



THE RANCH ESTATES AT SCOTTSDALE

A GRACE MGMT COMMUNITY

It's not like home. It *is* home.™

JULY 2021

Resident Birthdays

7th Janet Wolfe
10th Esther Jagerman
10th Bernie Segin
15th Ken Baron
15th Connie Bayerque
17th Fred Romero
20th Dan McCabe

Welcome
New Residents
Richard Cheke
Joanne Schulte
Alfred & Ingeborg Jaeckel
Anna Tolley
Phyllis Sobleman

Resident Ambassadors

Martha Hatfield
Phyllis Revello
Eugenia Tu
Beryl Woodbridge

Happy 4th of July!

WALKING for WELLNESS

Now that the heat is here in sunny Scottsdale, what can we do to stay healthy? Walking is one of the best and easiest forms of exercise. Walking has many benefits such as improving heart health, strengthening muscles and bones, decreasing pain. Keeping joints flexible, improving balance and improving energy levels and increasing stamina. Always contact your Physician before starting any exercise or programing.

This lovely community offers an opportunity to stay cool and still get your steps in. Put on a sturdy pair of shoes for support. Think about starting from your apartment and pacing your travels from one end of the building to the other. Then you can add a floor or two. Using your assigned assistive device for balance and safety is the best practice. Develop a routine no matter how short or long a distance. Remember to stand up straight; a forward head, rounded shoulders or flexion at the trunk can impede your best efforts. Focus on maximizing your abilities and independence within this environment.

ONR-INC.

Sandra Sanders PT

1-833-925-2639



Summer

Winter is cold-hearted,
Spring is yea and nay,
Autumn is a weathercock
Blown every way.
Summer days for me
When every leaf is on its tree;
When Robin's not a beggar,
And Jenny Wren's a bride,
And larks hang singing, singing, singing
Over the wheat fields wide,
And anchored lilies ride,
And the pendulum spider
Swings from side to side;
And blue-black beetles transact business,
And gnats fly in a host
And furry caterpillars hasten
That no time be lost,
And moths grow fat and thrive,
And ladybirds arrive.
Before green apples blush,
Before green nuts embrown,
Why one day in the vountry
Is worth a month in town;
Is worth a day and a year
Of the dusty, musty, lag-last fashion
That days drone elsewhere.

Christina Rossetti



Phyllis Revello is our July Featured Resident

Phyllis has lived here since September 2018. She was born and raised in the Phoenix area. Phyllis has been a Resident Guide to our new Residents since she came to us. She enjoys playing Dominoes, Blackjack, Canasta, Walking the property, throwing parties for her friends, meeting with The International Women's Group, delivering boxes & Birthday Cards to Residents and helping anyone that needs a hand. We want you to know you are so appreciated. Thank you for all you do here in your home at The Ranch Estates at Scottsdale!