

Volume Four
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August 2010

The Messenger

ARIZONA GRAND
Senior Living Community

IT'S SO HOT! RESIDENTS SEEN IN NEW VIDEO

Beat the Heat...

The dog days of August are upon us which means that most of Arizona Grand's programs and activities will be accomplished inside, rather than out in the blistering heat of a late Southwestern summer.

The life enrichment staff is happy to plan and host all the August activities that residents love and appreciate: the August monthly birthday party, Saturday movie matinees, music by the Dude Wranglers, Post 44 Fish Fry and Prime Rib nights, and Karaoke Fridays. We do hope that you stay safe and cool and attend as many events inside as possible.

You may remember that a video crew was here in July, interviewing residents and shooting footage of our activities and grounds. Well, we're happy to announce that the video "Arizona Grand at 35" will make its debut

at the Arizona Order of the Eastern Star state convention, held in Glendale on August 6. This soon-to-be Oscar-nominated documentary (just joking) of our days and lives at Arizona Grand will also be shown at the August Resident Council meeting on Monday, August 9, at 1:45 p.m. in the West Lounge. Please attend to see yourself, or your resident friends, on the big screen!

The video is a promotional film to commemorate the upcoming 35th Anniversary of our community. The current building was constructed in 1975, so the Arizona Grand staff are planning a big party for Saturday, October 16th, from 3:00 to 6:00 p.m. Please pen this in on your calendar. Invitations will be forthcoming and all residents and families and friends are invited! But in the mean time, have a cool and fun August.



Gary Burkett, maintenance staff, designs the arrangement of new plants for the Arizona Grand entrance planters.

IN THIS ISSUE:

News From Activities *Page 1*
Spotlights *Page 2*
Bob's Blog *Page 3*
August Birthdays *Page 3*
Marketing *Page 4*
In Memorium *Page 4*

SPOTLIGHT

Sophie Braaten



Sophie Bratten has been an Arizona Grand resident since January 2008. Sophie and her husband came to Arizona from Harvey IL for the health and well being of their daughter. Sophie was married for 61 years and has 5 children whom she is very proud of, saying they have all accomplished something special. She also has several grandchildren and great-grandchildren.

Sophie enjoys playing cards and putting many, many puzzles together, she also used to paint and has lovely original items decorating her apartment. She has dabbled in a wide variety of interesting things, saying she is a Jill of all things and a master of none.

In talking with Sophie, I think she would agree that her passion today is making baby caps for the children in County Hospital. She told me there are

over 300 children every month born at County Hospital and many of them are from very poor families; some are even wrapped in newsprint when discharged. She has accepted donations of all kinds turning them into something special for the children: flannel sheets made into receiving blankets, cash turned into sleepers, and yarn turned into buntings, caps and blankets. It makes her feel good to know that by doing one small thing it brings happiness to someone else.

I asked Sophie if she had any advice for the young at heart. She said, "Do what you can do while you are able, and remember to do the right things with God as the head of your household."

Play Time!



Arizona Grand residents enjoy games and cards after dinner each Thursday night!

Staff Spotlight

Lue Ann Dunbar



Lue Ann Dunbar has been an employee here, at Arizona Grand Senior Living Community for 10 years. Lue Ann has worked as a CNA in the care center.

She provides exceptional care and is loved and respected by the families and residents for whom she cares for as well as the staff she works with.



I am excited to let you know we will soon have an expanded menu. It will retain the four daily entrees but will now have a section of items always available. This new section is for those who would like something a little lighter for lunch or dinner such as hamburgers, sandwiches or entrée salads.

Wendy Lange, our Dietary Director, is also providing service training and customer service training to the wait staff. And, the renovation of the main dining room is now projected for the fourth quarter. Thank you, Wendy, for all your efforts on behalf of our residents.

Many thanks to Denise Iwanski who is doing a great job as the interim Assisted/Independent Director and her assistant, Donna Blough, LPN, who is assisting with our clinical needs. Thank you, Gary Burkett for all you are doing to keep things running in Maintenance. And, may I express my gratitude to Nicole and Mindy for keeping the programs and activities on schedule as we search for a new Life Enrichment Director. And, finally, we are happy to announce the new Director of Nursing for the Care Center – welcome, Debbie Swiers, RN.



- Doris Wheelock 8/01
- Ruby Smith 8/06
- Ronald F. Hilding 8/07
- Irene Chase 8/07
- Barbara Reed 8/07
- Doris Montgomery 8/08
- Dorothy E. Williams 8/09
- Ellora Easley 8/11
- Elizabeth Fox 8/11
- Anna Zepezauer 8/11
- Jacob Shirey 8/12
- Marylou Perras 8/19
- Alice Zillweger 8/21
- Pauline Ehrlich 8/21
- Mary L. Schranz 8/21
- Geraldine M. Burns 8/25
- Sandra Hrisoulas 8/26

Employee Anniversaries:

- | | |
|-----------------|----|
| Barbara Sordia | 13 |
| Wendy Lange | 9 |
| Lester Foote | 9 |
| Loresa Carlson | 7 |
| Serma Domingues | 4 |
| Richard Lopez | 4 |
| Jessie Billy | 4 |
| Lupe Prieto | 3 |
| Steven Files | 2 |
| Kendra Jensen | 1 |
| Miguel Lopez | 1 |

“Time and Tide wait for no man, but time always stands still for a woman of sixty.”
 – Robert Frost

Department Directors

- Robert Tunila
Executive Director
- Wendy Lange
Director of Dietary Services
- Susan Wagner-Files
Director of Social Services
- Victoria Auer
Business Office Manager
Human Resources
- Julia Redondo
Admissions Coordinator, SNF
- Darlene Shafer
Director of Marketing
- Denise Iwanski
Interim Assisted/Independent
Living Director
- Debbie Swiers, RN
Director of Nursing, SNF
- Jeff Olsen, P.T.A.
Rehab Director
- Lori Wilson
Residential Services Coordinator
- Maria Rush
Dietician
- Renee Spencer
Medical Records Director
- Tina Atherton, R.N.
MDS Coordinator
- Reverend Merritt Strunk
Chaplin

From Marketing

Resident Referral Program

We invite and remind all residents to take advantage of the Resident Referral Program. You can earn up to \$500 off your rent for a referral that results in a move into our community. Stop into the marketing office for complete details.

Think about your family members, friends, church members, and others who you would like to have as neighbors. Give your list of referrals to Darlene Shafer in the marketing office. She will be happy to make the calls for you.

Richard "Dick" Shafer

Died August 6, 2010

Born May 6, 1942, in Williamsport, Pennsylvania, Richard lived most of his life in St. Paul, Minnesota. An enlisted member of the U.S. Navy, he proudly served as a White House guard to President Kennedy in 1962. Richard lived most of his life in the Chisago Lakes area with a career in sales. His passions included golf, fishing and hunting. He is survived by wife, Darlene, Phoenix, Arizona; daughter Kimberlee Rathsack and her husband Rob, of Appleton, Wisconsin; mother Virginia Shafer of Hinckley, Minnesota, and sister Debbie Carp and her husband Charlie, of Sandstone, Minnesota. Richard will be missed by all for his sense of humor, his kindnesses and his gift of storytelling. Services will be held at Grandstrand Funeral Home, Lindstrom, Minnesota, on Sunday, August 15.

A Dietary Message *The Dog Days of Summer*

We refer to the "dog days of summer" during the hottest and muggiest part of summer... sound familiar? This is right where we're at living in Phoenix in August!

Webster defines 'dog days' as the period between early July and September, when the hot sultry weather of summer usually occurs in the northern hemisphere. This is also our time to experience the 'monsoon season' in the desert.

No matter how you refer to it... it's HOT! Remember to drink more fluids to keep hydrated during the summer. Refreshments are always available in the East Lounge for your convenience. This is a good time to stay indoors and enjoy what Arizona Grand has to offer!



ARIZONA GRAND

Senior Living Community

4602 North 24th Street, Phoenix AZ 85016
www.arizonagrand.org, 602-954-9178

THE HEAT IS ON! KEEP COOL.



Remember that you live in a desert. Stay in the shade and drink lots of cool water.

You can't drink enough refreshing water when the temperature is high and the air so dry. It gets a little repetitive to read this over and over, but it's important.