

GOOD Life News

at The Peaks

JANUARY 2019

www.thepeaks.org

Executive Director

Happy New Year! I would like to thank everyone for such a warm welcome—I truly believe we are going to make 2019 a fantastic year here at The Peaks! At my old community, I always chose a Platinum Service® Standard each month to use as my article in the newsletter. I intend to carry on that tradition and therefore have chosen Platinum Service® Standard Number 1: “I place the residents at the center of everything I do, personalizing my services to meet their preferences.” During the month of January and throughout 2019 we will keep in mind that The Peaks is the chosen home for our residents and we are here to serve you. Our goal is to ensure your experience is one that lasts a lifetime and we hope you continue to share your preferences with us. Have a blessed and happy new year!



Michele Ortiz, Executive Director ALF/IL

Life Enrichment/ Highlighted Events

Happy New Year's from The Peaks and the Life Enrichment Team! We are so very grateful to be able to plan some fun-filled activities and programs for you and your family!

- Jan. 2 and 4:** Guided Meditation, 2:30 p.m., Malapais Room
- Jan. 5:** Abigail's Piano Concert, 1:30 p.m., Malapais Room
- Jan. 9:** Olive Garden Lunch Outing, meet in lobby at 11:30 a.m.
- Jan. 16:** Fire and Ice B-Day Party, 2:30 p.m., Alpine Room
- Jan. 25:** Bookmobile, 1 p.m., Front Parking Lot
- Jan. 24:** Active Life Balance, 11 a.m., Bistro
- Jan. 24:** Valiant Veterans®, 2 p.m., Desert Sheep Dining Room
- Jan. 28:** NAU Men's' Basketball Game Outing, depart at 11:30 a.m.

Please sign-up for all outings one week in advance! Sign-up 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.



**Our Talk.
Our Walk.
Every Day!**

Platinum Service® Standard #6

“I enjoy what I do. I have a warm, caring and positive attitude that makes our communities great places to live and work.”

Having a positive attitude and an optimistic view of life are two things that intertwine to help us find happiness, both in our personal lives and at work. As we head into the new year, Platinum Service Standard #6 reminds us to reflect on and be thankful for the opportunity to serve our residents and fellow staff members. A warm tone of voice, a smile, and kind manners are examples of our Platinum Service® promise, which we strive for in all things we do. When employees genuinely enjoy what they do, they serve others with a sense of purpose. May you all have a very happy and blessed New Year.

Resident Spotlight

Ed M. is this month's featured resident at The Peaks. Ed is of Irish descent — both of his parents are from Ireland, Meade and Cavan Counties. His parents found one another in New Jersey, where Ed was born. Ed lived in Red Bank for the first 21 years of his life. At an early age, Ed served in the Army, Sect 4 for 3 years, two of which he was in Germany. He then moved to Santa Barbara where he attended City College to become an X-ray technician. Following graduation, he moved to Ventura, Calif., and began working at Ventura General Hospital. After a year of working there, he and his then-wife welcomed the love his life, his beautiful daughter Jennifer Monet, who is now a veterinarian. Ed's strong love and connection to his daughter would not allow him to be away from her for too long. He has moved to Big Screen, Texas and Flagstaff, Ariz., to be near her.

Ed also has a fondness for pretty women, Italian food, documentaries, listening to soft music like Bing Crosby and Dean Martin, walking, hiking, spending time with daughter, new cars, betting on football, Texas College teams, gambling on horses at the race track, playing 7 Card Poker at the casino and helping people stop drinking. He recommends that people "don't indulge in drinking." If you see Ed walking throughout the building please say hello.



Ed M.

Food and Beverage/ Dining Services

Hello Residents,

We are now into the New Year! In 2018 we went through a lot of changes. We were able to have a part in changing the menu! We hope you had a wonderful Christmas and a Happy New Year! This month our omelet bar will be Jan. 9 and Jan. 23. As always, please let us know if you have any comments, questions or would like to teach us how to cook one of your recipes.

Have a great month!



Wil Hernandez CDM, CFPP
Director of Dining Services

Therapy in Art

Creating art, whether it's with paint, pencils, wood or another material, can be a fun, rewarding activity. Let these benefits of art therapy paint a picture:

Relieves stress: Participating in art activities can be soothing and relaxing. Focusing on a project often boosts positive feelings and has been shown to lower anxiety and depression.

Increases cognitive skills: From selecting materials to choosing a color scheme, many decisions are made during the creative process, stimulating the brain. Artistic endeavors can also trigger memories from long ago.

Promotes self-expression: Art is a nonverbal outlet for communicating and sharing with others. Making something by hand is a personal experience that lets people express their thoughts and feelings.

Sharpens motor skills: Small movements such as brushing paint across a canvas or sanding a piece of wood improve dexterity and hand-eye coordination.

Encourages socialization: Whether it's a shared love of watercolors or an interest in ceramics, art has a way of connecting people. Making art in a group setting promotes socializing with others. - Courtesy of Prism Content Solutions

Thank You!

The Peaks and the Employees would like to thank the residents for their generosity and thoughtfulness! Please know the Employees greatly appreciate the hard work, sacrifice and kindness of blessing them and their families this Christmas season.



Nursing/Health Care

10 Health Benefits of Consuming Turmeric

A study conducted by Tufts University in 2009 found that curcumin, the main polyphenol in turmeric, can suppress the growth of fat tissue in mice and ultimately reduce weight gain. Here are nine other surprising benefits of consuming turmeric.



- If you have arthritis, turmeric may offer some relief from pain, stiffness and swelling due to its anti-inflammatory properties.
- Turmeric may help boost your mood. A 2014 study involving persons with major depressive disorders revealed that taking 500mg curcumin twice daily for 8 weeks could ease mood-related symptoms.
- Curcumin can work as a hypoglycemic agent, lowering and helping control blood sugar levels in Type II diabetes.
- Turmeric may prevent Alzheimer's dementia. People in India have much lower rates of the disease and one difference is that Indians eat a lot more turmeric in their foods. One theory is that curcumin inhibits plaque formation in the brain.
- Curcumin has antioxidant properties, decreasing swelling and inflammation, may prevent cancer by obstructing tumor growth.
- Turmeric can ease the effects of IBS and colitis by reducing pain, cramps, bloating and diarrhea.
- Turmeric seems to lower blood triglycerides and improve lipid panel levels.
- Turmeric lowers the risk of cardiovascular disease due to its anti-inflammatory properties. Studies suggest curcumin can protect the heart from ischemia.
- Curcumin can tame free radicals by reducing artery damage and protecting your immune system.

If you cook with turmeric, adding ground black pepper potentiates its health benefits. Happy Eating!

— Geriatric Medicine October 2018

Martha Toffol, Director of Nursing

Resident Birthdays

Ron S., 2nd	George P., 10th
Ed M., 3rd	Jacquie H., 17th
Ernie W., 6th	Dot K., 18th
Donna W., 7th	Margaret D., 19th

Marketing

As the New Year approaches, we would like to give a big "thank you," to all residents, family members and employees for making 2018 special. I would like to share a poem with you that was given to me by my nephew, Kyle. Like everyone, I have a News Year's Resolution, however I would like to make this resolution one for us all:



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| <ul style="list-style-type: none"> • Mend a quarrel. • Seek out a forgotten friend. • Write a love letter. • Share some treasure. • Give a soft answer. • Encourage youth. • Keep a promise. • Find the time. • Forgive an enemy. • Listen. • Apologize if you are wrong. | <ul style="list-style-type: none"> • Think first of someone else. • Be kind and gentle. • Laugh a little, laugh a little more. • Express your gratitude. • Gladden the heart of a child. • Share a smile. • Take pleasure in the beauty and wonder of the earth. • Speak your love. Speak it again. • Speak it still once again. |
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Together let us make 2019 a year to remember!

Love to you all,

— Patty Baca, Director of Marketing

— Leah Veschio, Community Outreach Director

New Residents

Helen B.
Ronda M.
Neva W.





THE PEAKS

A Senior Living Community

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Director**

Candace
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**Plant
Operations
Director**

Jeremiah Minter

Social Services

Cara Bearden

**Central Supply
Director**

Christella
Vasquez

Happy New Year Wish

My Happy New Year wish for you
Is for your best year yet,
A year where life is peaceful,
And what you want, you get.

A year in which you cherish
The past year's memories,
And live your life each new day,
Full of bright expectancies.

I wish for you a holiday
With happiness galore;
And when it's done, I wish you
Happy New Year, and many more.

By Joanna Fuchs



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