



Exciting Times!

Cheryl Knupp, VP of Human Resources & Risk Management

It has been an exciting time of year for many of our team members. Over 20 of them have recently had a graduation ceremony and many of our team members have family members who recently graduated. Beatitudes would like to congratulate all of our team members who recently graduated either from high school, college or a certification program.

Our recent high school graduates are all from Dining Services and have such bright futures ahead of them. Congratulations to:

- Marissa Avila-Apollo HS
- Ethan Louis-Canyon View HS
- Osvaldo Vazquez-Maryvale HS
- Isaias Moreno-Moon Valley HS
- Edgar Carbajal-Moon Valley HS
- Angel Ruiz-Sunnyslope HS
- Noah Bolan-Sunnyslope HS
- Emmanuel Diaz-Washington HS
- Xavier Rodriguez-Washington HS
- Meh Law-Washington HS
- Ashly De los Santos-Washington HS



- Angel Ruiz-Washington HS
- Ngun Mang-Washington HS
- Angel Acosta-Washington HS
- Abraham Martinez-Washington HS
- Lannee Phan-Washington HS
- Haylie Romero-Washington HS
- Dayana Solorzano-Washington HS
- Mychell Sanchez-Washington HS
- Evelyn Roblero-Washington HS
- J'Lanae Davis-Washington HS
- Jorge Aquino-Washington HS

Additionally, we had 2 team members recently graduate from college with their bachelor's degrees. Congratulations to:

- Lauren Knupp from Dining Services received her Bachelor of Science in Public Health from NAU (Northern Arizona University)

Continued on back...

I am Late to the Juneteenth Celebrations

Michael Smallwood, Fitness Specialist

One Friday afternoon back in June 1998, I was enjoying happy hour immediately after work with my fellow fitness co-workers. My supervisor at the time asked me what my Juneteenth plans were that weekend. I had no idea what she was talking about. I could tell that it was something "Black History" related.

As an African American man, I was extremely embarrassed. She knew that I didn't know by my reaction. To add to my humiliation, she wasn't even black. She had plans for the weekend with her black boyfriend at that time.

Juneteenth (June 19th) is a holiday commemorating the end of slavery in the United States. It is also called Emancipation Day or Juneteenth Independence Day.

After years of reflection, I have come to realize that it may not be entirely my fault for not knowing about significant Black History topics like "Juneteenth", "The Tulsa, Oklahoma Massacre" and even the "Coloured Hockey League" in Canada.

I have written "Black History" related articles here in the Roadrunner and given several



Name	Day
Pat Dodd.....	16
Jane Hanford.....	16
Vicki Biritz.....	16
Barbara Rutledge.....	17
Bob Hardy.....	17
Carolyn Allen.....	17
Sharon Carden.....	17
David Hawkey.....	19
Joyce Findley.....	19
Miriam Lynch.....	19
Connie Hegeman.....	20
Alyce Zehrbach.....	20
Pat Mullen.....	20
Ruth Olson.....	20
James Cheyne.....	21

PLEASE WELCOME

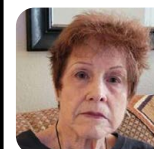


Mark Brown
PN 364

Carmen Hawley
PS 503



Ann Flaherty
CPS 3110



Sherry Williams
CPW 3274



Virginia Fields
PN 259



Marie Lerch
PN 349

SUN 16	MON 17	TUES 18	WED 19	THU 20	FRI 21	SAT 22
<p>HAPPY Father's Day</p> <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. *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:99 CENTS STORE/GOODWILL (OC) Please call X12905 for reservations, 5 person minimum. (New Location 35th Ave & Peoria)</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>9:00AM: WATER AEROBICS WITH MIKE (PL)</p> <p>9:30AM: LLL SPANISH FOR BEGINNERS (AGR) Must be registered.</p> <p>10:00AM: BIBLE TALK (PN3) Join residents for some Biblical discussions. Call Barbara Lambert with questions at x15206.</p> <p>10:00AM: LLL ZENTANGLE GARDENS (AG2) Must be registered.</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) 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>4:00PM: MUSICAL SONG FEST (LC) Join us as we sing our favorite songs from Broadway Musicals. Refreshments provided. All are welcome to sing!</p> <p>6:30PM: 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) July 4th items for sale; clothing 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>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) Must be Registered.</p> <p>11:00AM: UPTOWN PLAZA (OC) Choose one of 12 restaurants including, Lou Malnotti's, Flower Child, Huss Brewery, Chula Seafood, Zooks, SushiVibe and Shake Shack. Call XT 12905 to reserve your space on the bus.</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>1:00PM: L3 CORE & CONDITIONING (RC)</p> <p>2:00PM: MAT PILATES (AG2)</p> <p>2:00PM: ALTERATIONS WITH MARY JO (RC) Call XT 18473 if you have questions.</p> <p>2:00PM: BE INFORMED WITH MICHELLE & DAVID (TV2)</p> <p>2:00PM: BINGO (PVL)</p> <p>2:00PM: DARTS (RC)</p> <p>3:00PM: CHOIR PRACTICE (LC) Call x18465 with any questions.</p> <p>4:00PM: PLAZA CLUB HAPPY HOUR (PC) We are having an open forum for various artists offering music, singing, poetry, and anything else that comes our way.</p>	<p>JUNETEENTH FREEDOM DAY</p> <p>6:30AM: WALKING GROUP (CM)</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) Call 602-765-7800.</p> <p>9:00AM: MORNING MOTIONS (PVL)</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: COMMUNITY GARDEN MEETING (AG3)</p> <p>10:00AM: JUNETEENTH DRUM CIRCLE (LC) Join in a drumming circle led by Frank and AZ Rhythm Connection. Drumming can relieve stress, it's great exercise and it's fun, fun, fun! Join us.</p> <p>10:00AM: LLL ANDROID (AG2) Registration required.</p> <p>10:00AM: LLL IPHONE BASICS (AGR) Registration required.</p> <p>10:00AM: NEEDLEWORK CLASS (AG5)</p> <p>10:00AM: ORIGAMI WITH DOTTIE (PVL)</p> <p>10:45AM: SAFEWAY SHOPPING (OC)</p> <p>11:30AM: FOREIGN FILMS (AGR) Registration required.</p> <p>12:00PM: GROOVYTEK (LIB)</p> <p>1:00PM: L2 STRENGTH & BALANCE WITH MIKE (RC)</p> <p>1:00PM: L3 SENIOR STRENGTH TRAINING (FC)</p> <p>1:00PM: LOW VISION SUPPORT GROUP (PVL)</p> <p>1:00PM: NEWCOMERS MEETING WITH JACKIE (PV3)</p> <p>2:00PM: SUNDAES WITH DAVE (PB) Come join us to chat with department leadership while enjoying free ice cream sundaes! Team leaders attend from 2-3 PM and sundaes are available until 4.</p> <p>4:00PM: CAHOOTS BINGO (PC)</p> <p>6:00 PM: BEADED LIZARD MUSIC JAM (LC)</p>	<p>6:30AM: WALKING GROUP (CM)</p> <p>9:00AM: OPEN FITNESS HOUR (FC)</p> <p>9:00AM: THE STUDIO WITH DAVID RAGAN (AGR)</p> <p>9:00AM: WATER AEROBICS (PL)</p> <p>9:00AM: BMO HARRIS BANK (TP)</p> <p>10:00AM: MID-WEEK PV WORSHIP (PVL) Join Chaplain Peggy for our non-denominational worship service.</p> <p>10:00AM: PINOCHLE CARDS (CPW3)</p> <p>10:45AM: L1 CHAIR YOGA (RC)</p> <p>11:00AM: MID-WEEK LC WORSHIP (LC) Join Chaplain Peggy in the Life Center for our non-denominational service.</p> <p>11:00AM: MS WORD - "THE BASICS" (AGR) Registration required.</p> <p>11:00AM: ARIZONA HERITAGE CENTER (OC) Discover how the sprawling Phoenix metropolis began. Exhibits include Roosevelt Dam and Papago Park WWII POW camp. Admission \$13.00. Call XT 12905 to reserve your spot.</p> <p>11:30AM: EPISCOPAL SERVICE (EF) Join the Priest from All Saints' Church for a weekday service.</p> <p>11:30AM: HEALTH & BRAIN GAMES WITH MIKE (PC)</p> <p>12:00PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1:00PM: ENNEAGRAM (AGR) Registration required.</p> <p>1:00PM: EYES ON SITE (WC) Call 480-626-8925 to schedule appointment.</p> <p>1:00PM: L3 CORE & CONDITIONING (RC)</p> <p>1:00PM: SING ALONG (PVL)</p> <p>2:00PM: MAT PILATES (RC)</p> <p>2:30PM: YOGA FOR YOU (RC)</p> <p>2:30 PM: WINE & CHEESE SOCIAL (PVL)</p> <p>4:00PM: ON THE ROCKS HAPPY HOUR (PC)</p> <p>4:30PM: DRAG QUEEN BINGO (LC) Join Barbra Seville for a night of fun and prizes! Cost includes 2 Bingo cards, snack buffet of fruit, cheese, finger sandwiches, chips and salsa, sweets, cash bar and more! Tickets \$8.00 in the Bistro.</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>7:30AM: BACKSTREET BOUTIQUE SALE (TS) July 4th items for sale; clothing 50% off. We now accept credit cards. Call x18463 for transportation or to schedule donation pickup. Open 7:30 - noon Tu & Fri.</p> <p>8:00 AM: UNIQUE LAB SERVICES (WC) Call 480-765-2677 to register in advance.</p> <p>8:30AM: MUSIC FROM TV AND MOVIES (AGR)</p> <p>9:00AM: L1 MORNING MOTIONS (PVL) All Residents Welcome</p> <p>9:00AM: WATER AEROBICS WITH CAROLE (PL)</p> <p>10:00AM: ASSISTED POOL EXERCISE (PL)</p> <p>10:00AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)</p> <p>10:00AM: SHOPPING SPECTRUM MALL (OC)</p> <p>11:00AM: COMPETITIVE TABLE TENNIS (RC)</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>1:00PM: LINE DANCING WITH CAROLE L1 & L2 (RC)</p> <p>1:00PM: SCIENCE AND SPIRITUALITY (AC) Contact Mark Pelkey at 15586 for details.</p> <p>1:15PM: SYMPHONIC MUSIC WITH BRUCE PULK (PC) Join us for an hour of listening and learning about Symphonic Music.</p> <p>2:00PM: BINGO! (PVL) Everyone is welcome! .30 cents a card - 4 card limit</p> <p>2:00PM: L3 SENIOR STRENGTH TRAINING (FC) Strength training with hand weights and machine weights.</p> <p>2:00PM: DARTS (RC) Join us in a few games! If you need additional information call Donna Ellis at x15564.</p> <p>2:30PM: SKETCH TOGETHER (AG5)</p> <p>4:00PM: ON THE ROCKS HAPPY HOUR (PC) Join Bill, Robert, and The Purple Gang as they entertain you with music.</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) A resident led movement & mobility fitness class. All exercises are performed in a seated position.</p> <p>9:00AM: WATER AEROBICS WITH CAROLE (PL) Join Carole for some invigorating classes in the pool to get you moving in the morning!!!</p> <p>10:00AM: L3 CORE & CONDITIONING (RC)</p> <p>10:00AM: BINGO WITH TED (PVL) Join us for this game of chance. Free - Limit 2 cards</p> <p>10:30AM: FILM DISCUSSION GROUP (PC) We will watch A FILM with discussion and analysis immediately following the movie. Contact Jack Evans at x18153 for details.</p> <p>11:00AM: YOGA FOR YOU (RC) These exercises could be performed in a Standing, Seated &/or lying on the floor. This is a level 3 class.</p> <p>1:00PM: DECORATIVE PAINTING WITH LINDA DANIK (AG5)</p> <p>1:00PM: OPEN FITNESS SPECIALIST HOUR (FC) Open hour when Fitness Specialist is available for resident assistance & fitness related guidance.</p> <p>1:00PM: RESIDENT VS ROBOT TABLE TENNIS (RC) Come test your reflexes and take on the Table Tennis Robot! All skill levels welcome!</p> <p>2:30PM: LEARN TO PLAY CHESS (PL) 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.</p> <p>4:00PM: HAPPY HOUR MUSIC (PB) Join us every Saturday in the Bistro for musical entertainment by you the residents. It's Karaoke time! Everyone welcome!</p>

WEEKLY AGENDA: JUNE 16 – 22

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
- (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

Parking 

BEATITUDES AT HOME

Need a little help?

- Laundry assistance?
- Pet walking/care?
- Med reminders?
- Daily care?

Call Us Today
602-544-8527
602-544-8529



JUNE 16 — 22 • 2024

A Weekly Overview of Dining Specials

Bistro

PLAZA BISTRO DAILY FEATURES
DAILY SPECIALS AVAILABLE MON—SAT, 10:30AM-7:00PM
CALL x12908: PICK-UP / DELIVERY (\$4.00)

MON 17	TUE 18	WED 19	THU 20	FRI 21	SAT 22
Soup: Broccoli & Cheddar (256c/341c) Entrée: Pork Schnitzel with Hot Potato Salad (560c)	Soup: Thai Chicken Cabbage (171c/228c) Entrée: Chinese Beef & Broccoli with White Rice (528c)	Soup: Vegetable & Tortellini (164c/218c) Entrée: Juneteeth Special: BBQ Chicken Quarters with Baked Beans (625c)	Soup: Chicken Poblano (243c/342c) Entrée: Salmon Croquettes with Lemon Dill Sauce & Side Salad (508c)	Soup: Cajun Crab (174c/232c) Entrée: Sesame Chicken with Turmeric Rice (617c)	Soup: Cheese & Cauliflower (201c/268c) Entrée: BBQ Ribs with Brown Sugar Beans (703c)

Sunday Menu Inside this Crave

Blaine's
FINE DINING

THURSDAY & FRIDAY
4:00-7:00 PM

Reservations begin at 9:00 a.m. on Sunday by calling x12908 or by coming into the Bistro

THU 20 & FRI 21

Soup: Turkey Dumpling (530c)
Turkey, Carrots, Celery, Onion, White Wine, Herbs & Chive Dumplings

Entrée: Tuscan Scallop Pasta (815c)
Seared Sea Scallops with Linguine, Sun-dried Tomatoes, Spinach & Parmesan Sauce

BUCKWALD'S TUESDAY NIGHT PRIME RIB

Full menu available Wednesday-Saturday **ONLY**.
Prime Rib Menu (below) Available Tuesdays **ONLY**

ENTRÉES

Prime Rib—\$15.99
Chicken Parmesan Pasta \$9.99
Brown Sugar-Glazed Salmon \$10.99

SIDES

Honey Roasted Red Potatoes | Greek Lemon Rice
Roasted Balsamic Green Beans | Grilled Summer Vegetables

All Entrées come with your Choice of 1 Starch & 1 Vegetable, Soup and Salad Bar

Call x16130 with any questions.

ONLY
JUNE 16

SUNDAY PLAZA BISTRO BRUNCH MENU
9:00AM—3:00PM GRAB & GO ITEMS OPEN UNTIL 4:00PM

Call
x12908

Eggs Any Style

One Egg (72 CAL), \$1.59
Two Eggs (144 CAL), \$2.69
Three Eggs (216 CAL), \$3.79
Substitute Egg Whites (32 CAL)

Add Meat \$1.79

Bacon (90 CAL)
Sausage (180 CAL)
Canadian Bacon (40 CAL)

Toast/Bread (2 slices) \$1.99

Sourdough (324 CAL)
Wheat (138 CAL) | 9-Grain (240 CAL)
Rye (130 CAL)
Cinnamon Raisin (160 CAL)
English Muffin (67 CAL)
Bagel (245 CAL)
Gluten Free (140 CAL)

Add Potato .99

Hash Browns (470 CAL)
Home Fries (260 CAL)

Brunch Breakfast Special.....\$6.79

2 Eggs any Style, Add a Meat, Add a Potato, Add Toast.

Create Your Own Omelet.....\$7.29

Choice of Canadian Bacon (40 CAL), Sausage (180 CAL), Bacon (90 CAL), Mushrooms (6 CAL), Green Peppers (6 CAL), Onions (10 CAL), Tomatoes (5 CAL), Cheddar Cheese (113 CAL), Swiss Cheese (106 CAL) or Pepper Jack Cheese (108 CAL)

Waffle.....\$3.29

Chicken Florentine (355 CAL).....\$7.99

Slow Cooked Beef Stew (494 CAL).....\$7.99

Brunch Special.....\$9.39

Choice of Entrée, One Starch and One Vegetable

SUNDAY BRUNCH SIDE ITEM OPTIONS (\$1.19 EA.)—Add to Any Order or By Itself

Roasted Yukon Potatoes (131 CAL) | Garlic Mashed Potatoes (314 CAL)
Spinach Casserole (272 CAL) | Lima Bean & Corn Succotash (117 CAL)

New Bistro Menu Starting on Tuesday June 18th

We are pleased to present the new Bistro menu.

Some highlights include:

- Healthier for you options (noted with a green apple logo)
- 4 Vegetable Choices
- 2 Entrée Salad Offerings
- Reuben Sandwiches
- New Entrees
- Grilled Cheese Sandwiches & much more!

We are looking forward to your thoughts on the new menu choices and overall on the new menus. Please make sure you fill out your comment cards.

-Joe Kane, Director of Dining Services

TOWN PLAZA BISTRO

LUNCH MENU

Open Daily | 7am – 7pm

BREAKFAST

Mon-Sat 7a – 10:30a


Contact Us: (602) 336-2908

• ENTREES •

Chefs Daily Special 9.89
See the Crave for today's selection or ask the cashier

Chicken Fingers 330 cal / 6.19
Battered Deep-Fried Chicken Fingers; BBQ, Honey Mustard or Ranch Sauce


Fish & Chips 420 cal / 7.89
Beer Battered Cod Filet, French Fries, Tartar Sauce

 **Pan Seared Orange Mustard Salmon 240 cal 8.79**
Pan seared Salmon Filet, Fresh Orange Juice, Herbs and Mustard Sauce

 **Roasted Half Chicken 300 cal 7.89**
Herb seasoned Half Chicken


• SIDES •

Side Salad 1.49
Sugar Snap Peas 1.39
Golden Beets 1.39
Roasted Cauliflower 1.39
Sautéed Spinach 1.39
Avocado Half 0.99
Coleslaw 1.39
Fruit Cup 1.99
Corn Bread or Dinner Roll 1.99
Herbed Quinoa 1.39
French Fries 1.39
Sweet Potato Fries 1.39
Onion Rings 1.59
Baked Potato 1.39
Baked Sweet Potato 1.39

 Better for you option
(v) vegetarian


• SOUPS •


Chili Con Carne
(200/266 cal)
Cup 3.79 | Bowl 4.59

 **Vegetarian Vegetable**
(58/77 cal)
Cup 2.39 | Bowl 3.29

Soup Du Jour
Cup 2.39 | Bowl 3.29

• SALADS •

 **Chicken Chopped Salad**
Romaine Lettuce, Grilled Chicken, Avocado, Tomato, Egg, Bacon, choice of dressing
320 cal / 7.39

 **Smoked Salmon Salad**
Spinach, Smoked Salmon, Blueberries, Feta Cheese, Pecans, Citrus Vinaigrette
460 cal / 7.99

• HANDHELDS •


Cheese Options: Swiss, Cheddar, American, Provolone
Bread Options: Sourdough, Rye, Whole Wheat, Brioche Bun
B.L.T. 344 cal / 6.89
Bacon, Lettuce, Tomato, Mayo, Sourdough
Make it a club +1.29

Half Sandwich & Soup Cup 6.59
Choice of: Turkey 128cal, Black Forest Ham 212 cal, Tuna Salad 165 cal, Cranberry Chicken Salad 190 cal and Cup of Soup Du Jour
Make it a full sandwich +2.69

Build Your Own Grilled Cheese 390 cal / 4.59
Choice of Cheese and Bread
Add Arugula, Tomato or Basil Pesto **+0.29 ea**
Add Ham, Turkey, or Tuna Salad **+1.29 ea**

Reuben Melt 460 cal / 7.69
Corned Beef, Swiss Cheese, Sauerkraut, 1000 Island Dressing, Rye

All Beef Grilled Hot Dog 374 cal / 3.69
Choose from: Onion, Cheddar, Sauerkraut, Chili

 **Roasted Turkey 290 cal / 6.79**
Arugula, Swiss Cheese, Tomato, Cucumber, Roasted Tomato Aioli, Whole Wheat Bread

Beatitudes Burger on a Brioche Bun 402 cal / 7.69
Lettuce, Tomato, Pickle, Onion
Beef, Turkey, (v) Veggie or Chicken Breast
Additional Toppings: Bacon, Mushrooms, Onions, Avocado, Cheese
Each topping 0.40 each

B-CREATIVE STATION ask for cal / 8.79
Build your own Loaded Baked Potato. Choose from: Cheddar Cheese, Sour Cream, Chives, Bacon, Tomato, Red Onion, Ham, Chicken, Pimento, Mushrooms, French Fried Onion

TOWN PLAZA BISTRO

BREAKFAST MENU

BREAKFAST

Mon-Sat 7a – 10:30a

Contact Us: (602) 336-2908

Open Daily | 7am – 7pm

• A LA CARTE •


Eggs Any Style
One Egg 1.79 72 cal
Two Eggs 2.99 144 cal
Three Eggs 4.19 216 cal

Add Meat 1.99
Bacon 90 cal
Sausage 180 cal
Canadian Bacon 40 cal
Turkey Bacon

Add Potato 1.09
Hash Browns 470 cal
Home Fries 260 cal
Make it a Burrito 65 cal
Toast/Bread 2 slices 1.79

• SIDES •

Pancake 1.79
Slice of French Toast 1.79
Strip of Bacon 1.09
Slice of Toast .99
Two slices of toast 1.79
Avocado Half .99
Blueberries 1.09
Fruit Cup 1.99
Hash Browns 1.09
Home Fries 1.09
Canadian Bacon .99
Biscuit .99
Sausage .99
Cheese .49
Strip of Tukey bacon 1.09


 Better for you option
(v) vegetarian


• LIGHT •

Oatmeal 2.19
Brown Sugar (35 cal), Raisins (90 cal), Cream (19 cal)

Cold Breakfast cereal 2.19
Rice Krispies (97 cal), Cheerios (100 cal), Raisin Bran (185 cal)
Served with half pint of milk

• HEALTHY •

 **Spinach & Mushroom Sandwich 162 cal / 5.29**
Egg Whites, Spinach, Mushrooms, choice of bread.

 (v) **Light Start 228 cal / 7.29**
Cottage Cheese or Yogurt, Seasonal Fruit

• CLASSIC BREAKFAST •

Chefs Special Of The Week: Croissant Sandwich 6.89
Croissant, Eggs, Bacon, Cheese & Avocado (730 cal)

Create Your Own omelet 7.79
Choose from: Canadian Bacon (40 cal), Sausage (180 cal), Bacon (90 cal), Mushrooms (6cal), Green Peppers (6 cal), Onions (10 cal), Tomatoes (5 cal), Cheddar Cheese (113 cal), Swiss Cheese (106 cal), Pepper Jack Cheese (108 cal)

Short Stack Pancakes 520 cal / 3.69
Two Pancakes, Butter, Warm Syrup – Add Compote .99

Belgian Waffle 402 cal / 3.69
Butter, warm syrup – Add Compote .99

French Toast 362 cal / 3.69
Challah Bread, Butter, Warm Syrup – Add Compote .99

Compote of the Week: Apple Cinnamon 199 cal / .99

Bread Options
Sourdough 324 cal
Whole Wheat 138 cal
Rye 130 cal
Cinnamon Raisin 160 cal
Bagel 245 cal
Gluten Free 140 cal
English Muffin 67 cal

DINNER MENU WEDNESDAY—SATURDAY, 4-7PM
CLOSED ALL DAY SUNDAY & MONDAY
RESERVATIONS/PICK-UP/ DELIVERY (\$4.00), CALL x16130

SOUP
SOUP DU JOUR.....\$2.19/2.99
Soup of the Day—Ask Your Server for Today's Selection & Calories

ENTRÉE SELECTIONS

NEW STRAWBERRY STEAK SALAD (396 CAL)..... \$7.99
Steak Pieces, Strawberries, Avocado, Lettuce & Balsamic Dressing

NEW TOP SIRLOIN STEAK (575 CAL) \$11.99
Pan seared Top Sirloin Steak with Bourbon Sauce

NEW BLACKENED SALMON (312 CAL) \$10.99
Salmon Filet with Blackened Seasonings & Cajun Cream Sauce

NEW CHICKEN CACCIATORE (310 CAL) \$8.99
Chicken Breast, Bell Pepper, Mushrooms, Olives, Tomatoes & Herbs

NEW BLUE PLATE: CARAMELIZED PORK (343 CAL) \$8.99
Pork in Soy Sauce, Sugar & Fish Sauce over White Rice

NEW MEDITERRANEAN PASTA (283 CAL)..... \$8.99
Angel Hair, Lemon, Tomatoes, Artichokes, Parmesan Cheese & Olives

BUCKY'S BYO (BUILD YOUR OWN) STEAK BURGER \$8.99

House made Burgers featuring Buckwald's unique blend of premium cuts of Short Rib, Brisket & Chuck; All Burgers come with Lettuce, Tomato, Pickles and Onions; All additional toppings are 25¢ each.

Choose Patty: *Steak (406 calories), Turkey (240 calories) or Veggie (170 calories)*

Choose Bun: *Whole Wheat (250 calories), White Kaiser (266 calories), Gluten Free (232 calories)*

Choose Cheese: *American (47 calories), Swiss (52 calories), Cheddar (50 calories) or Blue Cheese (100 calories)*

Choose Toppings: *Mushrooms (28 calories), Bacon (112 calories), Onions (23 calories), Avocado (45 calories)*

Choose Condiments: *Mayo (50 calories), Ketchup (17 calories), Mustard (9 calories)*

Burgers are cooked to 155°F internal temperature according to Maricopa County Dept. of Health standards.

SIDES

Onion Rings—299 calories

Seasoned Fries—197 calories

Grilled Asparagus—154 calories

Red Wine and
Garlic Mushrooms—61 calories

NEW Honey Roasted Carrots—159 calories

Chipotle Mashed Potatoes with Goat
Cheese & Caramelized
Shallots—123 calories

Baked Potato—211 calories

Baked Sweet Potato—99 calories

All Sides—\$1.39

*Add Side Salad prepared by server for \$1.39 | Add Salad Bar to your order for \$3.59
Make the Salad Bar your meal for \$4.59 | Soup/Salad Bar only \$6.29*

**Health Advisory: we choose to cook beef and lamb to order. Consuming raw or undercooked meats may increase your risk of food-borne illness.*

Important Updates

Donna Taylor, Chief Operating Officer

We hope you're enjoying every delicious bite and refreshing sip at our restaurants. We wanted to take a moment to share some exciting updates with you!



As you know, we're all about providing top-notch quality food and fantastic choices. However, we've noticed that food costs have been on the rise lately, jumping up by 35% over the past three years. Yikes, right? Last year, we made a small adjustment, increasing our prices by about 10%. But with food costs continuing to climb, we need to make another modest adjustment.

So, drumroll please... we'll be increasing prices on our new menus by 10%, including bar prices and all drinks offered. But fear not! We're still committed to offering you the absolute best value for your money. In fact, we recently conducted a market study of area restaurants like ours and discovered that our pricing is a whopping 49% below the market average. Talk about a steal!

But wait, there's more! Along with our new menus and adjusted prices, we're also rolling out some exciting changes. We're ramping up our offerings with more choices, greater variety, healthier options (think more veggies and whole grains), and extended Sunday hours in the Bistro! Starting June 23rd, we'll be open from 7 am to 7 pm, giving you even more time to indulge in your favorite dishes.

Now, we know what you might be thinking – why the price increase? Well, here's the scoop: while we're not in this for the profit (seriously, we're all about enhancing your experience here), we do need to cover our operational costs. Our pricing structure is carefully designed to prioritize your satisfaction while ensuring we can keep delivering the quality and service you deserve.

So, there you have it – a little price adjustment, a whole lot of value, and some exciting changes coming your way. We can't wait to continue serving you and making your time with us as delicious and delightful as ever!

**TUESDAY TASTINGS
AT THE CORNER PERK**



*Stop by & Try a Free Sample
June 18th, 2024*
Dirty Chai
- Classic Chai Tea Latte with Espresso -

Welcome to Beatitudes At Home

Patricia McKay, Director of Beatitudes at Home



Hello Beatitudes Campus! My name is Patricia McKay, the new Director for Beatitudes at Home. I started with Beatitudes Campus on Monday, May 13 and have since received such an incredible warm welcome from the staff and residents, which has made my transition very pleasant.

I am originally from Southern California and moved to Arizona in 1994 and have lived here since. I completed my undergraduate degree from Arizona State University West with a degree in Sociology. A few years later I decided to pursue my graduate degree from the University of Phoenix with an MBA in Healthcare Management. I continued my education and have completed two more

graduate degrees – an M.S. in Organizational Leadership and Masters in Social Work. I have worked in healthcare for most of my career serving the ageing population.

Working with an ageing population offers a unique sense of fulfillment that comes from making a meaningful impact on the lives of those who have contributed so much to society. I have learned that it doesn't only involve providing care, but also forming genuine and enriching connections. Witnessing the gratitude and appreciation from those we serve for the support and companionship provided can be incredibly rewarding. Additionally, being a part of your journey, whether it is helping maintain your independence, preserving dignity, or simply brightening your day with a smile, brings a sense of purpose and fulfillment that is unparalleled. I have been fortunate in being the recipient of hearing the wisdom and stories shared by those who have lived through many generations offering valuable insights and lessons, enriching both personal and professional growth.

In my spare time, I enjoy the outdoors such as hiking and occasionally travel to northern Arizona where the weather is slightly cooler. I also spend memorable moments with my only child, a 10-year-old daughter. I also have a dog (miniature schnauzer) named Rollie, who keeps me company and entertained.

I am happy and honored to join a wonderful team at Beatitudes Campus that includes Wilhelmina, Beatitudes at Home Coordinator and our compassionate and hardworking caregiver team.

Communicable Illness & Food Delivery Waivers in Independent Living Gabi Holberg, Director of Independent Living



Did you know you can get your meals delivered for free? It's not as great a deal as it sounds! You have to be pretty sick to qualify, and I hope you all stay healthy and never need this accommodation. Examples:

- 1) You were in the hospital or Skilled Nursing Facility for a while, returned home and are still not feeling strong enough to dine at the restaurant or pick up your meal. We will offer you free delivery for a few more days, up to two weeks max.
- 2) You have contracted a communicable illness, such as the Flu, Pneumonia, COVID, Strep, TB, etc..

Campus COVID protocol requests that you stay home for the first 5 days, followed by wearing a mask for an additional 5 days thereafter. For all other communicable illnesses, it makes good sense to avoid contact with others for a while until you are no longer contagious. We will offer you free delivery for those first 5 days, since we are the ones asking you not to go anywhere. If you're still laid up after those first 5 days, we can extend the time period to up to two weeks total, max.

If you have a permanent condition, such as low vision, neuropathy, Vertigo, etc., we cannot approve the free delivery option at this time, even if you have a Dr.'s note. Just as Uber Eats, GrubHub, DoorDash, and other off-campus delivery services would still charge you, so do we.

If you have a communicable illness and would like to be put on the free delivery list, please call me (Gabi Holberg) at 18490 or 602-335-8490 and I can add you to the list after speaking with you.

If you have a communicable illness and have scheduled services coming up, such as Housekeeping, floor care, picture hanging, etc., please call the appropriate department and reschedule your service. Many staff members have small children or their parents living at home with them. As much as we all want to look out for you, we also want to look out for our families. Knowing what to expect allows staff to come prepared with protective gear, if rescheduling is not an option.

Thank you for your understanding, stay healthy and stay hydrated – summer is here!
Gabi Holberg



Beatitudes in Action

Daily Actions Bringing Our Values to Life



Accountability Actions

Bringing Our Values to Life

Model Accountability:

- Hold yourself and others accountable for treating one another, and the people we serve, with compassion.
- Lovingly challenge those who disregard the feelings of others or blow-up at a teammate.
- Practice Blameless Problem-solving: demonstrate a relentless solution focus, rather than pointing fingers or dwelling on problems.
- Be a "see it fix it" team player – fix it now or put in a work order, follow through to see it is done – even if not in your job description.

"Nutrition: It Matters" Tips! **Some Berries Tips**

These tips may help when shopping for berries:

- **Try to consume berries when they are at their peak, remembering that berry seasons are short**
- **Look for farmers' markets that sell berries picked that morning, because berries begin to lose their nutrition as soon as they are picked**
- **Purchase berry containers that contain brightly colored, plump, and unbroken fruit**
- **Avoid buying berry containers that hold broken, stained, leaky, or moldy berries**
- **Choose frozen berries if fresh berries are not available—frozen berries tend to lose water and are best used in smoothies and berry sauces, or for cooking or baking**



Drag Queen Bingo

Thursday, June 20 at 4:30PM
Life Center

Get your tickets now! Join Barbra Seville for a night of fun and prizes! Cost includes 2 Bingo cards, snack buffet of fruit, cheese, finger sandwiches, chips and salsa, sweets, cash bar and more!

Tickets \$8.00 in Bistro
Doors open 4:30
Games start at 5:30

We Remember



Wanda Manning Rogers
April 9, 1960 —
June 1, 2024
Health Care Center

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

• Yarityz Marquez Escobar from Resident Services, received her Bachelor of Science in Recreational Therapy from ASU (Arizona State University)

"All dreams are within reach. All you have to do is keep moving towards them."

VIOLA DAVIS

Exciting times for sure! We love to watch and cheer our team members on as they achieve these significant milestones in their lives and they appreciate all of the support they receive from all of you! Please join me in congratulating them!

Finally, congratulations to Almir Hatkic from Security for completing his EMT Course and passing the National EMT Registry and state exams!

congratulating them!

"All dreams are within reach. All you have to do is keep moving towards them." — Viola Davis

I am Late to the Juneteenth Celebrations—continued

powerpoint presentations on the topics.

I was stunned to see how many residents tell me every year that they had no idea that most of these things have ever taken place. It led me to ponder how so many significant events have escaped Americans outside the black community and even within the black community for so many years.

Most of my black history knowledge didn't come from AmericanClassrooms. In fact, when I ask most African Americans where the majority of their Black History knowledge came from, most of them tell me the same thing & IT'S NOT IN THE AMERICAN CLASSROOM.

Black Americans have gained a majority of their knowledge at home, black social gatherings and in black churches!!! My family listened to tapes of Martin Luther King's speeches. We watched black history related documentaries whenever the opportunity presented itself. I remember my whole family gathering to watch the mini series "Roots" in the early 70s.

In my early 20s I listened to "Malcom X" tapes during long nights of heavy drinking with my friends.

African Americans have played a significant role in American history. It angers me to hear that Republican Gov. Ron DeSantis who signed a bill that effectively prevents teaching certain concepts related to race that could make students uncomfortable.

In my opinion, when it comes to teaching black history in American classrooms, I shouldn't feel ashamed of my limited black history knowledge. The decision makers who limited the amount of literature given to American students are the ones who should be ashamed of themselves.

On Wednesday, I will be hosting a Juneteenth dinner party with my friends after work. I am in my mid 50s & this will be my very first one. This is why I say that I am late to the Juneteenth Celebrations... Very late!!!

Mental Health Matters

Gabi Holberg, Director of Independent Living

Please welcome the latest addition to our Campus Wellness Center:

The Marcann Group. They provide mental health services to adults, utilizing psychotherapy, medications, and alternative therapies to improve overall mental health and function in people with mental disorders. The team offers psychotherapy, medication management, genetic testing, solutions for anxiety, post-traumatic stress disorder, and more.



Beginning **Tuesday, June 18th**, The Marcann Group will offer their services in the Wellness Center office located across the Ladies' Locker Room from **9:00AM to 1:00PM**, every third Tuesday of the month. To make an appointment, please call **602-824-9309**. Walk-ins are welcome and will be accommodated as their schedule permits.

Mental Health Matters. Never hesitate to reach out for help.
Gabi Holberg



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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