

A Community Where Everyone Belongs

Rev. David W. Ragan, Chief Culture Officer

June 12th, 2016 marked a tragic day when 49 people were killed and 53 wounded in a mass shooting at Pulse, a gay nightclub in Florida. I remember feeling more shaken and vulnerable than ever before – scared not just for myself, but for others like me.

Now, eight years later, I proudly celebrate Pride month and cherish being part of a community that boldly embraces love and acceptance for all people. This includes our lesbian, gay, bisexual, transgender, two-spirit, and other community members. I am also honored to belong to the faith heritage of Beatitudes Campus and serve as an ordained minister within the United Church of Christ, which shares the same message of inclusive love.

However, it remains a stark reality that one of the most frightening prospects for senior LGBTQ2S individuals today is moving into a community like ours. For some heterosexual individuals, there's also fear that such a community would not accept their LGBTQ2S family members. Many staff members share these fears as well. The thought of facing rejection, discrimination, or having to conceal one's identity to survive is unbearably painful. I am grateful that we



proudly and purposefully declare our acceptance of all people, as articulated in Our Promise. We know we are all one and the same and work hard to create an inclusive and safe environment. But sadly, the outside world is not as safe.

Just a few weeks ago, exactly eight years after the Pulse shooting, I was on a weekend getaway in LA with my boyfriend and his family. We spent a beautiful day at the beach, showing three of the teenagers in our group the ocean for the first time. The oldest teen is only 16, but also stands about 6'4" and happens to be autistic. What that means for him is that he is very direct and says what is on his mind, maybe missing the filters that some might use before saying or asking something.

Continued on back...

What is Beatitudes @ Home

Patricia McKay, Director of Beatitudes at Home

Beatitudes @ Home is a non-medical service program that brings care directly to your own home. Whether you need us for a few minutes, hours, or require help daily, you will have the benefit of truly personalized in-home care and services from our trusted and passionate caregiver staff. Our in-home care and services are available to ALL Beatitudes Campus Residents, as well as anyone living off-campus within the Phoenix area*.



Below is a summary of the services we offer to our clients:

- o Weekly Nurse Medication Management and Refills
- o Transportation to medical appointments and escort to campus activities
- o Help with bathing, dressing, and hygiene needs

Continued on back...



Name	Day
Gene Zerlaut	23
Howard Farkash	23
Naomi Olgesby	23
Barbara Beerling	24
Corothy Harper	24
Mariellen Berkheimer	24
Dorothy Ward	25
Ginny Vaules	25
Sarah Jett	25
Diane Thoreen	26
Herb Komnick	26
Judy Johnston	26
Louise Thompson	26
Mark Pelkey	26
Mary Dake	26
Patsy Jones	26
Shirley White	27
Zina Regina	27
Marge O'Horo	28
Phyllis Wallace	28
Jackie Russell	29
Lex Ray	29

PLEASE WELCOME



Patty & Tom Ware
PH 1204

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

SUN 23	MON 24	TUES 25	WED 26	THU 27	FRI 28	SAT 29
<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: TRADER JOE'S/ WHOLE FOODS (OC) Please call X12905 for reservations, 5 person minimum.</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: HARP FOUNDATION PERFORMANCE (PVL) Join us for live music with our Harpist, Shannon. Performances brought to us through a partnership with the Therapeutic Harp Foundation.</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)</p> <p>1:30PM: POKER (PC) Play some poker with us, everyone welcome!</p> <p>2:00PM: BASKETBALL BOUNCE (RC)</p> <p>02:00PM: PATIO HOMES MEETING (AGR)</p> <p>2:30PM: COLOR AND CHAT (AG5)</p> <p>3:00PM: AA OPEN MEETING (AG2)</p> <p>4:00PM: PIANO JAM SESSION (CPW2) Call are welcome.</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) 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 25% off; 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) Join us for some interesting discussions. Contact Mark Pelkey for details at x15586.</p> <p>10:00AM: WII BOWLING (PVL)</p> <p>10:30AM: CERRETA CANDY FACTORY (OC) Tour the Factory and create your own special Chocolate Bar. \$16.00 Call XT 12905 to reserve your spot.</p> <p>10:45AM: L1 CHAIR YOGA (RC)</p> <p>11:00AM: GRAPHOLOGY (AGR) Must be registered.</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: 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>3:00PM: CHOIR PRACTICE (LC) Call x18465 with any questions.</p> <p>3:30PM: MIXOLOGY (AGR) Must be Registered.</p> <p>4:00 PM: 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) Get your grocery shopping done! Call x12905, and leave your name, for a seat on the bus. 5 person minimum</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)</p> <p>10:00AM: LLL IPHONE BASICS (AGR) Must be Registered.</p> <p>10:00AM: NEEDLEWORK CLASS (AG5) All supplies provided. Class size limited. Call 15561 to reserve your space.</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) Must be Registered.</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: L3 SENIOR STRENGTH TRAINING (FC)</p> <p>1:00PM: PLAZA VIEW'S RESIDENT MEETING (PVL)</p> <p>2:00PM: NEW RESIDENT WELCOME COFFEE (LC) Meet & greet new neighbors! All residents are encouraged to attend! If you are new, please call Ray at x18467 to RSVP so we may recognize you. Don't forget to wear your name badges!</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. Three Legged Dog will perform.</p>	<p>6:30AM: WALKING GROUP (CM)</p> <p>8:00AM: KNIFE AND SCISSOR SHARPENING (BS) Come by the Campus Bus Stop to have your knives &/or scissors sharpened. Average cost is \$4-8.</p> <p>9:00AM: OPEN FITNESS SPECIALIST HOUR (FC)</p> <p>9:00AM: THE STUDIO WITH DAVID RAGAN AND A SPECIAL GUEST STAR (AGR)</p> <p>9:00AM: BMO HARRIS BANK (TP) BMO has a representative on site Tuesday and Thursday until 11 am.</p> <p>10:00AM: MID-WEEK PV WORSHIP (PVL) Join Chaplain Peggy for our non-denominational worship service in Plaza View Lounge. All are welcome to receive communion.</p> <p>10:00 AM: PINOCHLE CARDS (CPW3) Single and double deck play. Join us or call Arnie Anderson x14311.</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) Must be Registered.</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) Must be Registered.</p> <p>1:00PM: L3 CORE & CONDITIONING (RC)</p> <p>1:00PM: SING ALONG (PVL)</p> <p>2:00PM: PRIDE MONTH MOVIE (LC) Join us for the poignant and funny comedy "Swan Song" about a formerly flamboyant Hairdresser who escapes his nursing home and walks across town to style a dead womans hair.</p> <p>2:30PM: YOGA FOR YOU (RC)</p> <p>3:00PM: AA OPEN MEETING (HCC3) Weekly meeting open to all.</p> <p>4:00 PM: ON THE ROCKS 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>7:30AM: BACKSTREET BOUTIQUE SALE (TS) July 4th 25% off; 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>8:00AM: UNIQUE LAB SERVICES (WC) Call 480-765-2677 to register in advance.</p> <p>9:00AM: FRY'S SHOPPING (OC) New departure time, please call X12905 for reservations, 5 person minimum.</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: PLAZA POETS (PC)</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: JEWISH SERVICE (BR) All are welcome to join Phil Adelman as he leads a time of seasonal reflection, praise and prayer.</p> <p>1:00PM: LINE DANCING WITH CAROLE L1 & L2 (RC)</p> <p>1:00PM: MONTHLY BIRTHDAY PARTY (PB) Join us as we celebrate this months birthdays. Enjoy entertainment by Les Koel! Free Birthday Cake!</p> <p>1:00PM: SCIENCE AND SPIRITUALITY (AC)</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)</p> <p>2:00PM: DARTS (RC)</p> <p>4:00PM: ON THE ROCKS HAPPY HOUR (PC) Join Bill, Robert, and The Purple Gang as they entertain you with music from the '50s through the '90s. Tues, Thu & Fri.</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>9:00AM: WATER AEROBICS WITH CAROLE (PL)</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) Contact Jack Evans at x18153 for details.</p> <p>11:00AM: YOGA FOR YOU (RC)</p> <p>1:00PM: DECORATIVE PAINTING WITH LINDA DANIK (AG5)</p> <p>1:00PM: LET'S GO TO THE MOVIES (OC) When 93-year-old Thelma gets duped by a phone scammer, she sets out on a treacherous quest across the city to reclaim what was taken from her. Time TBD. Call Jonathan, XT18589 to reserve a spot on the bus.</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)</p> <p>2:30PM: LEARN TO PLAY CHESS (PC) 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 Glenn Miller. Everyone welcome!</p>

WEEKLY AGENDA: JUNE 23 — 29

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



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!



JUNE 23 — 29 • 2024

A Weekly Overview of Dining Specials

TOWN PLAZA BISTRO

Breakfast: Sun 7a-11:30a Mon-Sat 7a-10:30a
Lunch/Dinner: Sun 11:30a-7p Mon-Sat 10:30a-7p
Contact Us: (602)-336-2908

WEEKLY SPECIALS	MONDAY 24	TUESDAY 25	WEDNESDAY 26
Compote: Caramelized Banana (75c) Breakfast Special: Bagel Sandwich (621c) B-Creative Station: Italian Bar (187-580c)	Soup: Roasted Onion & Mushroom (115c/153c) Entrée: Chicken Cacciatore with Wild Rice (550c)	Soup: Potato (143c/190c) Entrée: Fried Shrimp with Colelaw (337c)	Soup: Creamy Mac & Cheese (158c/210c) Entrée: BBQ Pulled Pork Sandwich with Baked Beans & Corn (691c)
THURSDAY 27	FRIDAY 28	SATURDAY 29	SUNDAY 30
Soup: Italian Sausage (137c/182c) Entrée: Chicken & Biscuit Pot Pie (537c)	Soup: Mississippi Catfish Gumbo (186c/248c) Entrée: Grilled Tilapia with Lemon Butter & Orzo (486c)	Soup: Lentil with Lemon (103c/137c) Entrée: Chopped Steak with Onion Mushroom Gravy & Mashed Potatoes (607c)	Soup: Southwestern Turkey (182c/242c) Entrée: Mexican Lasagna with Shredded Chicken (558c)



THURS 27 & FRI 28

Soup: Wild Mushroom (264c)
Wild Mushrooms, Carrots, Onions & Herbs

Entrée: Lobster Tail (465c)
Broiled Lobster Tail with Lemon Garlic Butter 25.99

THURSDAY & FRIDAY
4:00p-7:00p

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

Sunday, June 23rd
Bistro Special
Soup: Chicken Noodle (Cal 243)
Entree: Chicken Fried Steak with Country Gravy & Mashed Potatoes (Cal 584)

BUCKWALD'S ARIZONA GRILLE

WEDNESDAY - SATURDAY
4:00p-7:00p
Reservations/Pick-up/Delivery \$4.00

WEDNESDAY 26	THURSDAY 27	FRIDAY 28	SATURDAY 29
Soup: Vegetable & Tortellini (196c/294c) Entrée: Moroccan Chicken Tagine (615c)	Soup: Turkey Noodle (296c/444c) Entrée: Chimichurri Pork Loin (720c)	Soup: Sweet Potato Bisque (232c/348c) Entrée: Vegetarian Chili (290c)	Soup: Six Bean (143c/214c) Entrée: Tomato Basil Tilapia (433c)

4th of July BBQ

Thursday, July 4th, 2024

Buckwald's Arizona Grille & Life Center

TICKETS ON SALE NOW

TICKETS
14.49

Soup & Salads
Broccoli & Cheddar Soup
Potato Salad • Pasta Salad • Coleslaw

Entrées
Char-Grilled Burgers • Hot Dogs • Baby Back Ribs

Sides
Ranch Potatoes • Creamed Corn • Parmesan Roasted Zucchini

Desserts
Fruit of Forest Pie
Apple Pie • Blueberry Pie • NSA Peach Pie
Fresh Sliced Watermelon • Ice Cream Novelties

Beer & Wine will be served.

Exciting New Menu at Buckwald's Arizona Grille!

Buckwald's Arizona Grille has undergone a delightful transformation, and the new menu promises an array of mouthwatering options. Here's what you can expect:

1. **Fantastic Sandwiches:** Sink your teeth into our delectable sandwich creations. From classic club sandwiches to innovative veggie stacks, there's something for every palate.
2. **Salmon Sensation:** Our fresh salmon dishes are a highlight. Whether grilled, poached, or smoked, they're sure to satisfy seafood lovers.
3. **Signature Burger:** Buckwald's famous burger remains a star on the menu. Juicy beef patty, melted cheese, and all the fixings—what more could you ask for?
4. **House-Smoked Baby Back Ribs:** Tender, fall-off-the-bone ribs with a smoky flavor that'll keep you coming back for more.
5. **Power Bowl:** For a healthy and hearty option, try our power bowl featuring quinoa and grilled chicken. It's a burst of flavor and nutrition.
6. **Prime Rib Saturdays:** Prime rib enthusiasts, rejoice! Every Saturday, we're serving up a special prime rib dish that's succulent and flavorful.
7. **Veggie Delights:** Just like at the Bistro and Elaine's, Buckwald's offers four distinct vegetable options. Whether you're a carnivore or herbivore, we've got you covered.

Remember, we're open Wednesday through Saturday. And don't forget to make a reservation—our new menu is creating quite a buzz!

-Joe Kane, Director of Dining Services

BUCKWALD'S ARIZONA GRILLE

WED-SAT | 4PM-7PM | 602.536.4732

SOUP & SALAD

Soup Of The Day 2.49

Ask your server for today's feature


House Salad 106 cal 4.59

Mixed greens, cheddar cheese, carrots, tomato, cucumber, black olives, croutons

Chicken Caesar 220 cal 7.69

Blackened or grilled chicken breast, romaine lettuce, grated parmesan cheese, croutons, Caesar dressing

Dressings: Balsamic, Ranch, Italian, Raspberry, Poppy Seed

 Better for you option
(v) vegetarian

SANDWICHES & WRAPS

Southwestern Pork Sandwich 310 cal 8.99

Shredded adobo pork shoulder, cilantro lime coleslaw, queso fresco, brioche bun

Crabcake Sandwich 420 cal 9.99

Crab cake, lettuce, tomato, Cajun remoulade, brioche bun

Chicken Wrap 600 cal 8.49

Herbed chicken, spinach, onions, tomato, cucumber, kale pesto aioli in an herb garlic wrap

Buckwald's Steak Burger 360 cal 9.89

6 oz proprietary steak blend, Turkey or (v) veggie patty American, cheddar, blue cheese, pepper jack cheese, Bacon onion jam(160cal), burger sauce(130 cal),lettuce, tomato, onion

SIDES

ALL SIDES 1.59

- Baked Potato 140 cal
- Baked Sweet Potato 100 cal
- Buttered Bow Tie Pasta 110 cal
- Greek Freekeh Salad 295 cal
- French Fries 180 cal
- Smashed Red Potatoes 270 cal
- Roasted Broccoli 90 cal
- Sauteed Spinach 70 cal
- Seasoned Zucchini 60 cal
- Burgundy Mushrooms 75 cal

Buckwald's Featured Items

SATURDAY NIGHT PRIME RIB SPECIAL

Included: Soup of the day, choice of 2 sides

Au Jus and horseradish cream

700 cal 17.59

Soup & Salad Bar 7.29

Salad Bar with Entrée 5.49

ENTREES

Chef's Featured Entrée 9.99

Ask your server for today's selection

Grilled Italian Salmon 610 cal 12.29

Salmon Filet, Balsamic Glaze, Tomato Basil Salad

Power Bowl

Quinoa, Chile rubbed Chicken Breast, Golden Beets, Mushrooms, Roasted Tomato, Greek Yogurt Sauce, Toasted Pistachios

Garlic & Mushroom Beef Tips 230 cal 10.79
Steak Pieces, Cremini Mushrooms, Garlic Cream Sauce

Chicken Caprese 310 cal 10.99

Breaded Fried Chicken Cutlet, Roma Tomatoes, Mozzarella, Basil

House Smoked Baby Back Ribs 493 cal 11.29
Mango BBQ Glaze

Buckwald's Meatloaf 680 cal 8.99

Grilled, Brown Sugar Tomato Glaze

740 cal 10.29

BEVERAGES

Iced Tea 1.59

Soda 0.79
Coke, Diet Coke, Sprite

Coffee 2.39
Regular, Decaf

Lemonade 1.59

Juice 1.59
Apple, Cranberry, Orange

DESSERTS

Ice Cream 150 cal 1.19

NY Style Cheesecake 500 cal 3.29
Fresh Berries

Chocolate Layer Cake 540 cal 2.79

Fruit Skewer 170 cal 2.49
Honey Minted Yogurt

Featured Dessert 3.69
Ask your server for today's feature

Dietitian's Dish



Beyond Dairy: Navigating the World of Milk Alternatives

Going down the dairy aisle in the grocery store, you may notice that the variety of milks have multiplied. From cows' milk, goats' milks, soy milk, almond milk and oat milk, you may wonder "Can milk be made out of anything these days?" The emergence of all these varieties may also make you think about the why – Is cows' milk bad? Should you switch to a plant-based option? While cows' milk is still a good-for-you option, switching to an alternative is a very person specific decision and all milks are not created equal.

The most notable difference in milk alternatives is the protein content and vitamin D fortification. One of traditional cows' milk's best nutritional qualities is the protein content – 8 g per 8 oz serving and fortified with 14% of a person's recommended daily value. Vitamin D helps with the absorption of calcium in the body but is often deficient in many people's diets. Milk alternatives can lack in both of these nutritional powerhouses. For example, oat milk with 3 g protein and 0 vitamin D and almond milk with only 1 g protein and 5% of the recommended daily vitamin D needs. However, with the absence of lactose, these options may be easier on digestion.



NUTRITION TOPIC

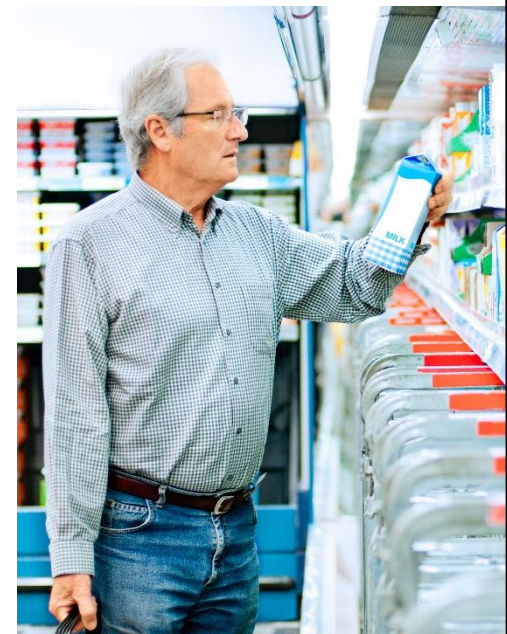
Milk isn't the only staple that has received a makeover in the past few years. New meat alternatives like Impossible Burger, and Beyond Meat have hit the food scene and can often be found in popular chain restaurants, grocery stores, and even senior living facilities. Like milk, it is important to check the nutrition values of these alternatives and speak with a nutrition professional if you have any questions about your options.

SUSTAINABILITY MOMENT

To add to the confusion around which milk to choose, the alternatives milks are also not equal in terms of eco-friendliness. For example, almond milk takes much more water to produce than other varieties. Surprisingly, it can take up to 3.2 gallons of water to produce 1 almond!

However, plant-based milks overall are more eco-friendly than traditional dairy milk when it comes to land and water resources.

To increase your impact, ensure you choose a product that comes in a recyclable container and do your research!



MATCH THAT LABEL

Below are the nutritional labels of 4 common milk alternatives. Can you match which is which per 8 oz serving?

Calories: 39
Carbohydrates: 3 g
Protein: 3 g
Calcium: 482 mg
Vit. D: 1 mcg
Total Fat: 3 g

1. _____

Calories: 120
Carbohydrates: 16 g
Protein: 3 g
Calcium: 350 mg
Vit. D: 0 mcg
Total Fat: 5 g

3. _____

Calories: 76
Carbohydrates: 7 g
Protein: 1 g
Calcium: 459 mg
Vit. D: 2.4 mcg
Total Fat: 5 g

2. _____

Calories: 80
Carbohydrates: 4 g
Protein: 7g
Calcium: 299 mg
Vit. D: 0 mcg
Total Fat: 4 g

4. _____

Options: Oat Milk, Soy Milk, Almond Milk, Coconut Milk

1. Almond Milk 2. Coconut Milk 3. Oat Milk 4. Soy Milk



Beatitudes in Action

Daily Actions Bringing Our Values to Life



Respect Actions

Bringing Our Values to Life

Show You Value Others:

- Greet everyone warmly, by name, smile and offer assistance.
- Remove phones, earbuds and other obstacles to your being fully present.
- Communicate with others whom your decisions impact.
- Respond to communications - - even if you don't have the answer yet, acknowledging the message within a four-hour goal.

Hydration, Hydration, Hydration!!!- Part 1



Our Phoenix heat is cranking up and so should our hydration awareness! Water and electrolyte levels need to be kept in balance since taking a simple walk across the Campus can be grueling in the middle of day. If going out in the heat think ahead:

1. Be prepared: always have fluids and a source of electrolytes handy
2. Pre-hydrate, which means drink an 8 oz beverage or more prior to going out

3. Keep a beverage with you at all times when outside and sip often

4. After getting to the destination, continue to keep drinking

5. Be in the habit of sipping on beverages throughout the day

6. Avoid consuming alcohol or caffeinated beverages with increased heat exposure

Sources of electrolytes can vary from foods to sports drinks. All sources should be evaluated for sugar and caffeine contents and any interactions with medications or health concerns of the individual. Listed below are common sources:

- Milk
- Pickle juice in small amounts
- Sports drinks such as Gatorade, Powerade, and even Pedialyte can be consumed by adults
- Powders or tablets such as Nuun, LMNT, and other various electrolyte powders
- Coconut water
- Smoothies
- 100% fruit juices, such as watermelon can help, but these can be low in sodium
- Electrolyte-infused waters, but most do not contain a significant amount of electrolytes

The Sex Appeal of Previously Owned

Bob Morgan & Sandy Williams



The Wall Street Journal recently ran an article under the above title. While the article was largely about used cars the same can be found happening with used clothing and household items. We have heard it said that people do not mind buying used houses, used cars and even acquiring used spouses but would not think about buying a used shirt! In the current economy that is changing rapidly, the prices of just about everything has gone up and people from all walks of life have discovered the used markets. It is now very chic to forgo purchases of new in favor of used goods and brag about it.

At our own Backstreet Boutique (sponsored by your Beatitudes Auxiliary) is all volunteer and located on the east side of the campus. We carry many named brand clothing and household items at extremely affordable prices. In fact an entirely new wardrobe can at times, be purchased for under \$10.00 with possibly new and never worn articles. If you are looking for something special and cannot find it at the Backstreet, hypothetically "wait an hour" and it might come in. There is also a wish list where you can record your request.

There are too many unique and numerous items to mention, come over and see for yourself. Before ordering items, on line or off campus, check us out.

What do you think of this format?



Feedback from Residents has shaped the Communications articles. People have had questions, so it is fair to assume that others might have questions too. Submit communication questions to Answers@Ariz.com or call x15053 and we'll get the answers for you. Other questions please go through regular Beatitudes team member contacts.

Also, as Beatitudes continues to take steps toward pre-CoVid operations. Starting this week, The Bistro is once again opened from 7 to 7 - 7 days per week - including all day Sunday.

Questions and Answers: (Q) Someone dumped the dirt from three planter pots onto the gravel. What is the best way to dispose of soil and pots (A) Offload the dirt into grocery bags, double bag them, and put them into the trash can - not the recycle bin. If the pots are in like new condition, call Backstreet Boutique at 602-335-8463 (or x18463) to pick them up. If they are showing their age, dispose of them also in the trash can. Thanks to Carole Vendrick for this question.



July 4th Americana Fest In the Bistro 10am-3pm



4 LETTER WORD DIGGING

BALLOON BUSTING

JELLY BEAN FLAG BUILDING

"BEER" PONG

DUCK RACING

COOKIE DECORATING STATION

TATTOO STATION

PIE EATING CONTEST

We Remember



Ken Peterson
April 7, 1939 —
June 15, 2024
Patios Homes



Jeanine Starrett
December 7, 1928 —
June 19, 2024
Patios Homes/Plaza View



Jerry Metzler
March 6, 1935 —
June 19, 2024
Plaza South



Uniguest
community

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**

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

A Community Where Everyone Belongs—continued

It was actually very sweet when he innocently asked me, "Uncle David (so honored that he called me "uncle" by the way), can I ask you something?" I replied, "Of course!" He asked, "What is it like being gay?" It was a direct question, and although he knew his uncle (my boyfriend) was gay, he wanted my perspective. I was happy to share but I had never really thought about it to be honest.

I did my best to explain that being gay feels like being true to myself, something I have always known deep inside. I shared that it is beautiful when we can freely be who we are. We talked for most of the drive from the hotel to the beach, and I appreciated his genuine effort to understand.

The day at the beach was beautiful until it was time to head back to Phoenix. I was not looking forward to getting home at 2:00 am, but I was looking forward to the carload of teens who were in my car keeping me entertained while I drove. With the windows down, enjoying the cool coastal air, I spoke to my boyfriend on speakerphone as he drove ahead with his family.

At a stoplight, a loud car pulled up next to mine, which I found annoying and unnecessary. Then, someone shouted at me from that car, startling me. It was hard to believe what I heard: "You f'ing faggot! You f'ing faggot!" The car sped off, leaving me shocked and the teens in my car shaken. I felt sorry they had to hear such hate. It was

another stark reality of what it is like to be gay in our society.

This wasn't the first time I have been targeted with such slurs or threats, but it still left me speechless. The hatred was palpable. The person must have seen the pride rainbow stripe on my car, prompting their hateful outburst.

I choose to wear rainbow bracelets at work and display a sticker on my car because I want all team members, including LGBTQ2S+ individuals, to know they are not only safe here but welcome. I want them to see leaders in our community who reflect them, in this faith-based community. Ideally, all marginalized individuals will one day see themselves represented in leadership roles. I am proud of who I am and what our community stands for, but I am also reminded, just when I think it is safe, that we (people like me) are not safe yet.

We need more communities like ours. Thank you for standing for one another. I cannot speak for all LGBTQ2S+, but I can speak for those many who have shared with me as residents or team members, that to know we are safe here means more than most will ever know. We can all take pride in that.

Happy Pride!

What is Beatitudes @ Home—continued

- o Errands and grocery shopping
- o Deliver and pick up mail
- o Laundry and light housekeeping
- o Daily Medication Reminders
- o Pet Care
- o Companionship
- o Meal Preparation

How do I sign up or get more information about Beatitudes @ Home?

To sign up or learn more about **Beatitudes @ Home** services and pricing, please call Wilhelmina at 602 544-8529 or Patricia at 602 544-8527.

You can also visit us in the Plaza View Building. Our office hours are from Monday-Friday, from 8a.m. – 5p.m. You can also reach us via email at:

wvaldez@beatitudescampus.org or pmckay@beatitudescampus.org.

*Off-campus clients must live within a 10-mile radius from the Beatitudes Campus. Some exceptions may apply if availability permits.