

# MAY 2020



## THE RANCH ESTATES AT SCOTTSDALE

### **Resident Guides**

*Adeline Gilbert*

*Martha Hatfield*

*Lu & Cliff Ittner*

*Phyllis Revello*

*Eugenia Tu*

*Beryl Woodbridge*

It *is* home!

While the world is navigating through this ever changing unprecedented pandemic, we here at home are ensuring first and foremost the health and safety of you, our residents, and associates. One of our biggest challenges is maintaining the lifestyle that makes us so remarkable and to which you are accustomed to, yet following pandemic social distancing and other recommendations from the CDC and local health department. Our team has been working endlessly each day to ensure your home continues to be the place where you laugh, learn and feel respected and cared for. The place that is special, feels familiar and just right, but mostly where you are and feel safe and surrounded by people who love you.

**Thank you** to our Grace Management family for their endless support and guidance. It doesn't make a difference the day or time, you have been there for us. **Thank you** to our associates and management team for creating endless options for entertainment, mobility, social interaction (with social distancing), meals and nutrition, wellness and care and keeping connected with family and friends. It is heartwarming to see the visits taking place through windows, doors and balconies and also through the use of technology with facetime and zoom. We have all gained knowledge in this area. **Thank you** to our families and friends for supporting our policies and procedures, as we know how difficult not visiting your loved ones is. Entrusting us, is a gift we deeply appreciate. Lastly, an immeasurable **thank you** to our residents! While this situation has been less than ideal, you continue to show strength and compassion to all around you. You have been accepting of the continually changing policies (and there have been many) with kindness. Your patience, understanding and support during this difficult time is especially heartening.

**Thank you to all!!!** We couldn't do it without you! Together, we will get through this and look forward to the bright days ahead!

Warmly,

Shawn Halla  
Executive Director

**We couldn't do it without you.**



p.s. Remember to wash your hands with soap and water many times a day and refrain from touching your face!

# Beef Tortilla Taco Casserole



## Ingredients:

1 lb lean (at least 80%) ground beef

1 package (1 oz) Old El Paso 25% less sodium taco seasoning mix

2/3 cups water

1 red bell pepper, cut into 1-inch strips

2 3/4 cups Old El Paso Thick 'n Chunky salsa

1 package (12 oz) frozen whole kernel sweet corn

6 Old El Paso flour tortillas for soft tacos & fajitas (6 inch)

2 cups shredded Colby-Monterey Jack cheese blend (8 oz)

Cinco de Mayo

Dinner option

Chef Dave

## WOW THAT'S A BIG CHECK!

This could be for you! That's right a \$1500 rent credit for being a "Good Neighbor".

If you refer a friend and they move in, you get a \$1500 rent credit. What's better than getting a rent credit? Picking your neighbor!

Don't forget to come see me with any possible names of your friends that might be interested. I have another surprise up my sleeve just for a referral regardless of whether they move in or not!

Thank you,  
Misty



Grandparents aren't old!  
They've just been having fun longer.



*Aging Gracefully*

### DENNIS THE MENACE

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"CAN'T WE GO TO A RESTAURANT?  
I'M SICK OF EATIN' GROCERIES!"

### Ode to my Hairdresser



Wish I could come  
and sit in your chair;  
let you be the one  
who chops off my hair!  
But I must stay home,  
and you must stay there.  
I miss you a ton,  
and so does my hair!

~Joyce Geleyne

# Groceries

We have been able to provide this service as a courtesy. Things are changing daily, so there are no guarantees. If you have family in the area that can shop for you, we are asking you to please have them do so and drop off at the front door.

If you do need a few items please have your list to me by noon on Monday's. Please use the form provided at the front desk. I will shop for you as time permits during the week. We will call you when your order is in to pick up at the front desk.

Thank you, Ronda



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friends are just  
a phone call away

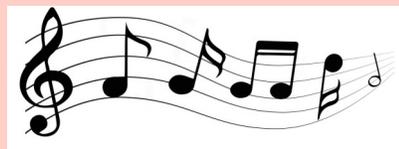


## **Residents**

Nancy Wright	10th
Doris Hille	10th
Rosemary Campbell	13th
Eugenia Tu	16th
Beryl Woodbridge	23rd
Arnie Cohen	24th
Anne Warshove	27th
Frances Lipsman	29th

## **Staff**

Dave Slechta	9th
Don Woodhouse	21st
Ronda Rosenau	23rd

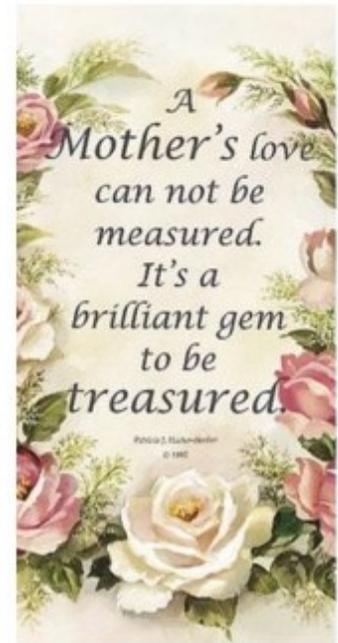


# Wishing You a Happy Mother's Day

**M**agnificent  
**O**utstanding  
**T**ender  
**H**onorable  
**E**xtraordinary  
**R**emarkable



a Mother  
s like a FLOWER  
each one  
beautiful  
and unique



*Your Reception Team*

*Lisa, Betsy, Kelly, & Susan*

# EXERCISE CLASSES

Mobility with Lu

Tuesday's & Thursday's @ 10:00

Tai Chi with Eugenia

Saturday's @ 9:30

Yoga with Adeline

Monday's & Friday's @ 9:00



If today gets difficult,  
remember the smell of  
coffee, the way sunlight  
bounces off a window, the  
sound of your favorite  
person's laugh, the feeling  
when a song you love comes  
on, the color of the sky at  
dusk, and that we are here to  
take care of each other.

- Nanea Hoffman



And the world  
came together  
as the people  
stayed apart.

Jennifer  
Wagner

WHEN IS THIS  
"OLD ENOUGH TO KNOW BETTER"  
SUPPOSED TO KICK IN?



# THE BEAUTIFUL DESERT

When the demands of life become too tiring  
Or when everything seems so blue,  
Take a trip into the desert  
And just see what it does for you.  
Matters that concerned you greatly  
All soon disappear  
When you realize all this beauty  
Has been here through the years.  
At first you will not see this  
Because it seems so dry and bare,  
But look again! All around you  
Beauty is really there.  
Have you ever sat in the evening  
And watched the fire in the western sky?  
Don't be alarmed, it's only a portrait of the sunset  
Being painted for you and I.  
As you sit in the quiet of the evening,  
You might hear a coyote wail  
Or have a burro serenade you  
As he tumbles along his trail.  
If nature is feeling generous  
And furnished some rain in early spring,  
I think it will astound you  
To see the flowers it will bring.  
Look off into the distance  
Some evening as the sun goes down.  
Do you see the purple colored mountains?  
A few moments ago they were brown.  
And most of all, look into the sky at night.  
See how bright the stars all shine  
Some look like diamonds  
Others the color of wine.  
Just relax around your campfire  
After you have had your evening meal  
And ask yourself this question:  
How much tension do I really feel?  
Get up early in the morning  
And shake off the friendly chills.  
Oh how thankful I am to be here  
And able to enjoy these hills.

Bill Penny



## OLDER AMERICANS MONTH

Every year in May, Older Americans Month recognizes the contributions of older adults across the nation.

While raising families and building careers, older Americans also gave back to their communities in a variety of ways. In their lifetime, times have changed and they continue to volunteer and serve their neighborhoods in their own ways. Whether they mentored a child, volunteered at a soup kitchen or served their country, each one deserves recognition for their commitment.

Older Americans Month also serves to raise awareness concerning elder abuse and neglect. As we age, the risk of abuse and neglect increases. We must be sure resources are in place to protect our older population from the risks of abuse and neglect. One way is to maintain involvement in community activities and social activities. It helps to maintain our overall health and vitality.

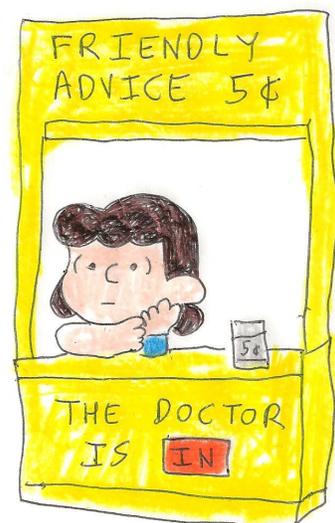
## HISTORY

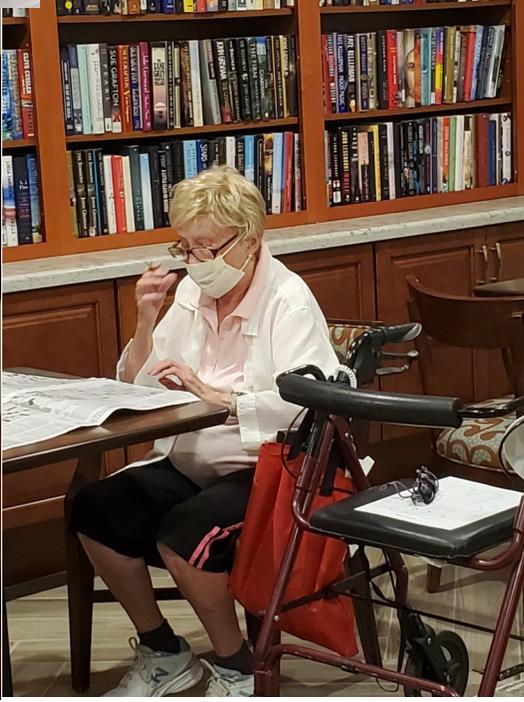
President Gerald Ford proclaimed Older Americans Month in 1976.

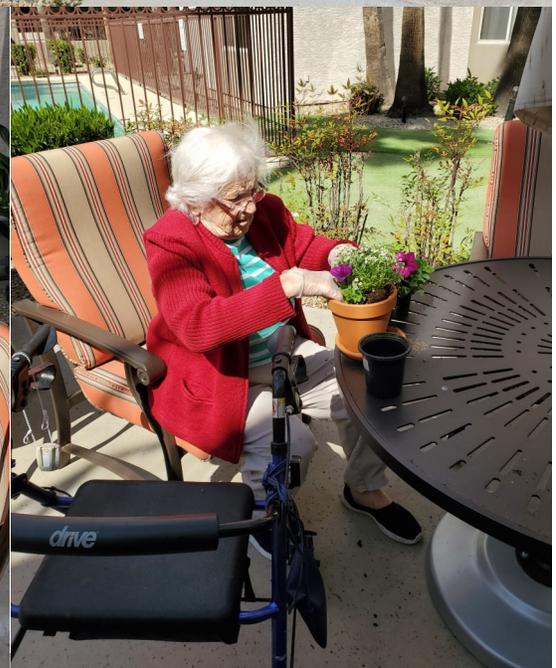
### Something fun for us to do this month!

Write down what the best and worst pieces of advice you have been given in your lifetime. Drop it off on by the 8th at the front desk and I will put together a big list, no names attached and share with everyone.

~Ronda









# THE RANCH ESTATES AT SCOTTSDALE

Shawn Halla

Executive Director

Suzette Sherman

Wellness Director

Misty Farnstrom

Sales Director

Dave Slechta

Dining Service Director

Scott Rondeau

Maintenance Director

Lori Pettis

Business Office Manager

Ronda Rosenau

Life Enrichment Director

Lisa Schutta

Concierge Supervisor

