



Resident Assistance Fund – A Helping Hand When You Need It

Barbara Wood, VP of Development & Communications/PR

**LIVE BRIGHTLY,
AGE BOLDLY.**

I am continually amazed by the remarkable life stories each of you brings to our community. Your diverse experiences and unwavering character make Beatitudes Campus a wonderful place to live and work. Despite the challenges you have faced throughout your life, you have consistently demonstrated resilience, a strong work ethic and a commitment to achieving goals for yourself, your family and your community. You thrived! You squirreled away every dollar you could, even in times of economic uncertainty. Your appreciation of living life fully each day have inspired me to live the best life I can. It is an honor and a privilege to work passionately on your behalf.

Life often unfolds unpredictably, and even the best-laid plans can encounter unforeseen obstacles. Despite diligently saving and planning for the future, some of you may be facing financial challenges. Health setbacks, declining investments, loss of support networks, or simply living longer than expected can lead to financial adversity, making it difficult to continue living comfortably here.

That's where the Beatitudes Campus Foundation steps in to help. One of our

primary initiatives each year is to raise funds for the Resident Assistance

Fund (RAF). RAF provides financial support for residents—you and your friends and neighbors—who may need assistance with housing and living costs. It can also help with one-time expenses, like hearing aids or dental care. Whether you need help with a one-time expense or ongoing monthly support, or if you know someone who is struggling, please reach out to me for a confidential conversation about whether RAF can assist. RAF offers scholarships to qualified residents, ensuring everyone can continue to live and thrive within our community. The process to apply for assistance is simple and we're here to help you every step of the way.

The Resident Assistance Fund holds a special place in our hearts, embodying the generosity and compassion of donors like you. Established in the 1960s, the fund was created by our founders with the mission to alleviate any financial burdens our residents might face. Since then, the RAF has awarded nearly \$2 million in scholarships, with over \$1 million distributed in just the past decade thanks to your incredible support.

Continued on back...



Name	Day
Neil Shinpaugh.....	9
Albert Lewis.....	12
Bill McCall.....	12
Marjorie Moote.....	12
Carole Surgery.....	13
Leigh Lingard.....	13
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Ladys Sarchione.....	14
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Japanese Blue Zone Techniques

Carole Beard, Fitness Specialist

1. IKIGAI:

Find what makes your life meaningful by doing what you love, what you're good at, and what the world needs.

2. Kaizen:

Make small daily improvements. Just get a bit better each day.

3. Hara Hachi Bu:

Eat until you're 80% full. This keeps you energetic and avoids overeating.

4. Shoshin:

Think like a beginner. Be open to learning and trying new things.

5. Oubaitori:

Don't compare yourself to others. Everyone has their own path and timing in life.

6. Wabi-Sabi:

Find beauty in imperfections and simplicity. Enjoy the present moment.



AROUND THE BLOCK
SHUTTLE
PROVIDED BY THE BEATITUDES FOUNDATION
Monday—Friday,
8:30AM—7:00PM
Call x15007 for a ride
(or 602-544-5007).

SUN 9	MON 10	TUES 11	WED 12
<p>9:00AM: BUS RIDE TO ORANGEWOOD PRESBYTERIAN CHURCH (OC) Please call X12905 to reserve your seat.</p> <p>9:00AM: BUS TO OUR SAVIOR'S LUTHERAN CHURCH (OC) Please call X12905 to reserve your seat.</p> <p>9:00AM: CATHOLIC MASS (LC) Join Priests from Casa Santa Cruz and our Catholic Community for Sunday Mass.</p> <p>10:00AM: BUS RIDE TO CHURCH OF THE BEATITUDES (OC) Please call X12905 to reserve your seat.</p> <p>10:30AM: UNITARIAN UNIVERSALIST WORSHIP (PC) Join the members of UU for a live stream service every Sunday.</p> <p>1:00PM: BINGO WITH TED (PVL) Join us for this game of chance. Free - Limit 2 cards</p> <p>3:00PM: SUNDAY WORSHIP SERVICE (LC) Join with Chaplain Peggy and various guest preachers, for this non-denominational Christian service. Holy Communion is served the first Sunday of the month and our Campus Choir sings with us on the last Sunday of the month. *All are welcome.*</p>	<p>6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>9:00 AM: WATER AEROBICS WITH MIKE (PL)</p> <p>9:30AM: LLL SPANISH FOR BEGINNERS (AGR) Must be registered.</p> <p>10:00 AM: BIBLE TALK (PN3) Join residents for some Biblical discussions. Call Barbara Lambert with questions at x15206.</p> <p>10:00AM: COSTCO (OC)</p> <p>10:00AM: HARP FOUNDATION PERFORMANCE (PVL)</p> <p>10:00AM: LLL ZENTANGLE GARDENS (AG2) Registration is required.</p> <p>11:00AM: LLL INTERMEDIATE SPANISH (AGR) Must be registered.</p> <p>11:00AM: OPEN FITNESS SPECIALIST HOUR (FC)</p> <p>12:00PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1:00PM: L2 STRENGTH & BALANCE WITH MIKE (RC)</p> <p>1:00PM: LIFE JOURNEY SUPPORT GROUP (PVL) This is a peer support group for Campus residents where we share the ups and downs of life as we transition through the aging process. All are welcome.</p> <p>1:30PM: POKER (PC) Play some poker with us, everyone welcome!</p> <p>2:00PM: BASKETBALL BOUNCE (RC)</p> <p>2:30PM: COLOR AND CHAT (AG5)</p> <p>3:00PM: AA OPEN MEETING (AG2)</p> <p>3:30PM: BETTER BREATHERS (PVL)</p> <p>4:00PM: PIANO JAM SESSION (CPW2) Come on over and join in! You can play a tune or two, or just listen as others play for you. All are welcome.</p> <p>6:30 PM: IRENE B'S BIBLE STUDY (RC) Join resident, Joe Miller, as he leads this Bible Study.</p>	<p>6:30AM: WALKING GROUP (CM)</p> <p>7:30AM: BACKSTREET BOUTIQUE SALE (TS) Father's Day and Americana and clothing all 50% off! We now accept credit cards. Call x18463 for transportation or to schedule donation pickup. Open 7:30 - noon Tu & Fri.</p> <p>9:00AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)</p> <p>9:00AM: OPEN FITNESS SPECIALIST HOUR (FC)</p> <p>9:00AM: WATER AEROBICS WITH CAROLE (PL)</p> <p>9:00AM: BMO HARRIS BANK (TP) BMO has a representative on site Tuesday and Thursday until 11 am.</p> <p>9:15AM: CASINO TRIP (OC) Call x12905 to reserve your seat on the bus.</p> <p>10:00AM: PLAZA VIEW'S FOOD FORUM (PV3) Join our Dietician, Lori Eddings for an open discussions on dining in Plaza View Assisted Living.</p> <p>10:00AM: THE FREE THINKERS CIRCLE (AC)</p> <p>10:00AM: WII BOWLING (PVL)</p> <p>10:45AM: L1 CHAIR YOGA (RC)</p> <p>11:00AM: GRAPHOLOGY (AGR) Registration is required.</p> <p>11:45AM: LEVEL 2 STRENGTH & BALANCE WITH MIKE (PVL)</p> <p>12:00PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1:00 PM: L3 CORE & CONDITIONING (RC)</p> <p>2:00PM: BE INFORMED WITH MICHELLE & DAVID (TV2)</p> <p>2:00PM: BINGO (PVL) Free Bingo - 2 card limit - Join us!</p> <p>2:00PM: DARTS (RC)</p> <p>2:30PM: WALKER AND WHEELCHAIR REPAIR (RC) Rider Mobility will be here to check walker brakes and make minor repairs to mobility devices. Call 16110 to reserve an appointment</p> <p>3:00PM: CHOIR PRACTICE (LC) Call x18465 with any questions.</p> <p>4:00PM: PLAZA CLUB HAPPY HOUR (PC)</p>	<p>6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p>8:00AM: FRY'S SHOPPING (OC)</p> <p>8:00AM: BILLET PODIATRY-DR. SHEENA (WC) Call 480-661-6061 to schedule your appointment.</p> <p>8:00AM: WELLNESS-BETTER HEARING (WC) By appointment only, dial 602-765-7800 to schedule.</p> <p>9:00AM: L1 MORNING MOTIONS (PVL) All Residents Welcome</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>9:00AM: WATER AEROBICS WITH CAROLE (PL)</p> <p>9:00AM: CREATIVE CORNER OPEN HOURS (AG5)</p> <p>10:00AM: ASSISTED POOL EXERCISE (PL)</p> <p>10:00AM: BIBLE STUDY (BR) Join guest teacher Rev. Vernon Meyer, PhD. for a 6-week Lenten study on an "Introduction to the Prophets." Feb 21 - Mar. 27</p> <p>10:00AM: LLL ANDROID (AG1) Registration required.</p> <p>10:00AM: LLL IPHONE BASICS (AGR) Registration required.</p> <p>10:00AM: NEEDLEWORK CLASS (AG5)</p> <p>10:45AM: SAFEWAY SHOPPING (OC) Please call x12905 in advance, and leave your name, to reserve your seat on the bus. 5 person minimum</p> <p>11:30AM: FOREIGN FILMS (AGR) Registration required.</p> <p>12:00PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1:00PM: CAREPARTNERS SUPPORT GROUP (BR) Support group for individuals caring for a loved one with Dementia. Please reach out to Tena Alonzo at 16182 with questions</p> <p>1:00PM: L2 STRENGTH & BALANCE WITH MIKE (RC)</p> <p>1:00PM: L3 SENIOR STRENGTH TRAINING (FC)</p> <p>2:00PM: RESIDENTS COUNCIL MEETING (LC) Hear a report from various Residents Council Committees and be informed! All residents are encouraged to attend.</p> <p>6:00PM: BEADED LIZARD MUSIC JAM (LC) We'll start with a jam at 6 PM followed by the showcase act that begins at 7:00 pm</p>

WEEKLY AGENDA: JUNE 9 — 15

THU 13

- 6:30AM: WALKING GROUP (CM)**
9:00AM: OPEN FITNESS SPECIALIST HOUR (FC)
9:00AM: THE STUDIO WITH DAVID RAGAN (AGR)
9:00AM: WATER AEROBICS WITH MIKE (PL)
9:00AM: BMO HARRIS BANK (TP)
 BMO has a representative on site Tuesday and Thursday until 11 am.
10:00AM: MID-WEEK PV WORSHIP (PVL) Join Chaplain Peggy for our 10-10:30AM Thursday morning non-denominational worship service in Plaza View Lounge. All are welcome to receive communion.
10:00AM: PINOCHLE CARDS (CPW3) Single and double deck play. Join us or call Arnie Anderson x14311.
10:45AM: L1 CHAIR YOGA (RC)
11:00AM: AUNT CHILADA'S MEXICAN CUISINE (OC) Plaza View's lunch outing, departs from Plaza View Lobby at 11:00am. All are welcome, please call X12905 for reservations.
11:00AM: MID-WEEK LC WORSHIP (LC) Join Chaplain Peggy in the Life Center for our 11-11:30 AM Thursday non-denominational service. All are welcome to receive communion.
11:00AM: MS WORD - "THE BASICS" (AGR) Registration required.
11:30AM: HEALTH & BRAIN GAMES WITH MIKE (PC)
12:00PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p
1:00PM: ENNEAGRAM (AGR) Registration required.
1:00PM: L3 CORE & CONDITIONING (RC)
1:00PM: SING ALONG (PVL) Join in on the singing fun. All Beatitudes Residents are invited.
2:30PM: YOGA FOR YOU (RC)
2:30PM: TEA & TALK WITH NINA (PVL) Tea for two and two, four, six, eight for tea. Join Nina Louis, VP of Health Service for a spot of tea and conversation.
4:00PM: ON THE ROCKS HAPPY HOUR (PC)

FRI 14

- 6:30AM: WALKING GROUP (CM)** Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.
7:30AM: BACKSTREET BOUTIQUE SALE (TS) Father's Day and Americana and clothing all 50% off! We now accept credit cards. Call x18463 for transportation or to schedule donation pickup. Open 7:30 - noon Tu & Fri.
8:00AM: SAFEWAY SHOPPING (OC) Please call x12905 in advance, and leave your name, to reserve your seat on the bus. 5 person minimum
8:00AM: UNIQUE LAB SERVICES (WC) Call 480-765-2677 to register in advance.
8:30AM: MUSIC FROM TV AND MOVIES (AGR) We all know "Ding Dong the Witch is Dead". We talk about the music that has become part of our souls.
9:00AM: L1 MORNING MOTIONS (PVL) All Residents Welcome
9:00AM: WATER AEROBICS WITH CAROLE (PL)
10:00AM: ASSISTED POOL EXERCISE (PL)
10:00AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)
10:00AM: PLAZA POETS (PC)
10:30AM: MEMORY LANE: MONTHLY TASTING (BR)
11:00AM: COMPETITIVE TABLE TENNIS (RC)
11:45AM: LEVEL 2 STRENGTH & BALANCE WITH MIKE (PVL)
12:00PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p
1:00PM: JEWISH SERVICE (BR) All are welcome to join Phil Adelman as he leads a time of seasonal reflection, praise and prayer.
1:00PM: LINE DANCING WITH CAROLE L1 & L2 (RC)
1:00PM: SCIENCE AND SPIRITUALITY (AC) Contact Mark Pelkey at 15586 for details.
2:00PM: BINGO! (PVL) Everyone is welcome! .30 cents a card - 4 card limit
2:00PM: L3 SENIOR STRENGTH TRAINING (FC)
2:00PM: DARTS (RC) Join us in a few games! If you need additional information call Donna Ellis at x15564.
2:30 PM: SKETCH TOGETHER (AG5)
4:00PM: ON THE ROCKS HAPPY HOUR (PC)

SAT 15

- 6:30AM: WALKING GROUP (CM)**
9:00AM: SIT & BE FIT (RC)
9:00AM: WATER AEROBICS WITH CAROLE (PL)
10:00AM: L3 CORE & CONDITIONING (RC)
10:00AM: BINGO WITH TED (PVL) Join us for this game of chance. Free - Limit 2 cards
10:30AM: FILM DISCUSSION GROUP (PC) Contact Jack Evans at x18153 for details.
11:00AM: YOGA FOR YOU (RC)
12:00PM: EARLY ONSET CAREPARTNER SUPPORT GROUP (BR) Alzheimer's Association Desert Southwest presents a monthly care partner support group specifically developed for loved ones on and off campus of those with younger onset (65 years and under) dementia. Contact Tena Alonzo at 16182 with questions.
1:00PM: DECORATIVE PAINTING WITH LINDA DANIK (AG5)
1:00PM: OPEN FITNESS SPECIALIST HOUR (FC)
1:00PM: RESIDENT VS ROBOT TABLE TENNIS (RC)
2:00PM: REPUBLICANS GROUP MEETING (AGR) This month we welcome a Surprise Speaker in Honor of Veterans' Day A Retired Arizona Air Force General Bring a friend or two Enjoy provided refreshments Questions: Jeri Cornwell CPW 2283 landline ext 18568 cell/text: 313 268 6785 email: jeri.cornwell@gmail.com
2:30PM: LEARN TO PLAY CHESS (PC) Every Saturday 2:30-3:30 We're changing location from Plaza View to make it easier for you to come play chess. Join us now every Saturday in the Bistro Lounge.
4:00PM: HAPPY HOUR MUSIC (PB) Join us every Saturday in the Bistro for musical entertainment. Everyone welcome!

LEGEND KEY:

- (BC) Entire Campus
 (AC) Admin. Conf. Room
 (AG#) Agelink Room #
 (AGR) Agelink Great Room
 (TS) Backstreet Boutique
 (BR) Boardrooms
 (BG) Buckwald's Arizona Grille
 (TV2) Channel 1-2

- (CG) Community Garden
 (CM) Central Park Mall
 (CPW3) Central Park West 3rd Floor
 (EF) Elaine's Fine Dining
 (EP) Elaine's Patio
 (FC) Fitness Center
 (FL) Fireside Lobby
 (GS) Gift Shop
 (LB) Library
 (LOT) Large Fountain

- Parking**
 (LC) Life Center
 (OC) Off Campus
 (PB) Plaza Bistro
 (PC) Plaza Club
 (PVL) Plaza View Lounge
 (PL) Pool
 (RC) Recreation Center
 (RG) Rose Garden
 (WC) Wellness Center



**Groovytek
 Help Desk Hours!
 Monday- Friday
 Noon-5:00p.m.
 Noon-2:00p.m. by the
 Library
 2:00p.m.-5:00p.m.
 In-home sessions
 Call 602-748-4876
 to schedule an
 appointment!**

Is it Hot Enough for You?

Sometimes the old phrases say it the best. We are in the time of the triple digits in temperature. Last year I purchased an infrared thermometer. I experimented with ambient temperature vs pavement temperature. When it is 100° the pavement measures about 140°. Hot, but not hot enough to cause burns if you move quickly. When you are walking your dog, go from shade to shade. Don't stop and talk to someone standing on the pavement, talk in the shade. When the temperature goes over 100° the pavement heats up even more. The highest temperature that I measured last summer was 182 degrees. Eggs start to fry at 185°. Don't subject your pet to this torture.

I'm a bit of a geek and a cook, but if you don't have an infrared thermometer you can still tell if it's too hot for your pet. Put your hand or bare foot on the pavement and hold it in place for five seconds. If you have difficulty bending over, do the same test on the hood of a dark car. If it hurts to hold your hand there, it can blister the paws of your dog.

This doesn't mean that you have to give up your pet. Here are some easy tips. Walk your dog before 11:00 am or after 6:00 pm. When you walk them, make sure that you stay in shady areas, or let them walk on the grass. Dog booties are another option, although many dogs object to this.

Sometimes you may forget, or your dog may get loose and run onto the pavement. If the burn is mild, rinse it under cold water, then dry it thoroughly. If the paws get blistered, take her/him to a vet immediately. They may require an antibiotic.

REMINDERS: June 13, Thursday @ 11 am Plaza View will go to Aunt Chilada's. June 15, Saturday @ 4 pm our own Bill Chase and Cimmaron Sidekicks will play the Happy Hour in the Bistro.

"Nutrition: It Matters" Tips! **Berries Reap the Nutritional Benefits**

Delicious, beautiful, sweet, and simple—berries are as healthful as they are diverse. As a snack, in a fruit salad, or for dessert, simply pick, wash, and eat them to reap the nutritional benefits they have to offer. Recent research has focused on how and why berries are such a super food.

From high-vitamin concentrations to anticancer-fighting activity, here is the bottom line on the benefits from eating berries:

• Phytochemicals and flavonoids:

- Create the beautiful colors found in berries
- Responsible for the cancer-fighting compounds and disease prevention
- Possibly helpful in the prevention of cancer (blueberries, cranberries, raspberries, and strawberries)

• Vitamin C:

- Abundant in strawberries, blueberries, cranberries, and raspberries
- Responsible for immune functioning and connective tissue



Why Comfort Matters for People Living with Dementia

Learn about the science behind comfort for people living with dementia and what we can do to improve wellbeing.

In-person: Saturday, June 15, 2024

1:30 – 2:30 PM Everett Luther Life Center

Online: Wednesday, June 19, 2024

5:00 – 6:00 PM

Email: talonzo@beatitudescampus.org for session link



LARGE PRINT RR'S VISUAL IMPAIRMENTS? LARGE PRINT RR'S are now available for delivery! Just let your building reps know you'd like a larger copy!

Resident Assistance Fund- A Helping Hand When You Need It—continued

The Resident Assistance Fund is meticulously managed by a dedicated committee, including leaders from across the campus, the Beatitudes Foundation, and the Beatitudes Foundation Board of Directors. This committee meets monthly to ensure we are proactively addressing any financial challenges our residents may encounter, both now and in the future. Your contributions to the RAF make a profound difference, allowing our community to thrive and maintain its commitment to supporting each resident. Thank you for being an essential part of this mission.

Raising funds for the Resident Assistance Fund is a heartfelt privilege, and we embrace this mission in various meaningful ways. Our annual fundraising gala, Power of the Purse, is a significant contributor, with proceeds prioritized to ensure the fund can fully support residents in need. It's truly heartwarming to see so many residents generously donating during our fundraising appeals and through automatic monthly donations on their billing statements.

Our dedicated team members also contribute to RAF through payroll deductions, and the members of both the campus and foundation Boards of Directors offer their unwavering support. Resident groups across the campus have devised creative fundraising methods, such as donating portions of special sales proceeds and music groups giving their tip money.

In the past ten years, the Beatitudes Auxiliary has contributed an impressive \$116,000 to RAF. Additionally, many memorial gifts, planned gifts and tributes are directed to this vital fund. We are profoundly grateful for every contribution to RAF, as each dollar raised directly benefits our residents, helping them continue to thrive in our community.

If you want to learn more about the Resident Assistance Fund—whether you or someone you know might benefit from it, or if you wish to invest in the fund—please feel free to reach out to me at ext. 16136. Our conversations will remain confidential. I am always happy to discuss how RAF can



BEATITUDES CAMPUS MISSION STATEMENT

Inspiring purpose and vibrancy in life's journey. Live Brightly, Age Boldly.

VISION STATEMENT

To foster an innovative community where people meet purpose and aging is transformed.

LIVE BRIGHTLY, AGE BOLDLY.

**PRAYER REQUESTS, X15186
DIAL-A-PRAYER, X15187**

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1610 W Glendale Ave
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602.995.2611

Content Submissions:
www.bcampus.org/rr

Beatitudes Campus is a Life Plan Community and a not-for-profit ministry founded by Church of the Beatitudes



Beatitudes in Action

Daily Actions Bringing Our Values to Life



Respect Actions

Bringing Our Values to Life

Be a Nice Human:

- Realize that everybody has feelings, every person is valid, and everyone deserves to be treated with respect and love.
- Give people genuine compliments.
- Be true to who you are and speak your mind honestly but kindly.
- Be kind and let your kindness and good energy light up the room.



AZALEA
Arizona Alliance for
LGBTQ2S+ Equity in Aging



CALLING ALL LGBTQIA+ AND ALLY RESIDENTS!

Join us for breakfast and group discussion focused on your knowledge

When: Monday, June 10th

8:30 A – 10:00 A

Where: Agelink Classroom One

For additional information please contact Tena Alonzo at 16182