromodulation therapy where a transmitter is implanted into the sacral area or Botox injections into the bladder to improve quality of life for those people with overactive bladder. Botox works by calming the over-excited nerves that trigger the bladder muscle. In a clinical trial, the majority of patients receiving Botox injections had a 50 percent reduction of daily leakage episodes.

It is important to have a conversation with your doctor if you think you have overactive bladder. It can be treated with a combination of therapies and it is not a condition you just have "to live with."

M. Kennelley, MD, Todaysgeriatricmedicine.com

— Martha Toffol, Director of Nursing



Life Enrichment/ Highlighted Events

Happy New Year! The Peaks and the Life Enrichment Team wish you a year of peace, laughter, happiness and good health. This month we have the following activities:

Jan. 6: Abigail's Piano Performance, at 1:45 p.m., Malapais

Jan. 10: Oakmont Outing, departing at 11:30 a.m., Lobby

Jan. 15: NAU Student Athlete Visit, TBD

Jan. 17: "Kicking Up Your Heels," Birthday Party, 2:30 p.m., Alpine Room

Jan. 21: Alec's Meditation Class, 3:30 p.m., Malapais

Jan. 25: Valiant Veterans® Celebration, 2 p.m., Malapais Room

Jan. 26: Flagstaff Symphony Orchestra Outing, departing 6:30 p.m., Lobby

Jan. 29: Navajo Cultural Stories, 2 p.m., Bistro

Please sign up for all outings one week in advance! Signup sheets can be found outside the Life Enrichment Office, or you can reserve by calling Lori James at 928-774-7106 ext 2040. Note: Outings will be cancelled if there aren't at least three people signed up.

Fun Challenges for the Year Ahead

Is there a novel you've wanted to read or a hobby you'd like to learn? The New Year is the perfect time to set some goals. Here are some ideas:

Reading resolution — Select a number of books or pages you want to read this year and track your progress.

Daily doodles — Find a list of drawing prompts online or create your own, then capture your creativity in a sketchbook.

Meaningful mail — Set a schedule for sending handwritten notes a few times each month.

Eating adventures — Pick five new restaurants to try this year and invite friends and relatives to join in. You may discover a new favorite!

Expanded interests — There's always a new hobby to master, from watercolor painting and origami, to learning how to play poker or chess. Or take part in a new type of fun exercise, such as line dancing or laughter yoga.

Resident Birthdays

Ron S., 2nd

Ed M., 3rd

Ernie W., 6th

Tommy P., 7th

Susan M., 8th

George P., 10th

Jacquie H., 17th

Dot K., 18th

Robert S., 25th

Jack R., 30th

Julie M., 31st



THE PEAKS

A Senior Living Community

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Flagstaff, AZ 86001
928-774-7106



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**Director of
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Wil Hernandez

**Business Office
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Candace Harrison

**Plant Operations
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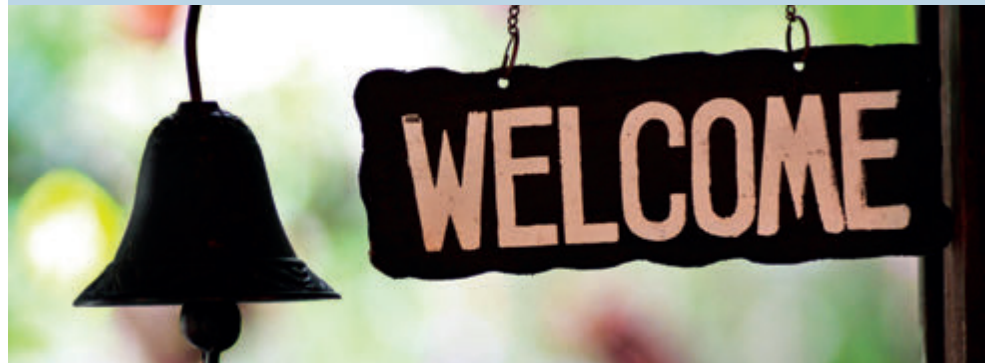
**Central Supply
Director**
Christella Vasquez

**Registered
Dietician**
Lorraine Crim

New Residents

Betty C.
Doris R.

Julie M.
Mabel H.



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