

DECEMBER 2019



THE RANCH ESTATES
AT SCOTTSDALE

Resident Guides

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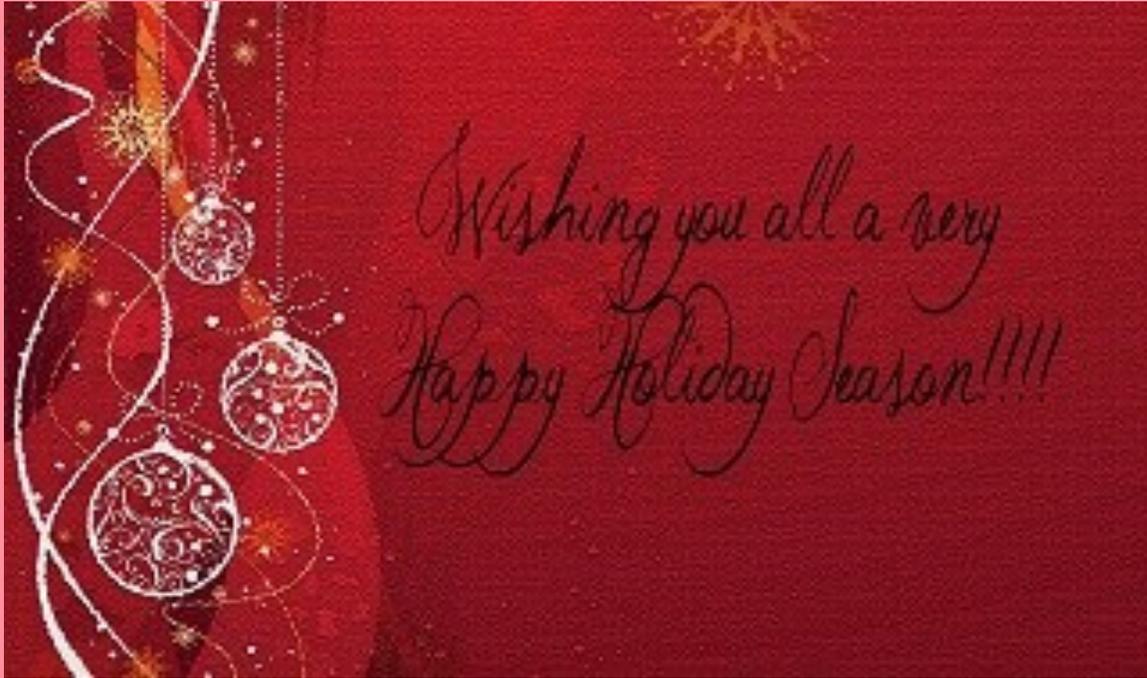
Warm holiday wishes! With Thanksgiving behind us, the rush is on to prepare for the many upcoming family gatherings as the winter holidays approach. There are many gatherings and activities this December here at the Ranch Estates. I encourage everyone to join in on these as we share time with friends that we now call family, and make some new ones. That in itself is a blessing and something to celebrate!

On Monday, December 23, I invite you to enjoy a warm cup of apple cider and cookies in the café at 10:00 am. As the song goes, "It's the "most wonderful time of the year". My wish for you is that you truly feel at home at The Ranch Estates as 2019 comes to a close. On behalf of all the staff here at the Ranch Estates, Happy Holidays!

Warmly,

Shawn Halla
Executive Director





With the Holidays fast approaching we are hoping to provide as many items as possible to help with your Holiday shopping needs. We will be stocking our store with Holiday greeting cards, gift wrap & accessories, stocking stuffers, assorted candies, and of course extra postage stamps! We can also mail your packages! If you don't see what you need, or have a special request, please don't hesitate to ask and we will do our best to provide the items you need.

We want to help make the Holiday Season extra special for you!

We wish you all a joyous Holiday Season!

Lisa, Betsy, Kelly, & Susan

Belief

*I do not always understand
The many things I see:
The hills that climb to meet the sky,
The shore that finds the sea,
A shining star at close of day
As twilight gathers near,
And then the darkness all about
As night is quickly here.
I do not always analyze
The things before my eyes:
The mysteries too deep to know,
The hours of sweet surprise,
A stream that flows through valleys deep,
The river rushing on,
The desert sand so dry and still,
The day that's here and gone.
Belief is mine; although 'tis true
I know not how or why,
The rain shall end as it began
And sunshine light the sky.
'Tis faith alone that tells my heart
The winter too shall pass,
And spring will come to bless the world
An April day at last.
I cannot always understand
These miracles of God;
But one day all of us shall walk
The path that angels trod.
Still, I believe and always shall
In so much yet unseen;
Because a faith lives in my heart,
Belief is mine supreme.*

11 tips for helping seniors stay healthy during the holiday season

1 Make Healthy Choices

From rich meals to tempting and tasty homemade snacks, the holidays are a time for many to indulge in food -- or overindulge. Try to plan meals with other events.

2. Stay hydrated

Drinking water is one way you can stay healthy during the holidays. "Senior citizens, especially, need to drink plenty of fluids, as not drinking enough water could cause hospitalization," Fuchs says. To make it easier to stay hydrated, have water easily accessible at home and keep bottled water in a purse or bag when running errands.

3. Follow dietary restrictions

Some seniors must follow special diets, such as one that is low in sodium. It can be difficult to adhere to a diet during busy, stressful times, especially if there aren't any healthy options available. "When people get stressed, they tend to overeat and don't stick to their diets," Golden says. To make it easier to follow dietary guidelines, keep healthy options like fresh-cut vegetables and fruit on hand.

4. Drink in moderation

"Drinking too much can impair functions, and for some senior citizens, drinking alcohol with certain medications can have adverse side effects," Golden says. Consider offering fun, alcohol-free drinks so everyone can celebrate the holidays.

5. Keep exercising

In many parts of the country, the holidays are synonymous with cold weather and snow. To stick to an exercise schedule, bundle up and invite your parents for a walk around the block if the sidewalks are dry. If it's snowing or icy outside, drive to an indoor shopping mall and walk a few laps while window-shopping.

6. Shake up traditions

Between cleaning the house and cooking for a crowd, hosting a big holiday meal can be a source of stress. If an older relative traditionally hosts a big holiday meal, consider passing the tradition on to the younger generation of family members. If the relative insists on hosting, Fuchs recommends younger family members volunteer to clean or prepare part of the meal.

7. Decrease gifts

For many seniors, especially those on a fixed income, the holidays can be a financial challenge due to purchasing gifts for many family members. To reduce stress from paying for gifts, consider having a family grab bag, where everyone contributes one gift.

8. Rest after traveling

For some seniors, the holidays are a time to travel long distances to visit family and friends. Whether they travel by car, rail or plane, keep in mind that an older relative might want to rest upon arrival. Golden suggests offering the options of watching television or taking a nap instead of planning a day of shopping and visiting.

9. Make homes accessible

If older relatives are visiting your home for the holidays, ensure your home is safe and accessible. "Be mindful of hazards in your home. For instance, someone with a cane could trip over area rugs," Fuchs advises. Consider having your relative sleep on the first floor of your home. If that's not possible, let them stay in a room close to the bathroom. In addition, use night-lights in the hallway so they don't stumble in the dark.

10. Take breaks

Between parties and shopping, the holidays often involve busy days and late nights. If you are planning an all-day outing, carve some time for a nap or a way to relax for a bit, even if it is just to sip tea in a cafe. Little kids, seniors and everyone in between will appreciate it.

11. Stay involved

Recognize that seniors still want to feel that they are part of the holidays. For many, that may include helping out with holiday preparations. "It's fine to reduce senior citizens' stress by offering to hold the holiday event at your home instead of theirs, but still keep them involved by having them cook a favorite dish or maybe help decorate the home," Golden says.

With a few preventative measures and a willingness to change some traditions, seniors can stay healthy and follow their diets, while also having fun with their family members this holiday season.



Residents

- 1st Pauline Horseng**
- 3rd Anna Martinez**
- 14th Andree Hardison**
- 18th Margarita Jimenez**
- 19th Joan Chrisman**
- 19th Charlie Hille**
- 21st Mary Sheehan**
- 21st Ted Kilbury**
- 25th Phil Horwitz**

Staff

- 1st Jacob Galle'**
- 12th Azra Dzanic**
- 21st Lisa Schutta**
- 23rd Brent Keegan**
- 25th Mirvetta Kirk**
- 26th Benny Jetson**

Join us for the monthly birthday celebration on Wednesday, December 11th at 1:30 p.m. in the dining room. Entertainment by William & Delite.

The local news station was interviewing an 80-year old lady because she had just gotten married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be married again at 80 and then about her new husband's occupation.

"He's a funeral director" she answered.

Interesting, the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they do for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time a smile came to her face and she answered proudly explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's and a preacher when in her 60's and now in her 80's – a funeral director.

The interviewer looked at her quite astonished and asked why she had married four men with such diverse careers.

"I married one for the money, two for the show, three to get ready and four to go."



Lori Pettis

Business Office Manager

EXERCISE CLASSES

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



Art Classes

2nd Crafting Rudolph

3rd Art For All Ages

10th Beading with Sharon

17th ArtiSands

Our lives are not measured just
in years but upon the



Entertainment

4th Jeopardy

6th Peter Davis

6th Girl Scout Troop 4877

9th Barleen's Legacy Concert

11th William & Delite

12th Cynthia Peer

13th Ann Sells Sing A Long

16th Bill Harrison

19th Phoenix Art Museum

20th Sam & Josh Stefanski

23rd Les Koel

30th Jay Mann



Your Medication and Grapefruit

Why grapefruit isn't a great fruit when you're taking some medications



Grapefruit is good for you, right? Well, yes.... and no. As winter approaches, many locally grown fruits like oranges, lemons and grapefruits will be ripe and ready to enjoy. Grapefruit is very popular and generally speaking, it is good for you. Grapefruit is an excellent source of Vitamins A and C, and is a good source of fiber. It has many health benefits to our bodies and is noted to reduce hardening of the arteries, prevent cancer and even help us lose weight!

Grapefruit however interacts with many medications. What does this mean? It means there are properties in grapefruit can actually block certain common medications from being effective, and make them toxic to our bodies. A short sample of medication classes that are negatively impacted by grapefruit are listed below:

Statins – such as Lipitor, Crestor and Zocor

Pain Medication – such as Acetaminophen, Oxycodone and Methadone

Heart Medications – such as Losartan, Amlodipine and Amitriptyline

And a few others are also negatively impacted such as Omeprazole, Synthroid, Seroquel and Coumadin

This information may seem alarming, but it is provided for your awareness to help you make good choices. There are so many wonderful fruits that can be enjoyed without worry. So be sure to know your medications and read the information provided from the pharmacy. Finally, always review your medications with your primary care provider if you have any concerns.



*Lisa Dempsey, RN
Wellness Director*

A word from Maintenance...

Please **do not** place any sort of wipes, flushable or not in your toilet.

It is causing a plumbing problem. Thank you







THE RANCH ESTATES AT SCOTTSDALE

Shawn Halla

Executive Director

Lisa Dempsey

Wellness Director

Misty Farnstrom

Sales Director

Dave Slechta

Dining Service Director

Ben Reynolds

Maintenance Director

Lori Pettis

Business Office Manager

Ronda Rosenau

Life Enrichment Director

Lisa Schutta

Concierge Supervisor

