

FEBRUARY 2020



THE RANCH ESTATES
AT SCOTTSDALE

Resident Guides

Adeline Gilbert

Martha Hatfield

Lu & Cliff Ittner

Eugenia Tu

Beryl Woodbridge

"Sometimes you will never know the VALUE of a moment, until it becomes a MEMORY."

Dr. Seuss

HAPPY VALENTINES DAY!!!

As we welcome 2020 with newfound hopes, dreams and experiences, we also reflect on a year that has been full of unforgettable moments. We have our family, friendships and love that has touched us and been by our side as we faced challenges that have shown our strength and perseverance. Most of all, we have embraced what we have and given to others. No matter what you're feeling or experiencing, establishing the right intentions can help you stay positive and optimistic during the challenges fate can throw your way. I thank each of you for the care, compassion, understanding, empathy, optimism and support you show to everyone every day. There is no better gift.

I look forward to a wonderful and bright year ahead making more memories.

Warmly,

Shawn Halla
Executive Director



Greetings from the Concierge Team!

We'd like to invite you to visit our Community Store located directly behind the Reception Desk. If you haven't checked us out lately, come in and take a look. We have a variety of muffins for just \$1.50 each! You can choose from Delicious Blueberry, Double Chocolate Chip, a true chocolate lovers delight, & Pumpkin Spice. Are you craving some chocolate? We have assorted snack size candies for just 25 cents!

We all know how important it is to drink fluids. We carry two sizes of bottled water, a variety of juices, & Gatorade to keep you hydrated at all times.

Perhaps you'd like a soda break? We have several varieties of your favorite sodas. And at 75 cents a can, you won't find a better deal anywhere else!

Did a friend or family member's birthday sneak up on you? No worries! We've increased our inventory of beautiful birthday cards along with many others for special occasions.

Do you have a specific item you would like us to stock in the store that we are not presently carrying? Let us know and we'll see what we can do! We've tried new things in the past – some worked, some didn't – but we are always willing to entertain new ideas!

In addition to the above-mentioned items, we have batteries, paper products, toiletries, laundry detergent, etc. Please keep in mind we are a relatively “small” store with limited space, so we may only stock “one” of certain items at a time. If demand increases, we will do our best to increase our inventory!

Save yourself a trip to the Post Office. We sell stamps and can weigh your packages for mailing!

Please come by and check us out! Let us know how we can meet your needs!

Lisa, Betsy, Kelly, & Susan



Pork Tamales

Level: Intermediate Total: 3 hr 55 min Prep: 2 hr 25 min

Cook: 1 hr 30 min Yield: 24 tamales

Ingredients:

2 1/2 pounds boneless pork shoulder, cut into 3-inch pieces
Kosher salt
1 onion, quartered
4 sprigs fresh thyme or 2 teaspoons dried thyme
2 teaspoons dried oregano (preferably Mexican)
2 bay leaves
12 black peppercorns
24 dried corn husks
2 teaspoons ground cumin
1/3 cup plus 1/2 teaspoon chili powder
1 clove garlic, minced
2 teaspoons all-purpose flour
2 teaspoons sugar
1 tablespoon vegetable oil
4 cups masa harina (instant corn flour)
1 1/3 cups lard

1. Make the filling: Put the pork in a deep saucepan and cover with cold water (about 6 cups). Add 2 teaspoons salt, the onion, thyme, oregano, bay leaves and peppercorns; cover and bring to a simmer over medium-high heat. Reduce the heat to maintain a gentle simmer and cook until the pork is tender, 1 hour, 30 minutes to 2 hours. Transfer the pork to a plate and shred. Strain and reserve the cooking liquid; keep warm.
2. Meanwhile, soak the corn husks in a bowl of hot water, using a plate to keep them submerged, until pliable, 1 hour.
3. Combine the pork, cumin, 1/3 cup chili powder, the garlic, flour, sugar, vegetable oil and 1 cup of the reserved cooking liquid in a large skillet. Bring to a simmer over medium heat; cook, stirring occasionally, until most of the liquid is absorbed, about 25 minutes.
4. Meanwhile, make the dough: Mix the masa harina, lard, 2 teaspoons salt, the remaining 1/2 teaspoon chili powder and 2 2/3 cups of the reserved cooking liquid in a bowl until combined.
5. Drain the husks and pat dry. Starting 1/2 inch from the wide end, spread about 3 tablespoons of the dough down a husk, leaving a 1-inch border on the sides. Spoon 2 tablespoons of the pork filling down the center of the dough, then fold in the sides of the husk, wrapping the dough around the filling. Fold up the narrow end of the husk. Repeat with the remaining husks, dough and filling.
6. Set a steamer basket in a large pot filled with 1 to 2 inches of water. Arrange the tamales standing up in the steamer, folded-side down. Bring the water to a boil over medium-high heat, cover and steam until the dough is firm, 45 to 50 minutes. Remove from the steamer and let cool slightly before unwrapping.

Recipe courtesy of Food Network Magazine

Chef Dave

What is a Urinary Tract Infection?

Urinary Tract Infections, often referred to as UTIs, are quite common in seniors, especially women. All women who have had a UTI at least once are at increased odds of developing the infection again. About 20 percent of women who've had a UTI will experience a second one, and 30 percent of those women will get a third. UTIs are also more likely to affect people who attempt to manage stress incontinence by limiting their water intake. Many people attempt to limit the water they drink so they don't have to use the restroom as often. This creates a higher risk of UTIs because there's a greater chance of bacteria build up.

Symptoms of a UTI could include general discomfort, a feeling of being overtired, blood in the urine and pain even when not urinating. Men might feel fullness in the rectum. Back and side pain can indicate the infection has reached the kidneys. An elderly person will rarely get a fever, but if an older patient has one it is considered an emergency. Falls, confusion, new onset of incontinence in someone who had been getting to the restroom normally, decrease in appetite is a strong sign there may be an infection. If left untreated, the infection can spread and develop into far more serious conditions. UTIs, for instance, are a leading cause of *sepsis*, a potentially life-threatening infection of the bloodstream.

In most cases, treatment is usually with oral antibiotics. However, treatment for more resistant or serious infections may include hospitalization for IV antibiotics.



Don't forget to drink plenty of fluids to help reduce the risk of getting a UTI

To reduce your risk of getting a UTI, drink plenty of fluids and use the restroom when the urge arises. Make sure you fully empty your bladder. Good hygiene is important and for women, always wipe front to back. Wear clean, cotton, breathable fabric. If you are using absorbent briefs, change as soon as you notice that they are soiled.

Finally, some studies show that drinking cranberry juice is effective in helping to prevent bacteria build up that can contribute to UTIs. As always, it's best to seek your health care provider's opinion before taking any supplements to be sure they are safe with your current medications.

Beginnings

are usually scary and
endings are usually sad,
but it's everything in
between that makes it

Aging Gracefully

all worth living

Hair Salon

The Hair Salon is open every Friday & Saturday. Other days are by appointment only. To schedule an appointment call: 602-405-5762

Men's Cut	\$18.00
Ladies Cut	\$23.00
Wash & Set	\$34.00
Blow-Dry Curl	\$34.00
Perm & Cut	\$68.00
Color	\$55.00
Shampoo	\$5.00
Manicure	\$25.00
Pedicure	\$35.00

To contact Peggy the Manicurist call:
602-788-0314



Residents

Charmaine Scotford 2nd

Sergio Contreras 5th

Lila Harrington 24th

Staff

Josephina Espinoza 10th

Mark (Salon) 13th

***Join us for the monthly birthday
celebration on Wednesday,
February 26th at 1:30 p.m. in the
dining room. Entertainment by
Barleen's Legacy Concerts.***



Never Stop Being You

Never stop caring about the little things in life.
Never stop dreaming, and don't give into strife.
Never stop wondering are we on our own.
Never stop thinking has your spirituality grown.

Never stop building bridges that lead to better tomorrows.
Never stop trying, and don't give into sorrow.
Never stop feeling amazed at the beauty that surrounds you.
Never stop hearing the music, and don't give into the blues.

Never stop pushing away negative thoughts that make you feel sad.
Never stop looking at all the miracles we have had.
Never stop loving the ones you hold dear.
Never stop giving, and don't give into the fear.

Never stop smiling, but look forward to each new day.
Never stop shining in your own special way.
Never forget that all storms will clear.
Remember brighter tomorrows are always near.



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



Need taxes done?

Family member of a resident

Aussie Accounting & Tax, P.C.

Laila F Aussie, Enrolled Agent

Ph: (520) 321-1334

Laila@aussieaccountingandfax.com

THIS COULD VERY WELL BE THE MOST IMPORTANT DAY OF YOUR LIFE! WHEN A DAY BEGINS, YOU NEVER REALLY KNOW WHAT IS GOING TO HAPPEN..



© PNTS

Schulz

Entertainment, Arts & Smarts

- 1st Paint on Pottery
- 4th Art For All Ages
- 5th Ann Sells
- 7th Gene Mann
- 11th ArtiSands
- 13th Phoenix Art Museum
- 14th Kristina O' Boyle
- 17th Bill Harrison
- 18th Beading with Sharon
- 19th Jeopardy
- 19th T A Burrows
- 24th Les Koel
- 25th Greeting Card Class
- 26th Barleen's Legacy Concert
- 27th Sinai Mortuary Speaker



Gail Coleman is from Hartford, Michigan. She is retired from Bookkeeping, Secretary and Manager of Records Department. Gail has two sons and a daughter, a granddaughter and two great grandchildren. Gail enjoys walking, reading, Euchre card game, newer movies, listening to music and blackjack. Gail has a little dog named Corby that keeps her company and is so sweet! Gail is very proud of her children. She feels they are her greatest accomplishment. She said her children are all very intelligent and hard working people.



Toby Rubin is from Manhattan, New York. She was able to be a stay at home mom, taking care of her two boys. Toby has six grandchildren, some living here and some in Florida. Toby enjoys intelligent conversations along with blackjack and reading. Toby enjoys listening to showtunes, Broadway, Abba, Frank Sinatra, The Three Tenors and Sarah Bregman. Toby loves that she was able to raise children with a sense of humor and the ability to laugh at themselves.

Katherine Bonner is originally from New York but has lived in Tucson for 42 years. She has three children and two step children, six grandchildren and eight great grandchildren. Katherine has worked as a Medical Assistant most recently and prior to that worked for the phone company in management. Katherine enjoys reading, detective movies and music from the 50's and 60's. Katherine, this is late but we want to welcome you to The Ranch Estates at Scottsdale!



Three months! Can you believe it has been three months since I joined The Ranch Estates family! I want to thank all of you for being patient with me while I learn the routine and my way around the community. Following in the footsteps of Georgette has been quite a task as she was truly part of your family but I feel extremely fortunate to have been given this opportunity and as each day passes I feel more and more like a part of the family.

Keep your eyes open for new residents joining our family as we have been busy!

Again, Thank you all for the incredibly warm welcome!

Misty



Dottie Carthrae comes to us from Louisville, Kentucky. Dottie retired from Ford Motor Co where she worked in the office. Dottie has a niece and nephew who live in town and are very close to her. She enjoys the cooler weather and snow. Dottie has a cat name Mykee who is a lot of company for her. Welcome to The Ranch Estates. We are happy to have you as part of our family!

United States Census 2020

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data.

The results of the census also determine the number of seats each state will have in the U.S. House of Representatives, and they are used to draw congressional and state legislative districts.

It's also in the Constitution: Article 1, Section 2, mandates that the country conduct a count of its population once every 10 years. The 2020 Census will mark the 24th time that the country has counted its population since 1790.

This will be arriving in your mail between now and April. This is a requirement not an option. Please make sure you fill it out and return it. If you don't they will come to your door and have you fill it out the them. If you need help filling it out, please ask one of us to assist you.



*We will miss you
Dear Lisa!*



So long our dear
friend!



Beading



Cider & Cookies



"Olivia"
Stephanie's
daughter

Art For
All Ages



Hanukkah Party



Paws For Smiles
Pet Therapy

Holiday
Party





THE RANCH ESTATES AT SCOTTSDALE

Shawn Halla

Executive Director

Wellness Director

Misty Farnstrom

Sales Director

Dave Slechta

Dining Service Director

Maintenance Director

Lori Pettis

Business Office Manager

Ronda Rosenau

Life Enrichment Director

Lisa Schutta

Concierge Supervisor



Coming
soon



Coming
soon

