

GOOD Life News

at Arizona Grand

FEBRUARY 2014

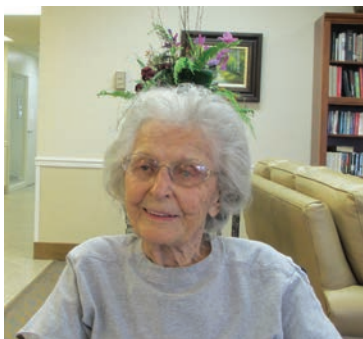
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Executive Director

Happy February!

I wanted to share about an enjoyable conversation that I had with a group of our residents. Oftentimes, moving to a community such as ours can be a difficult transition, particularly when it is prompted by a health crisis or the loss of a spouse. My conversation with the residents one early morning centered around a question that one of our residents asked the group: "If given the option, would you like to go back to a different time in your life?"

What was surprising to me was they overwhelmingly said that they would not. In fact, they stated that they were happy with their life and with the friendships they have made in our community, and they would not change a thing. No one wanted to be 24 years old again or had any regrets. One resident joked that he would like his 24-year-old body back, however. This conversation stuck in my mind. Moving to a community such as ours affords many people the opportunity to forge new and lasting friendships. It does not mean that they are giving up anything; in fact, in many cases, it enhances their overall sense of well-being.



Mildred K.

Resident Spotlight

Mildred was born in Chicago in September 1917. She is the younger of two sisters. She worked for an air conditioning company for 15 years and went to night school to become an office manager.

Mildred met her husband at a ballroom, where he asked her to

waltz. They were inseparable after that and were married two years later. They were happily married for 55 years. Mildred said that John was one in a million! They moved to Phoenix in 1958, to be closer to her sister —there, Mildred worked for an insurance company.

Mildred moved to Arizona Grand in August of 2013. Mildred says that it was a good move because, since she lived in the area, she can still see her old friends; she has also made many new friends. She enjoys being with people and attends a variety of programs and outings.



Our Talk. Our Walk. Every Day!

Platinum Service® Standard #20

"I am an ambassador for our company and continually promote our services. I always conduct myself with integrity and uncompromising values."

What does it mean to be an ambassador for our community? An ambassador is not only a representative; being an ambassador implies the ability to demonstrate the values of the organization in our daily actions. It also means that we care for the organization and we support its aspirations and goals. As company representatives serving our residents, we are proud of what our communities stand for, and we are comfortable in promoting our company's services with confidence and enthusiasm. In other words, what we do, and the way we do it, is the result of a direct personal connection with our team and our confidence in our community. Being an ambassador goes well beyond the concept of being "good at our job," it requires an emotional connection with our profession.

"Integrity is what we do, what we say, and what we say we do."

— Don Galer

Culinary Corner

This recipe would be perfect to make for Valentine's Day. If you don't have a valentine, this cake is the perfect treat to celebrate being single. There are a million reasons to make this molten cake, but the best is that it's chocolate!

Quick Chocolate Molten Cake

Servings: 4

- 4 ounces dark chocolate, 60 percent cocoa
- 2 ounces semisweet chocolate
- 6 ounces butter, diced
- 1 teaspoon vanilla extract
- 3 eggs
- 1/2 cup sugar
- 1/3 cup flour

Preheat oven to 350 degrees. Grease four ramekins, place on a cookie sheet and set aside.

In a double boiler (or a glass bowl inside a sauce pan filled with boiling water), place chocolate chunks. Whisk eggs and sugar together until mixture thickens and turns light yellow. Keep a close eye on your melting chocolate. You wouldn't want to waste all that good chocolate by scorching it! When chocolate is completely melted, add butter cubes. Stir until butter is melted and chocolate has a nice glossy sheen (It's like these two were made for each other!). Finally, add vanilla.

Slowly add warm chocolate mixture to egg and sugar mixture. I turn the egg beaters on and slowly drizzle the chocolate in so that the eggs don't scramble. You could also temper the batter by adding a small amount of the chocolate first and then the remaining batter. Finally, add flour.

Pour batter equally into four buttered ramekins. Place in oven for 15 minutes. Don't peek, or you'll cause your cakes to deflate! If you like your cakes really gooey like I do, pull them out now. If you like them a little more cake-like and less gooey, leave them in for another 3-5 minutes. Skim a butter knife around the outside of the ramekin, flip upside down and place in shallow bowl or dish. Top with a big scoop of vanilla ice cream and brace yourself for chocolate heaven!

If you wish to improvise, try replacing the vanilla extract with raspberry or almond extract, or even orange liquor. You can add 1 teaspoon cinnamon or espresso powder to add flavor, too. Serve it with raspberry sauce, bourbon caramel or a creme anglaise in addition to or instead of the ice cream. Not a huge dark chocolate fan? Make it with milk or semisweet chocolate.

Employee Platinum Service

Maria Ramirez has been with Arizona Grand almost one year and has proven herself to be a hardworking employee. Maria is a caregiver on second shift in the Memory Care neighborhood, where she is loved by the residents. Maria is always willing to pitch in and help where she is needed. She also continues to learn and improve her skills as a caregiver. Thank you, Maria, for your hard work and dedication!



Chaplain's Corner

I want to confess that fulfilling my call to be one of the chaplains for Arizona Grand can sometimes be challenging and even discouraging. Of course, that's true for all vocations — there are just days like that. However, in the spirit of Valentine's Day, when we focus on love, I want to share about a very special moment.

I was conducting the weekly Sunday service at 3 p.m., and it all seemed to be going fine; nothing was really unusual, except that we had a person attending who usually doesn't come. This person is a little different — she doesn't normally interact much with others — but she came, and she was listening. I was telling the story about Jesus being baptized, and when I got to the part about the heavens opening and the Spirit descending upon Jesus and the Voice from above saying, "You are my Son, whom I love; with you I am well pleased" (Mark 1:10-11), she started to cry. Obviously deeply touched by the story, she continued to cry for a moment or two but stopped as I finished the service.

As a postlude, I played the song "Who Am I?" by the group Casting Crowns. The lyrics had been handed out before the service, and there she sat, singing along: "Who am I, that the Lord of all the earth would care to know my name, would care to feel my hurt? Who am I, that the Bright and Morning Star would choose to light the way for my ever-wandering heart? Not because of who I am, but because of what You've done; not because of what I've done, but because of who You are... You have told me who I am. I am Yours. I am Yours." It was a breathtaking moment for me, that I could be the pen in God's hand as He sent that valentine to this special one who probably doesn't get to hear that she is loved very often.

Truth be told, there have been many special moments for me here at Arizona Grand; but it was a significant blessing to be reminded that being a chaplain is a great privilege, and that brings me considerable joy. Thank you. As Valentine's Day comes and goes this month, know that you are loved with an everlasting love.

The Pulse: Where the Heart Is

Because heart disease is fast-becoming the primary cause of death, particularly among women, Americans are doing all that they can to raise awareness. In 1963, February became officially recognized as American Heart Month. Many campaigns have since been started, including Go Red for Women, The Heart Truth Campaign and National Wear Red Day.

Go Red for Women was started in 2004 by the American Heart Association as a way to make women aware of the facts about heart disease. With various activities, Go Red for Women raises money to fund research and educational programs so that, while cures and preventions are being found, women can learn the best ways to protect themselves.

The Heart Truth campaign has a similar mission of raising awareness of heart disease, predominantly in women. A red dress has become the symbol for both campaigns and is meant to show that heart disease does not only strike men, but women as well. As a way to promote the red dress symbol and heart disease awareness, we are all encouraged to wear our favorite red dresses, shirts, ties or pins on National Wear Red Day, Feb. 7, 2014.

Whether you wear red, participate in campaigns, raise money or simply spread the word to your friends, do whatever you can this February to raise awareness so that we may fight against heart disease and win this battle.

The History of Valentine's Day

Every year, Feb. 14 sees millions of people around the world presenting their loved ones with candy, flowers, chocolates and other gifts. Restaurants are filled with men and women eager to celebrate the joy of their togetherness. The reason behind all of this? A kindly cleric named Valentine who died more than 1,000 years ago.

During Valentine's lifetime, the golden era of the Roman empire was coming to an end. Education declined, taxation increased, and citizens faced attack from all sides. Capable men were needed as soldiers and officers; but Emperor Claudius felt that married men, being emotionally attached to their families, would thus not make good soldiers. He believed that marriage made men weak, so he issued an edict forbidding marriage to assure quality soldiers for the Romans. Thankfully, a kindly bishop named Valentine realized the injustice of the decree and planned to counter the monarch's orders in secrecy. When lovers thought of marrying, they went to Valentine in a secret place and were joined in the sacrament of matrimony.

Claudius soon came to know of this "friend of lovers" and had him arrested. During his imprisonment, Valentine fell in love with the daughter of his jailer. It caused great grief to the young girl to hear of her friend's imminent death. It is said that, just before his execution, Valentine asked for a pen and paper and signed a farewell message to her: "From your Valentine." Valentine is believed to have been executed on Feb. 14, 270 A.D. Thus, the day became a day for lovers — and Valentine its patron saint.

Resident Birthdays

Alta L., 2nd

Terence G., 19th

Joan T., 23rd

Tina F., 10th

Gerri F., 21st

Dorothy Z., 26th

Employee Birthdays

Beatriz Martinez, 4th

Jacqueline Adrian, 22nd

Sylvia Leyva, 28th

Vanessa Silvallana, 14th

Monica Ray, 24th

Brenda Tapia, 20th

Merritt Strunk, 27th

Mary Carter, 28th

Anniversaries

Ana Casillas, 2/3/2010 (Service)

Erika Gonzalez, 2/23/2012 (Service)

Nathaniel Yazzie, 2/4/2010 (Service)

Maria Ramirez, 2/27/2013 (Service)

Merritt Strunk, 2/5/2009 (Service)

Sara Morgan, 2/28/2012 (Service)

Greg Pentkowski, 2/10/2011 (Service)

Jennica Isham, 2/28/2012 (Service)

Brigitte Dominguez, 2/11/2008 (Service)

Brandette Hochstedier, 2/29/2012 (Service)



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Staff

Executive Director
 Kim TeBrugge

Director Of Nursing
 Stephine Kusek, RN

Sales and Marketing Director
 Stefanie Smith

Life Enrichment Director
 Mary Carter

Director of Dining Services
 Wendy Lange

Director of Admissions
 Erika Gonzalez

Business Office Director
 Michele Krebs

Maintenance Director
 Rex Joiner

Assistant Maintenance Director
 Xochitl Garcia

Medical Records Director
 Hillary Lewton

Rehab Director
 Aliana Bollinger

Social Service Director
 Susan Leino

Life Enrichment Coordinators
 Debbie De La Rosa
 Linnea Tah-Yepes

Chaplains
 Reverend Merritt Strunk
 Tracy Perry

Resident Services Coordinator
 Bridget Gaffney

Assisted Living Nursing Coordinator
 Alison Cook, LPN

MDS Coordinator
 Jennica Isham, RN

Dietary Technician
 Maria Rush

Arizona Grand Resident Referral Program

We are so happy to have such wonderful residents living at Arizona Grand, and we want more! Please refer your friends, family, church fellows and former neighbors to us. You can earn \$1,000 toward your rent for folks you refer who move into our community by June 30, 2014. Stop by the marketing office for complete details or to share the names of people you would like Stefanie to contact. Let's work together to fill our fabulous community with more amazing residents!

New Residents

Arizona Grand welcomes Loretta G. to Independent Living. The Arizona Grand staff and residents wish you well and are pleased that you chose to become a part of our family.