

Resident Guides

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SEPTEMBER 2020



THE RANCH ESTATES
AT SCOTTSDALE

September brings us to our ninth month in the year and one step closer to ringing in the new year. I know many of us are ready for this year to come to an end and bring better times.

September also has some notable days for us to recognize.

*Labor Day (September 7th) – We reflect on the good work we have done and maintaining a good work/life balance. Many celebrate this day with barbecues as it is also symbolic of the end of summer. We will be sure to have all the great food that comes with a barbecue!

*Patriot Day (September 11th) – We remember the lives of those lost in the 2001 terrorist attack.

*Grandparents Day (September 13th) – We celebrate all of our awesome grandparents near and far! The joy and wisdom you bring to our daily lives is immeasurable. We value, appreciate, and love you!

*Rosh Hashanah (September 18th) and Yom Kippur (September 27th) – The beginning of the Jewish new year. We celebrate the first of the High Holidays beginning at sundown and ending ten days later at nightfall.

*Autumn Equinox (September 22nd) – We will all welcome the transition from summer to fall! The cooler weather can't come soon enough with our record setting high's this year.

*National Assisted Living Week (September 13th – 19th)

Fun facts:

*September is the only month that contains the most letters and also the same number month in the year.

*Sept. 5th – National Cheese Pizza Day

*Sept 7th – National Beer Lovers Day

*Sept 12th – National Chocolate Milkshake Day

*Sept 13th – National Peanut Day

*Sept 14th – National Coloring Day

*Sept 15th – National Linguine Day

*Sept 18th – National Cheeseburger Day

*Sept 20th – National Pepperoni Pizza Day / National Punch Day

*Sept 22nd – National Ice Cream Cone Day

*Sept 24th – National Cherries Jubilee Day

*Sept 27th – National No Excuses Day

*Sept 28th – National Drink Beer Day / National Neighbor Day

*Sept 29th – National Coffee Day

*Sept 30th – National Love People Day



We have some great things for you as we celebrate this month, so please be sure to join us!

Warmly,

Shawn Halla

Be a Good Neighbor

Did you see the GIANT Alexa show on display in the lobby? That is part of our Good Neighbor referral incentive program. This device could be yours!! **What does it do?** It can be programmed to work similar to your telephone, but easier. You simply say “Alexa drop in on Max.” and it will connect you with a video call to your grandson Max!

How do I win? Simply see me with the name of a friend of yours who might like to be your neighbor and you are entered to win!

Misty



Is it the flu or Coronavirus

Good question. Since we are in flu season, it's helpful to know the signs and symptoms of the Flu vs Coronavirus. Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is a cause infection with a new coronavirus (called SARS-CoV-2) and the Flu is caused by infection with influenza viruses. Because some of the symptoms of Flu and COVID-19 are similar, it may be hard to tell the difference between them based on symptoms alone, and testing may be needed to help confirm the difference between the two.

Flu vs Coronavirus

Signs and Symptoms

Influenza

Coronavirus

Symptom Onset	Abrupt	2-14 days
Fever	Usually; can last 3-4 days	Fever/High
Aches	Usually; can be severe	Muscle pain or body Ache
Chills	Fairly common	Feverish/Chills
Fatigue and weakness	Usually	Fatigue (Tiredness)
Sneezing	Sometimes	NO
Stuffy nose	Sometimes	Runny or Stuffy Nose
Sore throat	Sometimes	Yes
Chest discomfort, cough ty	Common	Shortness of Breath or Difficul- Breathing
Headache	Common	Headache
Diarrhea- Both Flu and Coronavirus	-some People may have vomiting and diarrhea, more common in chil- dren	
Lost of Taste or Smell	No	Yes

It's important to protect yourself and those around you from spreading the flu. There are some ways to prevent getting sick this season. Get an annual flu shot, and avoid any close contact with sick people. If you are sick, please stay home at least 24 hours after your fever is gone (without the use of fever reducing medication). 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 your doctor may prescribe to 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.

Let's keep everyone healthy this season!

Suzette Sherman
Wellness Director

Many of our wonderful residents have requested information about how they can place their vote for the upcoming 2020 election. Below are instructions to guide you and your family members through the process of sending your mail-in ballot due to our current Covid-19 guidelines. Visit-

<http://my.arizona.vote>

Due to the sensitive nature of this kind of registration please reach out to a family member to assist in your voter registration and the mail-in-ballot application.

Election day is Tuesday, November 3, 2020. Arizona allows any voter to request a ballot by mail. You can also vote in person. Arizona offers early voting.

Vote by mail

Request your mail-in ballot with a [mail ballot application](#).

Fill out the application completely.

Submit the request to your [local election office](#). You should request your ballot as far in advance of the election as possible. The deadline to request a ballot by mail is (received by) Friday, October 23, 2020.

When your ballot arrives, read it carefully and follow the instructions to complete it and return.



Fry's Shopping

1. Is done online only! We do not go into the store.
2. Your list must be to Ronda by noon on Monday's or it goes to the next week. You can turn in on Friday's for the following week.
3. Please be specific - size, flavor, amount, size, brand, ect.
4. You may order 2 times a month only! Order enough for 2 weeks at a time. Thank you!
5. Understand that Fry's doesn't always have the items you requested available due to COVID.
6. We will call you when your order is here.
7. If you have family close, please ask that they help you get your groceries.

Humor

can help you cope with the unbearable so that you can stay on the bright side of things until the bright side actually comes along.



Resident Birthday's

Norm Lunblom 9th

Phyllis Revello 11th

Dorothy Pelton 13th

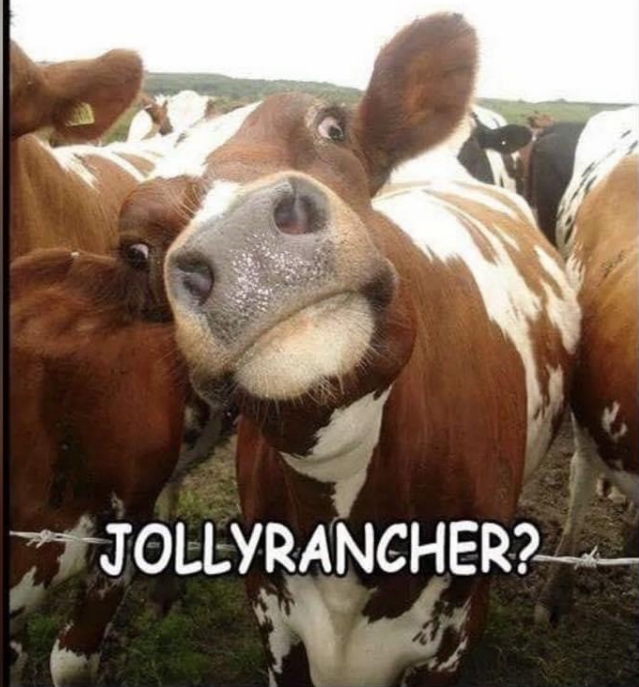
Elaine Taubman 16th

Dortha Ingle 33nd

Staff

Manny Schwartz 21st

if a cowboy is happy
DOES THAT MAKE HIM A



Hawaiian Grilled Chicken Thighs

Hawaiian Grilled Chicken Thighs—smokey succulent grilled chicken thighs marinated in a sweet pineapple juice, soy sauce, sriracha, ginger lemon sauce. Grill meat packed with so much flavors. It's sweet, spicy and super delicious!

Ingredients

5-6 chicken thighs
1/2 cup unsweetened pineapple or passion fruit juice
1/3 cup soy sauce
1/4 cup brown sugar
2 tbl honey
1 tsp sriracha
1/4 cup ketchup
1/2 tbl fresh grated ginger
1 tsp cumin spice
1/2-1 lemon juice
1 tbl minced garlic
1/4 cup chicken broth
Green onions liced for garnishing

Instructions

1. Season chicken thighs with salt and pepper according to preference. You might have to go easy with the salt—since it has soy sauce. Set aside
2. In a medium bowl, mix the passion fruit or pineapple juice, soy sauce, brown sugar, honey, sriracha, ketchup, ginger, cumin, lemon juice, garlic and chicken broth.
3. Pour marinade into the bowl of chicken or Ziploc bag. Thoroughly mix so chicken is covered with marinade.
4. Cover with saran wrap or if using Ziploc seal and place in the fridge to marinate. For at least 3 hours or overnight for best flavor.
5. When ready to cook-remove chicken from the fridge and thoroughly drain. Set marinade aside.
6. In a small saucepan simmer the remaining Huli Huli marinade– for about 5 minutes. Adjust taste with chicken broth, pepper and /or ketchup. If you want a thicker sauce then add more ketchup.
7. Lightly brush grill with oil or cooking spray. Then place drained chicken thighs on grill skin side down. Grill for 4-5 minutes or until chicken has grill marks or brown.
8. Flip chicken and grill the other side, flipping every 3-4 minutes so it doesn't burn until the internal temperature reaches 165' (about 25-30 minutes).
9. You may baste with cooked marinade towards the last 5 minutes of grilling.
10. Garnish with sliced green onions.

Greetings from the Concierge Team!

We have seen a lot of new faces in the past several months, so we thought we would take this opportunity to reintroduce you to our Community Store located directly behind the Concierge Desk.

Have you checked us out lately?? We have a variety of muffins for just \$1.50 each! You can choose from Blueberry, Almond Poppy, and for the true chocolate lovers, Double Chocolate Chip! Are you craving an ice cream treat? How about an Ice Cream Bar, Ice Cream Sandwich, or a cool Italian Ice.

Has your doctor told you to drink more fluids?? We carry two sizes of bottled water, a variety of juices, & Gatorade to keep you hydrated at all times. Perhaps you would 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 have increased our inventory of beautiful birthday cards along with many others for special occasions. They are all \$2.50 each!

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!

Save yourself a trip to the Post Office. We can weigh and stamp your packages for mailing, and we also sell books of stamps!

In addition to the above-mentioned items, we have candy, paper products, toiletries, laundry detergent, gift items, 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!

Please come by to have a look and let us know how we can meet your needs!



Autumn Fields

High overhead, the mellow sun at noon
Spills gold in payment for a locust's tune.
The faded-yellow cornstalk tents repose
In watchful attitudes, while circling crows

Spread raven wings against an azure sky
To startle field mice with their piercing cry.
Here too, wild sumac crawls in scarlet stealth
Across brown vines once heavy with a wealth

Of plump blackberries sweet beyond compare,
That tumbled in ripe confusion everywhere
Now barren twigs emerge where summer's hand
Once laid a bright green pattern on the land,
And, though the earth is warm, my heart turns cold
With winds that warn me autumn's growing old.

Viney Wilder Endicott





Phyllis Harden



Phyllis Harden is from Motley, Minnesota. Phyllis had six children, fourteen grandchildren, thirty five great grandchildren and two great, great grandchildren. Wow! What a nice size family! Phyllis owned and operated her own salon here in the Phoenix area for many years. Phyllis enjoys exercise classes of all kinds, needlework, crocheting, embroidery, bingo, music, entertainment, and reading good books. Welcome to The Ranch Estates Family!

COMING SOON!

Grandpal letters! Sign up at the front desk to be a pal this school year.

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

Salon Appointments

If you are one of the Residents to have a standing appointment and need to cancel, please give a 24 hour notice. If you don't call to cancel, you will be charged a \$25 no-show fee. Many others would like an appointment and can't get in due to those with standing appointments. Please be courteous of Mark's time.

Thank you! ~

Be
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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

