



THE RANCH ESTATES  
AT SCOTTSDALE  
A GRACE MGMT COMMUNITY

**The Ranch Estates at Scottsdale**  
9160 East Desert Cove Ave  
Scottsdale, AZ 85260 | (480) 767-7646  
[www.theranchestates.com](http://www.theranchestates.com)

# The Graceful Connection

**JULY 2023**



## Latest News from the Ranch Estates at Scottsdale Newsletter

As the summer season approaches, we find ourselves reflecting on the joys and blessings that come with this time of year. It is a time of vibrant colors, warm sunshine, and the opportunity to engage in outdoor activities that bring us closer together. We are immensely grateful for your continued support and feedback, which allows us to enhance the quality of life in our community. Your valuable input helps us tailor our services to better meet your needs and preferences.

We are also delighted to introduce Sheila Hernandez as our new Associate Executive Director. Sheila has a wealth of experience in senior care and a deep commitment to serving our residents. She has enthusiasm and dedication to promoting a vibrant and fulfilling community and is more than happy to assist you with any questions or suggestions you may have. Please don't hesitate to reach out to her, as she is here to ensure that your experience at The Ranch Estates is exceptional. I am still available, working from the community when I am not traveling, and I am grateful for her assistance daily.

As we embark on this summer journey together, let us celebrate the spirit of community and gratitude. We look forward to creating memorable moments and providing the highest level of care and support that you deserve. Wishing you a season filled with warmth, laughter, and cherished memories.

Janessa Becker  
Senior Executive Director

## Grace Signature Events



June has been a great month! The month of Father's Day and a great breakfast for our Dad's here at The Ranch Estates.

Several new singers we've met and are inviting them back to our community. Jarrod was wonderful singing oldies songs.

Our new Wednesday cocktail socials are getting many people out to meet new friends.

If you haven't tried the Zumba class on Thursday morning's at eleven, come up and give it a try.

We have changed the time, so hopefully that will help bring more people to attend it.

We have done some fun creating on Friday's last month and got to see some new faces in our classes. Bring a friend to an event, a class or celebration.

Reach out to someone who may need a visit from you!



## BIRTHDAYS

Janet W. - 7th  
Priscilla "Pat" N. - 8th  
Mary S. - 11th

Earl C. - 13th  
Connie B. - 15th  
Dan M. - 20th

Inge J. - 22nd



# E V E N T S

July 1st some of you are attending the play "Ben Butler" at Don Bluth Theatre. We are purchasing tickets for September 2nd to see "On Golden Pond". If you are interested please reach out to Ronda.

There is a new Faith Sharing Class with John starting on Monday mornings at 9:30 in the Media Room.

Let's go out for dinner on July 5th to Jade Palace!

We are celebrating our Gorgeous Grandmas on the 17th with a luncheon at 12:30.

On the 18th we are having a Wine & Cheese social at 3:00 in the lobby.

Let's go to the Casino for lunch and/or play the machines on the 19th at 11:00.

We will celebrate July birthdays on the 21st and an Ice Cream Social on the 7th.

Join us for a refreshing Peach Iced Tea cocktail on July 12th at 3:00 in the lobby.

Happy Summer!!

# N E W S

There is so much to celebrate in July as we sink into the long, hot days of summer. Don't get caught with a case of the doldrums though! Boredom is not a healthy state of mind and can cause irritability, so Anti-Boredom month is the perfect time to try something new to chase away the summertime blues. Pick up a new hobby, like painting, poetry, cooking, or crafting to flex your creative muscles! Get a group together to learn a new board game or card game together. Explore learning opportunities in your community and attend a class, lecture, or documentary discussion group to challenge yourself and support your brain health. Try a free app to work on brain training or to learn a new language! DuoLingo and Luminosity are two popular apps that you can download on a smart device to try. Focusing on fitness is another great way to beat boredom this month, so explore the fitness offerings in your community and pick something new to try! Beating boredom is all about getting out of your comfort zone and being open to trying new things, so don't be shy this month, let us know what you'd like to do!

## NEW RESIDENTS

Barbara Heyn  
Elizabeth George



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## MEET OUR TEAM

***Janessa B. - Area Director of Operations***  
***Sheila H. - Associate Executive Director***  
***Carolyn L. - Wellness Director***  
***Cristina B. - Business Office Manager***  
***Dave S. - Dining Service Director***  
***Edwin A. - Maintenance Director***  
***Ronda R. - Life Enrichment Director***

***Venessa V. - Wellness Coordinator***  
***Rosie V. - Dining Room Supervisor***  
***Benny J. Transportation Coordinator***  
***Yaritza R. - Lead Housekeeper***  
***Cynthia E. Hospitality Champion***

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