

**October 2019**



**THE RANCH ESTATES  
AT SCOTTSDALE**

**Resident Guides**

*Adeline Gilbert*

*Martha Hatfield*

*Lu & Cliff Ittner*

*Katie Krause*

*Eugenia Tu*

*Beryl Woodbridge*



Can you believe it? Fall Season is here and such a beautiful time of year! It's not surprising to hear many of our Residents state that it is their "favorite time of year" - and for good reason. Fall is the time of year when we can get outdoors and enjoy the fresh air, have lunch out on the patio, as well as begin making plans for upcoming holidays.

This Fall I encourage each of you to reconnect with friends and make new ones here at The Ranch Estates. National Coffee Day and National Homemade Cookie Day are both on Tuesday, October 1. Please come and enjoy a nice cup of pumpkin coffee and pumpkin cookies in the Café at 10:00 am and make it a special day sharing time with friends.

Shawn Halla  
Executive Director



**Our Community looks amazing with all the lovely decorations and Fall colors. A special thank you to Barbara Jiminez for making our home feel warm and welcoming for all!**



# It's Flu Season

As we are approaching flu season, it's important for you to quickly recognize the signs and symptoms. The Centers for Disease Control and Prevention has provided the following guideline that should be helpful to all of us.

## Symptom Onset

Fever

Aches

Chills

Fatigue and weakness

Sneezing

Stuffy nose

Sore throat

Chest discomfort, cough

Headache

## Abrupt

Usually; can last 3-4 days

Usually; can be severe

Fairly common

Usually

Sometimes

Sometimes

Sometimes

Common

Common

Please be diligent in protecting yourself and those around you from spreading the flu. If you are sick, please stay home at least 24 hours after your fever is gone. Cover your nose and mouth if you sneeze and throw away any used tissues immediately. Wash your hands frequently and disinfect surfaces in your home. If you do experience flu symptoms described above, it is urgent that you be evaluated by a physician. There are some antiviral medications available that can lessen symptoms and shorten the length of time frame the flu can last. For the best effect, medication should begin within 24-48 hours of the onset of symptoms. Finally, wear a mask when you leave your apartment and alert staff and family members to wear a mask when entering. Let's put our best effort into keeping our community safe and healthy!



# REMINDER

## Flu and Pneumonia Vaccine Clinic

Tuesday, October 15, 2019

12:00 pm – 4:00 pm

Wellness Office

The vaccines will be administered by Safeway Pharmacy by appointment. Please see a Wellness staff member to complete the appropriate forms and consents.

Lisa Dempsey

Wellness Director



For those of you who are still driving around, see what Joe has to say...

**CAR DENTS AND MUD:** Don't be surprised if you're [approached in a shopping center parking lot about a car dent](#) you never noticed. It's happening throughout Arizona. For "1/2 the cost you'd normally pay" and just 20 minutes, they'll fix the dent right there while you shop. After you pay in cash and are told the substance they applied must dry, you find it's just mud that washes off and your money is gone. NEVER give anyone money to someone who approaches you for work...in a parking lot!



## Two Old Guys at Dinner

An elderly couple has dinner at another couple's house, and after eating, the wives leave the table and go into the kitchen. The two gentlemen were talking, and one says, 'Last night we went out to a new restaurant and it was really great. I would recommend it very highly.'

The other man asks, 'What is the name of the restaurant?'

The first man thinks and thinks and finally asks, 'What is the name of that flower you give to someone you love? You know... The one that's red and has thorns.'

'Do you mean a rose?'

'Yes, that's the one,' replied the man. He then turns towards the kitchen and yells, 'Rose, what's the name of that restaurant we went to last night?'

Best Regards,

Lori Pettis

Hello to all! It is October and we are experiencing a great fall, so the days will start getting shorter so make the daylight count! We will be having longer cooler nights that you can enjoy by a cozy fire with your loved ones! Make sure to wear something to keep warm once it really starts to get cool out! Of course it will also be Halloween so stock up on candy for the kids and don't get too scared! Also we have some new move-ins that we are sure everyone will warmly welcome to our community. As well we'd like to remind anyone who would like to have guests to let the dining room manager (Armon or Sal) know by 2pm that day. Your preferred seating time may not always be available for a guest table, usually 4:30 and 6:00 are more available, however we will always do what we can to accommodate you and your guests.

Warm Regards,

The Dining Room Staff

We have a lot happening this month. We are going to Rare Earth Gallery and to lunch on the 4th. Make sure to get signed up! There is a big group going to Scottsdale Musical Theater on the 5th for those that have tickets to Man of La Mancha. We are going to see Scottsdale Concert Band and to the Scottsdale Philharmonics. We will be taking a drive to Sedona for a little shopping and lunch on the 18th. Sign up early! Margaret is having her Art Show on the 25th in the Dining Room. On the 30th we will have our Fall Celebration with lunch, entertainment, celebrate birthday's and as always we would love to see everyone dress up for Halloween. On the 31st the Residents are having a Rummage Sale in the Dining room. Sign up if you would like a table to sell your wares. Watch your calendar for a new event to happen at least once a month, if not more often. We are starting "PAWS for a smile therapy dog visits". This will be held in the lobby area or out back. I will keep you posted. There's plenty of entertainment, art classes, movies and games happening this month to keep us all busy. There is a new jewelry vendor coming in on the 16th of the month. We will be decorating pumpkins on the 8th. If you are interested you must sign up by Friday, October 4th. Happy Fall to you all!!

Ronda



## Residents

- 4th Marge Preston**
- 7th George Poppe**
- 14th Margaret Dember**
- 19th Terry Kuchta**
- 21st Marion Taber**
- 22nd Dorothy Nieting**
- 26th Rose Buzzacco**
- 27th Mary Lyttle**

## Staff

- 1st Logan Saunders**
- 2nd Annie Dickerson**
- 4th Georgette Kelly**
- 21st Florentina Dupeyron**
- 29th Carina Talbot**
- 30th Rich Pagel**
- 30th Kelly Krause**
- 31st Mike Dzanic**

**Join us for the monthly birthday celebration on Wednesday, October 30th at 11:30 a.m. in the dining room. Entertainment by William & Delite.**

# Recycling in our Community

Although we appreciate the thought of recycling, the only thing we recycle is the paper and cardboard (one dumpster) everything else goes in the second dumpster which is trash.

Thanks

Ben Reynolds

Maintenance Director

See article from newspaper on bulletin board regarding recycling.

**Just a  
reminder...**



Please make checks  
payable to: The Ranch Estates

Thank You.

Lori P., Business Office Manager

## Pumpkin Hunt

by Annette Gulati



I stomp around the pumpkin patch,  
hunting for the perfect catch.

I peek beneath a veil of leaves,  
And roll up both of my long sleeves.

I find a face that's much too tall,  
another one that's much too small.

I search more choices one by one,  
and find a gem that weighs a ton.

I take it home and wipe it clean,  
'Cause this one says, "Happy Halloween!"

Transportation  
Procedures have been  
updated and the  
changes are effective  
October 1st. Please  
update your files with  
the new sheet that  
has been placed at  
your door. Come and  
see me if you have  
any questions.

Thank you!

Ronda R.



# EXERCISE CLASSES

## Aquatic Fitness with Jane

Wednesday's @ 11:15

## FUNctional Stretch & Mobility

Tuesday's & Thursday's @ 10:00

## Tai Chi with Debra

Saturday's @ 9:30

## Yoga with Scott

Monday's & Friday's @ 9:00

## Zumba with Barry

Friday's @ 11:00



Our Mobility Class is going through a change for the first time in many years. Steven started our Mobility program and has been with us the entire time. At this time in his life he has chosen a different path as some of you know of his other business. He is becoming very busy and it requires more of his time. Steven's last class here will be on September 26th. If you would like, come and say your well-wishes to him on that day. We are starting a new program this month and I'm hoping you will all give it a try. It will be on the same day's and at the same time as the prior class. Thanks, Ronda

## Art Classes

1st Art For All Ages

5th Paint on Pottery

8th Blinged-Out Pumpkins

15th Sand Art Class

29th Beading with Sharon

## Entertainment

7th Barleen's Legacy Concert

8th Jeopardy

10th Dave Marshall

14th Les Koel

18th Nancy Damone

21st Bill Harrison

23rd Jay Mann

24th Phoenix Art Museum

30th William & Delite Entertain



# SKELETON PARADE

The skeletons are out tonight,  
they march about the street,  
With bony bodies, bony heads  
and bony hands and feet.  
Bony bony bony bones  
with nothing in between,  
Up and down and all around  
they march on Halloween.

**KEEP YOUR BONES HEALTHY AND STRONG**

**&**

**ENJOY OCTOBER ALL MONTH LONG**

**Lisa and Concierge Team**

Can you believe that our hot weather is already behind us? We have had some great weather this fall and some truly beautiful days ahead.

As a reminder, please continue with signing out if you will not be having the evening meal or are going out with friends and family. You do not have to let us know if you will not be having lunch or breakfast. If you are having guests, please let the hosts know so they can keep the kitchen informed on the dinner count.

In October as we gear up for the cooler weather I will be offering more of the fall seasonal vegetables, such as beets, swiss chard and the different winter squash that just starts to come into season. I have recently started using Wille Itule Produce company, a local husband and wife owned produce house in business since 1979. So far I have been very happy with quality, service and price.

I also have been evaluating our beef supply this past month and by the time you read this I will be using a different ranch and grade for our whole roast Sirloin of beef. Let me know if quality has improved this October.

Remember to keep the feedback coming my way on how the team is doing.

There are many ways of communicating with the kitchen staff. One important way is to fill out comment cards with your name and seating time. Also the kitchen has a door bell, so stop on by any time to chat and ask for a tour of our cozy kitchen here at the Ranch Estates Scottsdale if you like.

Also my email is [cmilbourn@theranchestates.com](mailto:cmilbourn@theranchestates.com) Sometimes If you are trying to reach the kitchen during a meal service it may be better to call front desk and have them pass message on to the dining staff.

That's all for now!

Craig Milbourn  
FSD/Chef

Celebrate the colors of fall with TaylorMarie's, a full-service boutique, is coming to our community for a Fall Shopping Event. Their fall selections are light weight; the colors are gorgeous; and the style is "casual elegance". TaylorMarie's carries a full range of petite, missy and women's sizes. All major credit cards, cash and personal checks are accepted. Friday, October 11th is the day and the hours are from 1:00-4:00 p.m. in the Fitness Center.

Rockin' Art Class



National Chocolate Milkshake Day!



Paint on Pottery Class



Tai Chi Class



Blackjack Fun!





Art For All



Dominoes





# THE RANCH ESTATES AT SCOTTSDALE

Shawn Halla

Executive Director

Lisa Dempsey

Wellness Director

Craig Milbourn

Dining Service Director

Ben Reynolds

Maintenance Director

Lori Pettis

Business Office Manager

Ronda Rosenau

Life Enrichment Director

Lisa Schutta

Concierge Supervisor

