



# THE MESSENGER

APRIL 2012

[www.arizonagrand.org](http://www.arizonagrand.org)

## EXECUTIVE DIRECTOR

Occupational Therapy Helps Individuals Live Life to Its Fullest April is National Occupational Therapy Month. Occupational therapy enables people of all ages live life to its fullest by helping them promote health and prevent (or live better with) injury, illness or disability. It is a practice deeply rooted in science and is evidence-based, meaning that the plan designed for each individual is supported by data, experience and “best practices” that have been developed and proven over time. Thank you to the occupational therapy staff here at Arizona Grand for all that they do! Occupational therapists and occupational therapy assistants focus on whatever occupations or activities are meaningful to the individual. It is occupational therapy’s purpose to get beyond problems to the solutions that assure living life to its fullest. These solutions may be adaptations for how to do a task, changes to the surroundings or helping individuals to alter their own behaviors. When working with an occupational therapy practitioner, strategies and modifications are customized for each individual to resolve problems, improve function and support everyday living activities. The goal is to maximize potential. Through these therapeutic approaches, occupational therapy helps individuals design their lives, develop needed skills, adjust their environments and build habits and routines that will allow them to thrive. This is a vital part of promoting independence in our community here at Arizona Grand. Many of the activities on our life enrichment calendar, from exercise and crafts to cards to games, utilize fine motor skills. If you have any questions about how occupational therapy can benefit you, please see Mike Moreno, our Resident Service Coordinator.



## ARIZONA GRAND OPEN HOUSE

### SPRING FLING OPEN HOUSE ON APRIL 26

Arizona Grand is proud to host another evening Open House on Thursday, April 26, from 4-7 p.m. This Spring Fling event will feature a delicious buffet with several stations for hors d’oeuvres, desserts, pasta and main dishes. A fabulous bar with beer and wine choices will quench your thirst. We ask all residents to invite your friends. Dance all night to live entertainment, tour our model apartments and sign up for a chance to win a wine gift basket!

## FOOD AND BEVERAGE/ DINING SERVICES

The Resident Appreciation Dinner was held on March 15 with an Irish theme. Residents, families and friends joined us in the Arizona Grand Main Dining Room for a special dinner featuring Irish Stew, corned beef and cabbage, fish and chips and a variety of delightful dishes. Below is the homemade soda bread recipe that was served with the dinner.

### Theresa McGuinness' Irish Soda Bread

2 and 1/2 cups flour

1/2 cup sugar

2 and 1/2 teaspoons baking powder

1/4 teaspoon baking soda

3/4 cup butter or margarine

1 egg

1 and 1/2 cups buttermilk

1 cup raisins

Sift dry ingredients together. Cut 3/4 stick of margarine into the dry ingredients. Add 1 beaten egg and 1 and 1/2 cups buttermilk. Mix together, then add 1 cup of raisins to the mixture.

Preheat oven to 350 degrees. Pour mixture into a buttered and floured, round, 9-inch cake pan. Bake for 45 minutes till golden brown. Insert knife to make sure it is thoroughly cooked. The Culinary Team will be presenting a fabulous array of hors d'oeuvres and entrees for the Arizona Grand Open House on April 26 from 4 to 7 p.m.

## ARIZONA GRAND RESIDENT REFERRAL PROGRAM

We invite and remind all residents to take advantage of our Resident Referral Program. You can earn \$500 toward your rent for a referral that results in a new resident moving into our community. Stop by the Marketing Office for complete details. They will be happy to make the calls for you.

## RESIDENT SPOTLIGHT: JEAN G.

Jean G. was born in Wahoo, Neb., on August 29, 1925, and is the eldest of three daughters. Her father was of German descent and her mother was Swiss. Her father, Charles L., ran the family business, Lehmkuhl Hardware and Furniture, where she remembers working after school and on weekends. Jean learned to drive when she was 15. Local police officers recognized her maturity, and she was given permission to drive so long as she was behaving. After finishing up her high school education as salutatorian at Mindin High School in 1943, Jean went on to study accounting and math at the University of Nebraska. During that time, she maintained a two-and-a-half-year overseas relationship with her husband-to-be, Clifford G. He was serving in World War II. To this day she is fond of his ability to communicate and write letters. They met for the first time at the Sigma Kappa sorority house at the university and were married on February 20, 1946. Jean remembers her happy marriage of 60 years and two weeks. She is the proud mother of her two children. Her favorite dish is a juicy, rare steak with a cup of warm tea. Most recently Jean accepted the position and currently serves as the Resident Counsel President at Arizona Grand. Thank you, Jean, for all you do for our residents at Arizona Grand!

## PLATINUM SERVICE AWARD FOR TEAM MEMBERS

The February Platinum Service Award was presented to Katy Herrera-Noriega, who works as a registered nurse in our Care Center. She has been a team member for over a year, and the residents and staff are glad she chose Arizona Grand. They feel she is hard-working, caring and fun. Congratulations, Katy! The March Platinum Service award was presented to Mary Carter, our Life Enrichment Director, who has worked at Arizona Grand for one and a half years. Mary enjoys being part of the Arizona Grand family, socializing and going on outings with the residents. In her personal life, her favorite things are being with her husband, Rick, listening to his band, reading and playing with their dog, Max.

## NURSING/HEALTH CARE

Our Love-Hate Relationship With the Sun For thousands of years, the sun has been viewed by humans as a celestial friend that provides many benefits to mankind. This love of the sun is quite understandable because without its light and radiation we would simply not exist. Imagine a world without light, without warmth, without vegetation and without living things. You get a sense of the importance of this ball of energy at the center of our galaxy. Over the past 100 years, science has begun to discover that the sun is not completely beneficial. Most recently, within the last 20 years, science has identified that the sun's radiation is actually quite harmful to rapidly dividing skin cells. This information was difficult to accept for many people because it meant that they needed to change their lifestyles. Think back to the height of the "sun-worshipping" decades and you will recall that we, as humans, were not very kind to our skin. I recall my mother saying that she would often slather on baby oil and lay out in the sun for hours, wanting to achieve the perfect, bronzed tan. Those days are behind us, and we are wiser and more educated, but unavoidably we are still exposing our skin on a daily basis.

Taking some simple measures on a daily basis to protect your skin can help prevent skin cancer from developing. One step is to apply sunscreen on a routine basis. We are not talking about "sun tan" lotion but true sunscreen with an SPF value of 45 or greater. There are many brands of sunscreen on the market, and many of them are very inexpensive. Using sunscreen on a regular basis can cut your risk of developing skin cancer by 35-45 percent. If you asked me, I would say that that is a significant reduction of risk for a disease that can be fatal. Limiting exposure to the sun is another important step to reducing your risk of skin cancer development. Living in Phoenix, we are simply more exposed to the sun than other areas of our nation. Rarely do we have enough clouds in the sky to provide protection from the sun's harmful radiation. It is recommended that we limit our exposure to the sun in 30-minute increments. Doing this can also significantly reduce the risk of skin cancer development. The sun can be a wonderful thing, and it also can add risk to our daily lives. Take care of your skin and stay healthy.

— *Daniel Nussbaum, RN, BSN, MBA, Director of Nursing Services, Arizona Grand Senior Living Community*

## BIRTHDAYS

Joshua W., 2nd (Employee)

Judy W., 3rd (Employee)

Mari M., 10th (Employee)

Ruby P., 10th

Mama Y., 12th (Employee)

Nora K., 16th

Kristina H., 20th (Employee)

Vincent G., 21st

Lue Ann D., 29th (Employee)

Wanda G., 30th

John B., 30th

## ANNIVERSARIES

Martha M, 4/9/2004 (Service)

Vanessa N, 4/20/2006 (Service)

Wilhelm Von F, 4/28/2011 (Service)

Stacey T, 4/28/2011 (Service)

## NEW RESIDENTS

Roberta Messick

Roberta Weber

Lucile Walrath

James Conde

4602 North 24th Street  
Phoenix, AZ 85016  
602-954-9178



A COMMUNITY  
PROFESSIONALLY MANAGED  
BY THE GOODMAN GROUP



## STAFF

**Executive Director**  
Robert Tunila

**Director of Nursing**  
Daniel Nussbaum, R.N.

**Sales and Marketing Director**  
Stacey Teri, LPN

**Environmental Services Director**  
Nick Bacon

**Life Enrichment Director**  
Mary Carter, ADC

**Director of Community Relations**  
Korey Hall

**Admissions Director**  
Shannon Hall

**Dietary Director**  
Wendy Lange

**Medical Records Director**  
Margaret Melton

**Rehab Director**  
Steve Pinedo, P.T.A.

**Social Service Director**  
Susan Wagner-Files

**Chaplain**  
Reverend Merritt Strunk

**Resident Services Coordinator**  
Mike Moreno

**Payroll**  
Stephanie Lee

**Dietician**  
Maria Rush

**Assisted Living Nursing Coordinator**

Sue Milewski, LPN

**MDS Coordinator**  
Tina Atherton, R.N.

## LIFE ENRICHMENT HIGHLIGHTS

Spring has sprung! April will be a fabulous month, with great weather and loads of fun activities. We will be having a "Bunny Hop" dance during Easter week, a spring training baseball game and (don't forget) the April Open House, with fantastic food and entertainment. Please check your calendars and daily event calendars for news on the BBQ and outside patio fun. We are listening to your ideas and are checking out the horse races and a variety of local museums. Please continue to give me your ideas on which restaurants, movies and events you would enjoy. The Wellness Series has been a great success, and we are adding a beading class to our schedule in April. Thank you for all your ideas!