



## The Importance of Civility

Michelle Just, President & CEO

### Civility is a cornerstone of any thriving community.

*Civility:* This is a topic I found myself musing on in my journal during my recent travels, after witnessing a few very uncivil interactions among customers at the airport and then again at the local grocery store. Over the past few years, tensions around the post-pandemic economy and unrest in many parts of the world, has caused an uptick in uncivil interactions among people. The amount of negativity in social media and news outlets during an election year is only exacerbating the situation.

Civility is a cornerstone of any thriving community. For Beatitudes Campus, the significance of civility extends beyond just politeness; my hope is we are fostering a nurturing environment ensuring a harmonious quality life for everyone involved.

It involves treating others with respect, kindness, and consideration. It is about recognizing the inherent worth of each individual, regardless of their background, beliefs, or abilities. For us, civility can mean the difference between feeling isolated and feeling a sense of belonging.

A civil community enhances social interactions and builds stronger connections among residents. When

people engage with each other respectfully, it encourages open communication and understanding. This can lead to the development of meaningful relationships, which are crucial for emotional well-being.

Civility also plays a essential role in conflict resolution. In any community, disagreements are inevitable. However, the way conflicts are handled can significantly impact our community's overall atmosphere. At Beatitudes Campus, promoting a culture of civility means that conflicts are addressed in a constructive manner. Instead of escalating tensions, my hope is everyone approaches disagreements with empathy and a willingness to understand different perspectives. This will not only resolves issues more effectively but also reinforces a sense of unity and cooperation.

Ultimately, it is the foundation upon which a supportive, compassionate, and harmonious environment is built. Civility enriches the lives of residents, empowers staff, and strengthens our community as a whole. By fostering a culture of respect and kindness, we can ensure that it remains a place where everyone can thrive, feel valued, and enjoy a high quality of life.

Thank you for letting me share  
"Musings by Michelle"

Kim Bravo, Spiritual Life Administrative Assistant

## Campus Prayers

For many of us prayer is an important part of our lives. It allows us to bring worries, concerns, blessings and thanksgivings to God. It is where we ask for help and for forgiveness. It also allows us time to be in purposeful thought for others and their needs.

We have two prayer lines available for anyone to call. You are welcome to leave prayer requests on either line after you listen to the prayer at x15187 or listen to the names on the prayer list at x15186. Both prayer lines are updated weekly.

We also have a Campus Prayer Cycle that you can find in the app in UniGuest or see the list below. Thank you for being a prayerful part of our amazing community.



Continued on back...



Name	Day
Bob Berry .....	22
Judith Nelson.....	22
Kathy Corbet .....	22
Walt Czak .....	22
Bonny Hoffman .....	23
Chuck Beaujon III.....	23
Jay Rivin .....	23
Mary Strauss .....	23
Ken Krebs .....	24
Sarah Wigginton.....	25
Joy English.....	26
Bob Strander .....	27



**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 21	MON 22	TUES 23	WED 24	THU 25	FRI 26	SAT 27
<p><b>9:00AM: BUS RIDE TO ORANGEWOOD PRESBYTERIAN CHURCH (OC)</b> Please call X12905 to reserve your seat.</p> <p><b>9:00AM: BUS TO OUR SAVIOR'S LUTHERAN CHURCH (OC)</b> Please call X12905 to reserve your seat.</p> <p><b>9:00AM: CATHOLIC MASS (LC)</b> Join Priests from Casa Santa Cruz and our Catholic Community for Sunday Mass.</p> <p><b>10:00AM: BUS RIDE TO CHURCH OF THE BEATITUDES (OC)</b> Please call X12905 to reserve your seat.</p> <p><b>10:30AM: UNITARIAN UNIVERSALIST WORSHIP (PC)</b> Join the members of UU for a live stream service every Sunday.</p> <p><b>1:00PM: BINGO WITH TED (PVL)</b> Join us for this game of chance. Free - Limit 2 cards</p> <p><b>3:00PM: SUNDAY WORSHIP SERVICE (LC)</b> Join with Chaplain Peggy and various guest preachers, for this non-denominational Christian service. *All are welcome.*</p>	<p><b>6:30AM: WALKING GROUP (CM)</b> Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p><b>9AM: SPROUTS/BOOKMAN'S (OC)</b> Please call Transportation at x12905, and leave your name, to reserve your seat on the bus. 5 person minimum</p> <p><b>9AM: SIT &amp; BE FIT (RC)</b></p> <p><b>9AM: WATER AEROBICS WITH MIKE (PL)</b></p> <p><b>9:30AM: LLL SPANISH FOR BEGINNERS (AGR)</b> Registration is required.</p> <p><b>10AM: BIBLE TALK (PN3)</b> Call Barbara Lambert with questions at x15206.</p> <p><b>10AM: HARP FOUNDATION PERFORMANCE (PVL)</b> Join us for live music with our Harpist, Shannon.</p> <p><b>11AM: LLL INTERMEDIATE SPANISH (AGR)</b> Registration is required.</p> <p><b>11AM: OPEN FITNESS SPECIALIST HOUR (FC)</b></p> <p><b>12PM: GROOVYTEK (LIB)</b> Monday - Friday Noon- 2p at the desk &amp; Appointments 2p- 5p</p> <p><b>1PM: L2 STRENGTH &amp; BALANCE WITH MIKE (RC)</b></p> <p><b>1PM: LIFE JOURNEY SUPPORT GROUP (PVL)</b> All are welcome.</p> <p><b>1:30PM: POKER (PC)</b> Play some poker with us, everyone welcome!</p> <p><b>2PM: BASKETBALL BOUNCE (RC)</b></p> <p><b>2PM: PATIO HOMES MEETING (AGR)</b> Join your Patio Homes neighbors and learn about the Resident Council happenings from your Patio Homes Reps!</p> <p><b>2:30PM: COLOR AND CHAT (AG5)</b></p> <p><b>3PM: AA OPEN MEETING (AG2)</b></p> <p><b>4PM: PIANO JAM SESSION (CPW2)</b> All are welcome.</p> <p><b>6:30PM: IRENE B'S BIBLE STUDY (RC)</b> Join resident, Joe Miller, as he leads this Bible Study.</p>	<p><b>6:30AM: WALKING GROUP (CM)</b> Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p><b>7:30AM: BACKSTREET BOUTIQUE SALE (TS)</b> Clothing and shoes 75% off; storewide 50% off We now accept credit cards. Call x18463 for transportation or to schedule donation pickup. Open 7:30 - noon Tu &amp; Fri.</p> <p><b>9AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)</b></p> <p><b>9AM: OPEN FITNESS SPECIALIST HOUR (FC)</b></p> <p><b>9AM: WATER AEROBICS WITH CAROLE (PL)</b></p> <p><b>9AM: BMO HARRIS BANK (TP)</b> BMO has a representative on site until 11 am.</p> <p><b>10AM: THE FREE THINKERS CIRCLE (AC)</b> Contact Mark Pelkey for details at x15586.</p> <p><b>10AM: WII BOWLING (PVL)</b></p> <p><b>10:45AM: L1 CHAIR YOGA (RC)</b></p> <p><b>11AM: NEW ASIAN KITCHEN (OC)</b> Join us for delicious Asian food. Call XT 12905 to reserve your space on the bus.</p> <p><b>11:45AM: LEVEL 2 STRENGTH &amp; BALANCE WITH MIKE (PVL)</b></p> <p><b>12PM: GROOVYTEK (LIB)</b> Monday - Friday Noon- 2p at the desk &amp; Appointments 2p- 5p</p> <p><b>1PM: L3 CORE &amp; CONDITIONING (RC)</b></p> <p><b>2PM: PILATES (AG2)</b></p> <p><b>2PM: BE INFORMED WITH MICHELLE &amp; DAVID (TV2)</b> Catch the latest updates from our Senior Staff on Belnspired 2! with replays Wednesday thru Saturday at 2 pm and 4-7 pm. STAY INFORMED!</p> <p><b>2PM: BINGO (PVL)</b></p> <p><b>2PM: DARTS (RC)</b></p> <p><b>3PM: CHOIR PRACTICE (LC)</b> Call x18465 with any questions.</p> <p><b>4PM: PLAZA CLUB HAPPY HOUR (PC)</b></p>	<p><b>6:30AM: WALKING GROUP (CM)</b> Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p><b>8AM: FRY'S SHOPPING (OC)</b> Get your grocery shopping done! Call x12905, and leave your name, for a seat on the bus. 5 person minimum</p> <p><b>8AM: BILLET PODIATRY-DR. SHEENA (WC)</b> Call 480-661-6061 to schedule your appointment.</p> <p><b>8AM: WELLNESS-BETTER HEARING (WC)</b> By appointment only, dial 602-765-7800 to schedule.</p> <p><b>9AM: L1 MORNING MOTIONS (PVL)</b> All Residents Welcome</p> <p><b>9AM: SIT &amp; BE FIT (RC)</b></p> <p><b>9AM: WATER AEROBICS WITH CAROLE (PL)</b></p> <p><b>9AM: CREATIVE CORNER OPEN HOURS (AG5)</b></p> <p><b>10AM: ASSISTED POOL EXERCISE (PL)</b></p> <p><b>10AM: BIBLE STUDY (BR)</b> Join Chaplain Peggy for a study on Jesus' Sermon on the Mount from the Gospel of Matthew chapters 5-7.</p> <p><b>10:45AM: SAFEWAY SHOPPING (OC)</b> Please call x12905 in advance, and leave your name, to reserve your seat on the bus. 5 person minimum</p> <p><b>12PM: GROOVYTEK (LIB)</b> Monday - Friday Noon- 2p at the desk &amp; Appointments 2p- 5p</p> <p><b>1PM: L2 STRENGTH &amp; BALANCE WITH MIKE (RC)</b></p> <p><b>1PM: L3 SENIOR STRENGTH TRAINING (FC)</b></p> <p><b>1PM: RESIDENT MEETING (PVL)</b> All Plaza View residents are encouraged to attend this informal question and answer session pertaining to assisted living.</p> <p><b>2PM: NEW RESIDENT WELCOME COFFEE (LC)</b> Meet &amp; 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><b>4PM: CAHOOTS BINGO (PC)</b></p> <p><b>6PM: BEADED LIZARD MUSIC JAM (LC)</b> We'll start with a jam at 6 PM followed by the showcase act that begins at 7:00 pm. Greg LaCosse performs.</p>	<p><b>6:30AM: WALKING GROUP (CM)</b> Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p><b>9AM: OPEN FITNESS SPECIALIST HOUR (FC)</b></p> <p><b>9AM: WATER AEROBICS WITH MIKE (PL)</b></p> <p><b>9AM: BMO HARRIS BANK (TP)</b> BMO has a representative on site until 11 am. They have an ATM machine available in the Bistro, during Bistro hours.</p> <p><b>10AM: MID-WEEK PV WORSHIP (PVL)</b> Join Chaplain Peggy for our 10-10:30AM Thursday morning non-denominational worship service in Plaza View Lounge. All are welcome to receive communion.</p> <p><b>10AM: PINOCHLE CARDS (CPW3)</b> Single and double deck play. Join us or call Arnie Anderson x14311.</p> <p><b>10:45AM: L1 CHAIR YOGA (RC)</b></p> <p><b>11AM: MID-WEEK LC WORSHIP (LC)</b> Join Chaplain Peggy in the Life Center for our non-denominational service. All are welcome to receive communion.</p> <p><b>11AM: GEORGE'S KITCHEN (OC)</b> Join us for a fabulous Greek lunch. Gyros, Kabobs, Salads and much more. Call XT 12905</p> <p><b>11:30AM: HEALTH &amp; BRAIN GAMES WITH MIKE (PC)</b> Join us for useful health-related topics, along with fun group mind games.</p> <p><b>12PM: GROOVYTEK (LIB)</b> Monday - Friday Noon- 2p at the desk &amp; Appointments 2p- 5p</p> <p><b>1PM: L3 CORE &amp; CONDITIONING (RC)</b></p> <p><b>2PM: PILATES (RC)</b></p> <p><b>2:30PM: YOGA FOR YOU (RC)</b></p> <p><b>3PM: AA OPEN MEETING (HCC3)</b> Weekly meeting open to all.</p> <p><b>4PM: ON THE ROCKS HAPPY HOUR (PC)</b> Join Bill, Robert, and The Purple Gang as they entertain you with music from the '50s through the '90s. Tues, Thu &amp; Fri.</p>	<p><b>6:30AM: WALKING GROUP (CM)</b> Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p><b>7:30AM: BACKSTREET BOUTIQUE SALE (TS)</b> Clothing and shoes 75% off; storewide 50% off We now accept credit cards. Call x18463 for transportation or to schedule donation pickup. Open 7:30 - noon Tu &amp; Fri.</p> <p><b>8AM: UNIQUE LAB SERVICES (WC)</b> Unique Lab Services is on campus every Friday from 8 AM-10 AM for lab work and blood draws. Call 480-765-2677 to register in advance.</p> <p><b>9AM: FRY'S SHOPPING (OC)</b> New departure time, please call X12905 for reservations, 5 person minimum.</p> <p><b>9AM: L1 MORNING MOTIONS (PVL)</b></p> <p><b>9AM: WATER AEROBICS WITH CAROLE (PL)</b></p> <p><b>10AM: ASSISTED POOL EXERCISE (PL)</b> Don't let mobility limitations keep you out of the water. Carole will help you into the water and make sure you are safe during your activity.</p> <p><b>10AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)</b></p> <p><b>10AM: PLAZA POETS (PC)</b></p> <p><b>10:30AM: SKETCH TOGETHER (AG5)</b> All are welcome!</p> <p><b>11AM: COMPETITIVE TABLE TENNIS (RC)</b> Friendly Games of (Pickup) Ping Pong. Walk-ins Welcome Singles &amp;/or Doubles Games</p> <p><b>11:45AM: LEVEL 2 STRENGTH &amp; BALANCE WITH MIKE (PVL)</b></p> <p><b>12PM: GROOVYTEK (LIB)</b> Mon - Fri Noon- 2p at the desk &amp; Appointments 2p- 5p</p> <p><b>1PM: JULY BIRTHDAY PARTY (PB)</b> Let's celebrate all the July Birthdays with live music by Anthony &amp; Valerie and free cake!</p> <p><b>1PM: LINE DANCING WITH CAROLE L1 &amp; L2 (RC)</b></p> <p><b>1PM: SCIENCE AND SPIRITUALITY (AC)</b></p> <p><b>2PM: BINGO! (PVL)</b></p> <p><b>2PM: L3 SENIOR STRENGTH TRAINING (FC)</b></p> <p><b>2PM: DARTS (RC)</b></p> <p><b>4PM: ON THE ROCKS HAPPY HOUR (PC)</b></p>	<p><b>6:30AM: WALKING GROUP (CM)</b> Join us for a daily refreshing morning walk! The resident led gathering meets 6 days a week just outside of the Bistro.</p> <p><b>9AM: SIT &amp; BE FIT (FITNESS) (RC)</b></p> <p><b>9AM: WATER AEROBICS WITH CAROLE (PL)</b></p> <p><b>10AM: L3 CORE &amp; CONDITIONING (RC)</b> Join Carole in her Exercise Class for residents who want to work at an advanced pace.</p> <p><b>10AM: BINGO WITH TED (PVL)</b> Join us for this game of chance. Free - Limit 2 cards</p> <p><b>11AM: YOGA FOR YOU (RC)</b></p> <p><b>1PM: OPEN FITNESS SPECIALIST HOUR (FC)</b></p> <p><b>1PM: RESIDENT VS ROBOT TABLE TENNIS (RC)</b> Come test your reflexes and take on the Table Tennis Robot! All skill levels welcome!</p> <p><b>2:30PM: LEARN TO PLAY CHESS (PC)</b> Every Saturday 2:30-3:30 Join us in the Bistro Plaza Club Lounge to play chess, or learn to play chess. Refreshments served.</p> <p><b>4PM: HAPPY HOUR MUSIC (PB)</b> Join us every Saturday in the Bistro for musical entertainment. This week Darl Chryst! Everyone welcome!</p>

**Gift Shop  
Opens at  
Sa.m.  
Mon-Fri**

**Scan Me:**



**Events/Programs**

- 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

**July is  
Disability  
Pride Month**



**WEEKLY AGENDA: JULY 21 - 27**





## 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 22	TUESDAY 23	WEDNESDAY 24
<b>Compote:</b> Blueberry (62c) <b>Breakfast Special:</b> Quiche Lorraine (415c) <b>B-Creative Station:</b> Chimichanga Bar (525c)	<b>Soup:</b> Cream of Asparagus (89c/118c) <b>Entrée:</b> Shrimp Newburg with Puff Pastry (306c)	<b>Soup:</b> Bacon Corn Chowder (175c/233c) <b>Entrée:</b> Buffalo Chicken Wings with Celery Sticks & Ranch Dressing (506c)	<b>Soup:</b> Vegetarian Vegetable (80c/106c) <b>Entrée:</b> BBQ Ribs with Onion Rings (660c)
THURSDAY 25	FRIDAY 26	SATURDAY 27	SUNDAY 28
<b>Soup:</b> Italian Wedding (184c/245c) <b>Entrée:</b> Shrimp Curry with Ginger Rice (380c)	<b>Soup:</b> Manhattan Clam Chowder (101c/134c) <b>Entrée:</b> Swedish Meatballs over Egg Noodles (462c)	<b>Soup:</b> Beef Noodle (132c/176c) <b>Entrée:</b> Lamb Sheperd's Pie (296c)	<b>Soup:</b> Albondigas (209c/279c) <b>Entrée:</b> Greek Style Stuffed Peppers (364c)



### THURSDAY & FRIDAY

4:00p-7:00p

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

### THURS 25 & FRI 26

**Soup:** Chicken Udon (500c)  
Shredded Chicken, Lemongrass, Ginger, Shitake Mushrooms, Udon Noodles & Chicken Broth

**Entrée:** Short Ribs (815c)  
Ribs with Tamarind Glaze, Cucumber Salad & Roasted Potato Wedges 17.99

## BUCKWALD'S ARIZONA GRILLE

### WEDNESDAY - SATURDAY

4:00p-7:00p

Reservations/Pick-up/Delivery \$4.00  
Call x16130

WEDNESDAY 24	THURSDAY 25	FRIDAY 26	SATURDAY 27
<b>Soup:</b> French Onion (369c/553c) <b>Entrée:</b> Mahi Mahi Vera Cruz (247c)	<b>Soup:</b> Miso (84c/126c) <b>Entrée:</b> BLT Hot Dog (450c)	<b>Soup:</b> Chicken Orzo (129c/193c) <b>Entrée:</b> Beef Pot Pie (511c)	<b>Soup:</b> Cream of Mushroom (215c/322c) <b>Entrée:</b> Roasted Turkey Breast (189c)

### What's in the Community Garden? Beautiful Blooming Basil!

Basil means from Latin and Greek origins, "royal or kingly plant" maybe because the plant was used in royal perfumes. Today, basil is a popular, fragrant, culinary herb, that uses the leaves, flowers, and seeds of the plant. Basil is an annual, but sometimes a perennial and is part of the mint family. There are over 150 species of basil, with sweet basil being most popular. As a native to tropical regions of Central Africa and Southeast Asia, basil today is grown worldwide in various climates.

How do we cook with basil? After cutting off leaves of the plant, add fresh basil at the end of cooking since heat can destroy the flavor. Fresh basil is the main ingredient of pesto, an Italian sauce with olive oil, but can be steeped in cream, milk, and even added to ice cream. Dried basil can be added to all types of foods such as soups, tomato dishes, and teas. When basil seeds are soaked in water they will become gelatinous and can be used in beverages and desserts.

Although basil is not consumed in enough amounts that would contribute to significant vitamins and minerals, basil does provide several compounds with antioxidant and anti-inflammatory benefits. So, break off a leaf of basil and enjoy!



### Announcement from Dining Services

To all residents,

**On Tuesday July 23 We will be closing the Bistro from 1pm to 4pm for a full team training. We apologize in advance if this causes any major delays with your usual dining habits. It is very important that we get this training done in a timely manner. This training will affect Dining Services for the foreseeable future and will enhance your experiences with us through a very concerted effort to improve quality, timing, temperature, service and service recovery and the overall look of Dining Services.**

**We appreciate your patience with us and look forward to serving you again at 4 pm.**

-Joe Kane, Director of Dining Services



## Staying Hydrated in the Arizona Heat: Your Ticket to Cool in the Desert



When the Arizona sun cranks up the heat, staying hydrated isn't just a good idea—it's your secret weapon for survival in the Sonoran Desert! Let's dive into why keeping your water bottle close is as essential as sunscreen in the Grand Canyon State.

### The Arizona Water Challenge

Picture this: It's a scorching 110°F day in Phoenix, and you're basically a human cactus trying to conserve every drop of moisture. But unlike our prickly plant pals, we can't store water for months. That's why the Arizona Department of Health Services recommends guzzling at least 8 cups of water daily, even if you're just chilling indoors. And if you're braving the outdoors? Better bump that up, partner!

### Why Water is Your BFF in AZ

**Beat the Heat:** Water is your internal AC system. It helps regulate your body temperature, preventing you from turning into a sweaty puddle on the sidewalk.

**Avoid the ER Tango:** About 3,000 Arizonans do the emergency room shuffle each year due to heat-related illnesses. Don't be a statistic—stay hydrated!

**Keep Your Body Humming:** Every cell in your body is thirsty for water. Without it, you can't flush out toxins, keep your organs happy, or maintain proper circulation.

### Fun Ways to Stay Hydrated

**Bottle Buddy System:** Make your water bottle your new best friend. Take it everywhere—to the gym, the grocery store, or even to bed (we won't judge).

**Flavor Fiesta:** Jazz up your H2O with slices of lemon, lime, or cucumber. It's like a spa day in your mouth!

**Hydration Competition:** Challenge your friends to a water-drinking contest. First one to clear their bottle wins bragging rights and a well-hydrated body.

**Snack on Water:** Munch on water-rich foods like watermelon, cucumbers, and strawberries. It's like eating and drinking at the same time—efficiency at its finest!

Remember, if you're waiting until you feel thirsty, you're already behind the hydration eight ball. So, start your day with a big glass of water, and keep sipping throughout the day.

In Arizona, staying hydrated isn't just about avoiding thirst—it's about thriving in the desert heat. So raise a glass (of water) to your health, and drink up! Your body will thank you, and you'll be ready to take on whatever the Arizona sun throws your way. Stay cool, stay hydrated, and enjoy the beautiful desert landscape—just don't forget your water bottle!

## Food Pantry Needs

- Toothpaste
- Toilet Paper
- Paper Towels
- Kleenex
- Deodorant
- Shampoo
- Conditioner
- Laundry Soap Pods
- Dish Soap
- Car Soap
- Tooth brushes
- Spam
- Canned Fruits
- Canned Corn, Green Beans, Peas
- Canned Beans
- Sugar Cereal
- Chef Boyardee
- Pasta
- Spaghetti Sauce
- Creamy Peanut Butter
- Jelly
- Ramen
- Vienna sausages
- Rice
- Salt and Pepper
- Spices (i.e. - garlic powder, season salt, peppers, paprika, onion powder, etc)
- Condiments (i.e. - ketchup, mustard, mayo, ranch)
- Hot Sauce



Thank you so much for your continued support and generosity of our Staff Food Pantry. Your kindness is appreciated by so many.

## Welcome to Beatitudes at Home

Patricia McKay, Director of Beatitudes at Home

### Bringing Joy to Your Doorstep: Discover the Magic of Our In-Home Care Services!



We invite you to experience a reality of joy and comfort right at your doorstep!

**Beatitudes at Home** is more than just caregivers; we are purveyors of magic and moments that brighten up your day. Our non-medical in-home care services are designed to infuse your life with companionship, laughter, and peace of mind. From light-hearted conversations to personalized assistance with daily tasks, our dedicated and compassionate team of caregivers will create an environment where you feel valued, supported, and truly cherished. Open the door to the newfound sense of happiness and convenience as we bring the magic of compassionate care right into the heart of your home. Let us embark on this journey together, where every smile and moment count!

**CALL US AT:** (602) 544-8527 for more information about our services and pricing. Our office hours are from Monday-Friday from 8a.m. – 5p.m. You can also visit us in person located in the Plaza View building.



## Roadrunner Revue

The members of the Beatitudes Campus Communications Committee are assigned the task of finding ways to keep the residents informed, within limits, about what is going on around them.



The most recent development is an audible version of the Roadrunner. Tune in to Channel 1-2 any time from 8:30 to 10:00 am on Sunday, Monday, Tuesday, and Saturday for a broadcast of the Roadrunner. This is generated by an artificial intelligence license purchased by Life Enrichment on our behalf. Thanks, Beatitudes! You can also scan the QR code that is shown in this article to listen at your leisure.

The 2024 Paris Olympics are upon us. Join Life Enrichment in AGR on Friday, July 26 @ 10:30 for the opening ceremonies.



Questions and Answers: (Q) I lost my key. What are my options? (A) Call Security to see if someone may have turned them in. If you need and/or want a replacement key, fill in a work request on Uniguest, or call Maintenance at 602-335-8492 (x1-8492). Turn around time may vary so ask for an approximate completion time, and there is a charge for the replacement key.



Roadrunner Articles

**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!**



**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*  
**BEATITUDES CAMPUS**  
1610 W Glendale Ave  
Phoenix, AZ 85021  
602.995.2611

**Content Submissions:**  
[www.bcampus.org/rr](http://www.bcampus.org/rr)

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

**Campus Prayers—continued**

The Campus Prayer Cycle:

Whatever your practice of prayer, we invite you to include the Residents and Staff of the Campus in your prayers. To help you with this you will find that this calendar of prayer intentions assigns each day of the month to a particular department or feature of Campus life. If you feel called to do so, please pray for the intention listed corresponding to the day of the month...

- 1) The Residents of Plaza North
- 2) The Residents of Plaza South
- 3) The Residents of Central Park North
- 4) The Residents of Central Park South
- 5) The Residents of Central Park West
- 6) The Residents of the Patio Homes
- 7) The Residents of the Health Care Center
- 8) The Residents of Plaza View Assisted Living
- 9) The Beatitudes Campus Auxiliary
- 10) The Campus Resident Council and its Committees
- 11) The Staff of the Laundry Department
- 12) The Staff of the Human Resources Department
- 13) The Staff in the Health Care Center
- 14) The Staff of the Resident Services & Success Matters
- 15) The Staff and Volunteers in the Gift Shop & Backstreet Boutique
- 16) The Staff of the Security Department
- 17) The Staff and Caregivers of Beatitudes at Home
- 18) The Staff of the Marketing Department
- 19) The Staff of the Dining, Food Services & Dietary Departments
- 20) The Staff of the Spiritual Life Department
- 21) The Campus Administrative Staff
- 22) The Executive and Leadership Teams
- 23) The Staff of Plaza View Assisted Living
- 24) The Staff of the Fund Development Office
- 25) The Staff of the Accounting Department
- 26) The Staff of the Facilities, Maintenance & Grounds Departments
- 27) The Staff of Transportation
- 28) The Staff of the Community Engagement & Comfort Matters Departments
- 29) The Staff of the Housekeeping Department
- 30) The Staff of the Salons and IT Services
- 31) The Board of Directors

**The Importance of Not Feeding Pigeons & Feral Cats**

To ensure we can all enjoy our beautiful Campus, please do not put food out for the feral cats or pigeons. The cats that wander around Campus are feral and should not be fed close to areas where domestic pets live. In fact, the feral cats are fed in specific locations around Campus, designed to keep them healthy while managing the population. Feeding the pigeons causes them to congregate in areas where we do not want them. Feeding the birds and cats might seem harmless, but it can lead to overpopulation, spread of disease, and makes a mess on walkways and balconies. Let's respect their natural diet and habitat to maintain a healthy balance in our community.

If our team members come across cat or pigeon food in common areas, they will pick it up and dispose of it (including any containers). If you have a pet, please ensure you feed them in a protected area that will not invite pigeons or feral cats to partake (ideally, feed your pets inside your home). Together, we can preserve a harmonious environment for all.

