



# THE MESSENGER

APRIL 2012

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

## EXECUTIVE DIRECTOR

### Letter From the Executive Director:

The skilled nursing facility is happy to announce the addition of our new Director of Nursing, Rebecca (Becky) Darnall, RN, MA, to the team. Becky grew up in Finlay, Ohio, home of "Big Ben Roethlisberger," quarterback for the Pittsburgh Steelers. She moved to Flagstaff from southern Colorado where temperatures fall

to -40 degrees in the winter. She is enjoying the tropical weather here! Becky has been an RN since 1971 and has approximately 16 years of experience in long-term care. Over the years, she held a number of administrative roles, including Director of Nursing, Nursing Home Administrator, Director of Home Health, Acute Care and Public Health. She brings a wealth of experience to her position. Becky looks forward to meeting staff, residents and families. Please stop by to welcome her to Flagstaff and The Peaks.



*Skilled Nursing E.D.*



*Becky Darnall D.O.N.*



*IL/ALF E.D.*

## MONTHLY MUSINGS

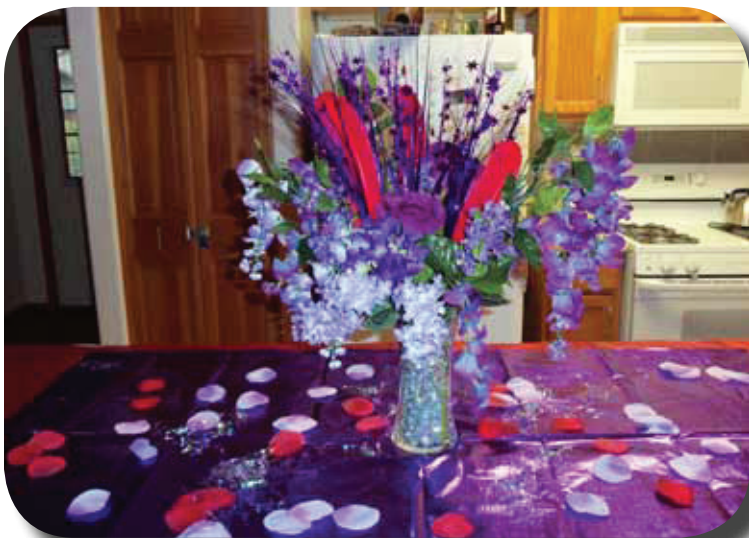
### JANET MARS, EXECUTIVE DIRECTOR IL/ALF

April showers and spring flowers nourish and dress up the countryside with the promise of walks among the pines, weekend BBQ, and children at play. Arizona, the land of ancient tradition, has weathered the test of time and not succumbed to the spring time change. That though is a nice segue in the Platinum Service Standard number three: "I am proactive in my service approach and focus on anticipating the needs and desires of our residents." As we anticipate a change of season, reflecting on how effective and proactive our service approach is can only be of benefit to the quality of life for Peaks residents. It is our duty in service to be alert, be courteous, and give priority to our residents and guests.

## SASSY SENIORS

Dear Sassy Seniors, Some books don't lend themselves to casual reading, and I have a suspicion that the book I'm about to quote from is one of them. But if you don't find the title intimidating, you might want to try "Redirect: The Surprising New Science of Psychological Change," by Timothy Wilson. Fortunately, I don't have to read the whole book in order to quote from it. Wilson, a psychologist at the University of Virginia, puts forth a rather novel idea for enhancing one's experience of happiness. He says: "Don't count your blessings; subtract them. Consciously spend a few minutes imagining what your life would be like without the good things." He suggests that picturing your life without those people and things that make it special and valuable to you will cause a realization that your life without them would be empty and sad. When you turn your thoughts to how wonderful it is that you do have those blessings, you will feel much happiness and gratitude for your circumstances. And, he adds, "... they'll seem surprising and special again."

Reading about this reminded me of the reaction I always have when I hear a siren, particularly that of an ambulance. I always think that someone's life has just changed dramatically — in an instant, without warning. And I always say a prayer for whomever that may be — and their family too. But I am aware that the next time it could be me or someone I love. And I feel gratitude for my blessings. We really do need to practice conscious awareness of the wonderful people and circumstances in our lives, and there are always some of them. So, even though I thought Wilson's idea sounded counter-intuitive, I tried it — and it worked! Try it yourself. I'm betting you'll see your happiness quotient rise. In friendship, Your Queen, Miss Vickie



## MARKETING

\$500 ... \$500 ... \$500! How would you like to be the recipient of a \$500 gift card? Or, perhaps receive a \$500 rent credit? Sound appealing? You bet! So here's the deal ... introduce me to your next-door neighbor, friend or family member — anyone you think would enjoy becoming a resident at The Peaks. And, if they move in and reside here for 30 days, you will have earned yourself \$500. Referrals from residents, family members, friends and staff are encouraged and welcomed. See Barene Conley, Director of Sales and Marketing, for more details.

## RESIDENT SPOTLIGHT

The Peaks is very fortunate to have residents who are living fascinating lives. Each month we would like to showcase a resident of the month. Burt Hudson is this month's featured resident. Burt lived in Illinois before moving to Flagstaff. He has received several awards

including The Village of River Forest Civic Award for Outstanding Service in a Community. He has certificates from The State of Illinois Registered Professional Engineers, American Society of Heating and Air-Conditioning Engineers, and a real estate law degree from Alexander Hamilton Institution. Burt also has a passion for art. His artistic inspiration has been developed by his work experience, boating trips in River Falls, and favorite church locations. Burt has a wonderful point of view based on living life to the fullest. "Everything is not about money but about what you have done in your life." It is never too late to experience life each and every day. If you get a chance, I encourage you to visit Burt and see his beautiful paintings.



## THE PEAKS' ADVENTURES



Hello Peaks Residents, We have two outings for the month of April that I am very excited about. First we are going to Buster's Restaurant on April 3. This outing we will be leaving at 11:15 a.m., meeting in the lobby. Our second outing will be to Bearizona in Williams. This is a wildlife park where

you don't get out of the van; you ride around looking at the wonderful animals. For this outing there is going to be a \$10.00 fee per person. We will be leaving here at 10 a.m. and eating lunch before entering the park. Our lunch will be a brown bag sandwich from the kitchen. We should be back to The Peaks around 3:00 p.m. For both activities, please sign up by arts and crafts.

*Thank You,*

*Vicci Crosby, The Peaks Senior Living Community*

## FOOD AND BEVERAGE/DINING SERVICES

Dining Services On April 17 we held a luncheon for all of the wonderful volunteers who give their time to the residents of The Peaks. We thank them for their service; we couldn't do all that we do without them.



We will hold our Mother's Day Buffet on May 13. We'd love to see all of you with your families. Don't forget to make your reservations with Patti at the reception desk.

## NURSING/ HEALTH CARE

Wake up with a smile on your face. Today is a new day. There are opportunities and blessings waiting for you. Open up your heart to receive them. Look on the bright side of the day. You are going to meet people today who will respond to your smile, your small acts of kindness. Be willing to take time to listen to someone, to visit someone, to call someone on the phone.



## BIRTHDAYS

Mary B., 1st

Bobby S., 2nd

Deane H., 3rd

Jennie V., 7th

Stirling D., 8th

Alfred B., 11th

Molly W., 16th

Denny L., 16th

Joan H., 18th

Bernice M., 20th

Duane S., 20th

Violette T., 20th

Jack M., 22nd

## NEW RESIDENTS

The Peaks would like to welcome:

Gene V.

Charles T.

Elinor M.





3150 North Winding Brook Road  
 Flagstaff, AZ 86001  
 928-774-7106



A COMMUNITY  
 PROFESSIONALLY MANAGED  
 BY THE GOODMAN GROUP



## STAFF

**Executive Director**  
 Janet Mars

**Director of Nursing**  
 Becky Darnall

**Sales and  
 Marketing Director**  
 Barene Conley

**Director of  
 Community  
 Relations**  
 Sally Trotter

**Registered Nurse**  
 Rosa Evans

**Director of Dining  
 Services**  
 Sondra Smull

**Activity Director**  
 Joel Guerrero

**Admissions  
 Director**  
 Donna Nissl

**Business Office  
 Director**  
 Margaret Melton

**Medical Records  
 Director**  
 Mary Hobby

**Social Service  
 Director**  
 Sarah Greene

**Dining Room  
 Manager**

Sheri McKenzie

**Plant Operations  
 Director**  
 Mark Everts

**Executive Director/  
 Director of Nursing**  
 Nancy Emerick

**Resident Services  
 Coordinator**  
 Patty Baca

**Assisted  
 Living Nursing  
 Coordinator**  
 Arcelia Palmer

**Staff Development**  
 Clare Jakob

**Central Supply  
 Director**  
 Debbie DeLong

**Registered  
 Dietician**  
 Lorraine Crim

## GARDEN AT THE PEAKS

Do you like to garden? In the month of April we will collect all sorts of different-sized cardboard boxes. That's right! We will decorate them and place soil inside. You may keep them in your apartment or display them outside. Please join our new Cardboard Box Garden Club.

— *Life Enrichment*

