



Do you Validate? You Are Awesome!

Rev. Dave Ragan, Chief Culture Officer



A few years ago now, we had a fabulous campaign whereby one could find almost every resident wearing an "I Validate" button. The idea envisioned a time when anyone entering our Campus would automatically be validated. Comments like "You know, I think you are amazing!" or "That shirt looks perfect on you" or "Your being here makes this Campus even brighter" was heard everywhere and all over Beatitudes Campus. We believed that the whole world would be talking about how our community is among the greatest places to live and work on Earth.

Now I cannot promise that the whole world was talking about us, but I do know many people were. All those validations are as true today as they were when we were so intentional about validating every single one of us. It can still happen. You can make it happen! Just remember two important

things when validating. One, there does not have to be a reason. If, for no reason at all, you notice or remember something great about another or see a great job being done – go ahead and VALIDATE. Don't hold back, let it fly. Two, everyone can validate. We all

love to be validated and everyone yearns for it at some deep inner level. When you do it, you feel great for making someone else feel great.

A "culture of welcome and belonging" and "radical hospitality" is the "Attitude" at Beatitudes Campus. Be that Attitude and help create a culture that will make it so no one will ever want to leave a welcoming community like ours.

10 tips for Greeting

- Smile.
- Make eye contact.
- Take initiative and greet.
- Validate!
- Don't ask "Are you new?"
- Say "I don't think I've met you yet, I'm [insert your name here]."
- Validate!

Continued on back...

Major Taylor 125th Anniversary

Michael Smallwood, Fitness Specialist

Saturday August 10, 2024 is a special anniversary that I didn't know too much about until a few years ago. If you read my 2024 Junetnth article about the limited amount of Black History taught in American Classrooms, you would understand why I didn't know about this outstanding piece of African American history.

125 years ago Marshall "Major" Taylor became the first African American to ever win a world championship... IN ANY SPORT!!! Taylor (November 26, 1878 – June 21, 1932) was a professional cyclist. He won the world 1-mile championship in Montreal, Canada.

His title was earned about 8 years after Canadian



Continued on back...



Name	Day
Dona MaeBeardslee	11
Judith Thompson...	11
Shirley Johnson.....	11
Joyce Baldwin.....	12
Judith Ball.....	12
Sharon Dunn.....	12
Don Randall.....	13
Larry Reeter.....	13
Lynn Turner.....	13
Philip Hurray.....	13
Dorothy McCully....	14
Evelyn Sowell.....	14
Mary Reed.....	14
Don Bender.....	15
Richard Garcia.....	15
Sally Glasco.....	16
Jamie Holland.....	16
Jerry Eddy.....	17

&

Happy Belated
Birthday to:

BJ Prewitt..... August 9

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 11	MON 12	TUES 13	WED 14
<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!</p> <p>9AM: SIT & BE FIT (RC)</p> <p>9:30AM: LLL SPANISH FOR BEGINNERS (AGR) Must be registered.</p> <p>10AM: BIBLE TALK (PN3) Call Barbara Lambert with questions at x15206.</p> <p>10AM: COSTCO (OC) Please call in advance to reserve your seat on the bus at x12905. 5 person minimum</p> <p>10AM: HARP FOUNDATION PERFORMANCE (PVL) Performances brought to us through a partnership with the Therapeutic Harp Foundation.</p> <p>11AM: LLL INTERMEDIATE SPANISH (AGR) Must be registered.</p> <p>12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1PM: L2 STRENGTH & BALANCE (RC)</p> <p>1PM: LIFE JOURNEY SUPPORT GROUP (PVL) Join us every Monday for a peer support group for Campus residents where we share the ups and downs of life as we transition through the aging process. All are welcome.</p> <p>1:30PM: POKER (PC) Play some poker with us, everyone welcome!</p> <p>2PM: BASKETBALL BOUNCE (RC) Call Dean & Bonnie at x15461 with questions. Just show up Mondays at 2 pm.</p> <p>3PM: AA OPEN MEETING (AG2)</p>	<p>6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk!</p> <p>9AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)</p> <p>9AM: OPEN FITNESS SPECIALIST HOUR (FC)</p> <p>9AM: BMO HARRIS BANK (TP) BMO has a representative on site Tuesday and Thursday until 11 am.</p> <p>9:15AM: VEE QUIVA (OC) Casino outing, departs at 9:15 5 person minimum Please call X12905 for reservations.</p> <p>10AM: PLAZA VIEW'S FOOD FORUM (PV3) Join our Dietician, Lori Eddings for an open discussions on dining in Plaza View Assisted Living.</p> <p>10AM: THE FREE THINKERS CIRCLE (AC) Contact Mark Pelkey for details at x15586.</p> <p>10AM: WII BOWLING (PVL)</p> <p>10:45AM: CHAIR YOGA (RC)</p> <p>11:45 AM: LEVEL 2 STRENGTH & BALANCE WITH MIKE (PVL)</p> <p>12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>2PM: BE INFORMED WITH MICHELLE & DAVID (TV2)</p> <p>2PM: BINGO (PVL) Free Bingo - 2 card limit - Join us!</p> <p>2PM: DARTS (RC) J If you need additional information call Donna Ellis at x15564.</p> <p>2PM: PILATES (AG2)</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>8AM: 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>Gift Shop Opens at Sa.m. Mon-Fri</p>	<p>3PM: BETTER BREATHERS (PVL) The Better Breathers Club offers you the opportunity to learn ways to better cope with asthma, COPD, and other lung conditions through the positive support of others who share your challenges. Serving the Beatitudes Campus for 8 years!</p>	<p>2:30PM: WALKER AND WHEELCHAIR REPAIR (RC) Rider Mobility will be here to check walker brakes and make minor repairs to mobility devices. Call 16110 to reserve an appointment</p>	<p>8AM: BILLET PODIATRY-DR. SHEENA (WC) Call 480-661-6061 to schedule your appointment.</p> <p>8AM: WELLNESS-BETTER HEARING (WC) By appointment only, dial 602-765-7800 to schedule.</p>
	<p>4PM: PIANO JAM SESSION (CPW2) All are welcome.</p> <p>6:30PM: IRENE B'S BIBLE STUDY (RC) Join resident, Joe Miller, as he leads this Bible Study.</p>	<p>4PM: PLAZA CLUB HAPPY HOUR (PC) Tuesday Happy Hour is evolving. We are having an open forum for various artists offering music, singing, poetry, and anything else that comes our way. The fun begins at 4:00 pm in the Plaza Club.</p>	<p>9AM: L1 MORNING MOTIONS (PVL) All Residents Welcome</p> <p>9AM: SIT & BE FIT (RC)</p> <p>9AM: WATER AEROBICS WITH CAROLE (PL)</p> <p>9AM: CREATIVE CORNER OPEN HOURS (AG5)</p> <p>10AM: ASSISTED POOL EXERCISE (PL)</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>12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1PM: DEMENTIA CAREPARTNER SUPPORT GROUP (BR) Peer support group for those who care for loved ones with cognitive impairment</p> <p>1PM: L2 STRENGTH & BALANCE WITH MIKE (RC)</p> <p>1PM: L3 SENIOR STRENGTH TRAINING (FC)</p> <p>2PM: NO RESIDENTS COUNCIL (ON BREAK) We are taking a summer break. See you September 11.</p> <p>4PM: CAHOOTS BINGO (PC)</p> <p>6PM: BEADED LIZARD MUSIC JAM (LC) We'll start with a jam at 6 PM followed by the showcase act that begins at 7:00 pm</p>

WEEKLY AGENDA: AUGUST 11 – 17

THU 15

- 6:30AM: WALKING GROUP (CM)** Join us for a daily refreshing morning walk!
- 9AM: OPEN FITNESS SPECIALIST HOUR (FC)**
- 9AM: WATER AEROBICS WITH MIKE (PL)**
- 9AM: BMO HARRIS BANK (TP)** BMO has a representative on site Tuesday and Thursday until 11 am.
- 10AM: MID-WEEK PV WORSHIP (PVL)** Join Chaplain Peggy for our 10-10:30AM Thursday morning non-denominational worship service in Plaza View Lounge. All are welcome to receive communion.
- 10AM: PINOCHLE CARDS (CPW3)**
- 10:45AM: L1 CHAIR YOGA (RC)**
- 11AM: MID-WEEK LC WORSHIP (LC)** Join Chaplain Peggy in the Life Center for our 11-11:30 AM Thursday non-denominational service. All are welcome to receive communion.
- 11AM: ONO HAWAIIAN BBQ (OC)** Enjoy a delicious plate lunch! Call XT 12905 to reserve your spot on the bus
- 11:30AM: EPISCOPAL SERVICE (EF)** Join the Priest from All Saints' Church for a weekday service. Every 3rd Thursday of the month.
- 11:30AM: HEALTH & BRAIN GAMES WITH MIKE (PC)**
- 12PM: GROOVYTEK (LIB)** Monday - Friday 12:00p - 5:00p

1PM: ASSUMPTION OF MARY CATHOLIC MASS (LC) Special Roman Catholic Mass for the Feast of the Assumption of Mary

1PM: EYES ON SITE (WC) On campus the third Thursday of each month. Call 480-626-8925 to schedule appointment.

- 1PM: L3 CORE & CONDITIONING (RC)**
- 1PM: SING ALONG (PVL)**
- 2PM: PILATES (RC)**
- 2:30PM: PLAZA VIEW'S WINE & CHEESE SOCIAL (PVL)** Join us for some refreshing spirits (including sparkling cider), cheese, fruit and, live entertainment.
- 3PM: AA OPEN MEETING (HCC3)** Weekly meeting open to all.

FRI 16

- 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.
- 7AM: BACKSTREET GRAB AND GO (TS)** Backstreet is getting rid of their overstock, and this is good for you. EVERYTHING IS FREE from 7-9 am. Go through boxes and bins. Come take what you want, and leave with a smile! Backstreet Boutique is not open though. Boxes will be on the patio.

8AM: UNIQUE LAB SERVICES (WC) 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.

9AM: L1 MORNING MOTIONS @ PLAZA VIEW (PVL) Come join us for an Easy Level Fitness Class from a chair. Mobility & Flexibility Exercises Only. All Residents Welcome

9:30AM: LIFELONG LEARNERS FILM FESTIVAL (LC) Fridays Films: Forest Gump 9:30am and Bridge of Spies 1pm Buy optional Lunch tickets, available in Bistro \$9.95 Menu: Chicken wraps, hot dog bar with chili and condiments, bistro chips, lemon squares.

- 10AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)**
- 10AM: SHOPPING SPECTRUM MALL (OC)** Please call in your reservations to X12905, 5 person minimum.
- 10:30AM: SKETCH TOGETHER (AG5)**
- 11AM: COMPETITIVE TABLE TENNIS (RC)**
- 11:45AM: LEVEL 2 STRENGTH & BALANCE WITH MIKE (PVL)**
- 12PM: GROOVYTEK (LIB)** Monday - Friday 12:00p - 5:00p

- 1PM: LINE DANCING (RC)**
- 1PM: SCIENCE AND SPIRITUALITY (AC)** Contact Mark Pelkey at 15586 for details.
- 1:15PM: SYMPHONIC MUSIC WITH BRUCE PULK (PC)** Join us for an hour of listening and learning about Symphonic Music.
- 2PM: BINGO! (PVL)**
- 2PM: L3 SENIOR STRENGTH TRAINING (FC)** Strength training with hand weights and machine weights.
- 2PM: DARTS (RC)**
- 4PM: ON THE ROCKS HAPPY HOUR (PC)**

SAT 17

- 6:30AM: WALKING GROUP (CM)**
- 9AM: HANDMADE BOXES WITH DONNA (AG5)** Call XT15564 to reserve your space. Class size is limited.
- 9AM: SIT & BE FIT (RC)**
- 9:30AM: LIFELONG LEARNERS FILM FESTIVAL (LC)** Saturdays Films: Woman in Gold 9:30am and Seabiscuit 1pm Buy optional Lunch tickets, available in the Bistro \$9.95
- 10AM: BINGO WITH TED (PVL)**
- 12PM: EARLY ONSET CAREPARTNER SUPPORT GROUP (BR)** Contact Tena Alonzo at 16182 with questions.
- 1PM: RESIDENT VS ROBOT TABLE TENNIS (RC)**
- 2PM: REPUBLICANS GROUP MEETING (AGR)** SPEAKER Mike Noble Founder & CEO, Predictive Insights TOPIC Status of Federal, State & Local Pending Elections Questions: Jeri Cornwell CPW 2283 landline ext 18568 cell/text: 313 268 6785 email: jeri.cornwell@gmail.com
- 2:30PM: COME PLAY CHESS (PC)**
- 4PM: HAPPY HOUR MUSIC (PB)** Join us every Saturday in the Bistro for musical entertainment by Will De Carvahlo! Everyone welcome! Saturday in the Bistro for musical

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

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



Aug. Break
NO
Studio
Town Hall
Resident Council
Welcome Coffee



AUGUST 12—18 • 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 12

TUESDAY 13

WEDNESDAY 14

Compote:
Cherry (95c)
Breakfast Special:
Steak Skillet (480c)
B-Creative Station:
Italian Bar (984c)

Soup: Loaded Baked
Potato (123c/164c)
Entrée: Chicken
Croquettes with
Lyonnais Potatoes
(608c)

Soup: Chicken Udon
(86c/115c)
Entrée: Spaghetti & Meat
Sauce with Garlic Bread
(743c)

Soup: Tomato Basil
(80c/106c)
Entrée: Crab Cakes with
Lemon Dill Sauce &
Broccoli Slaw (583c)

THURSDAY 15

FRIDAY 16

SATURDAY 17

SUNDAY 18

Soup: Leek & Potato
(70c/93c)
Entrée: Meat Lasagna &
Garlic Bread (721c)

Soup: Coconut Curry
Chicken (159c/212c)
Entrée: Beef Steak with
Grilled Corn Salsa (458c)

Soup: Navy Bean
(193c/257c)
Entrée: Pineapple-Chile
Glazed Chicken &
Mashed Sweet Potatoes
(475c)

Soup: Garden Minestrone
(120c/161c)
Entrée: Chicken & Green
Bean Stir Fry with Rice
Pilaf (448c)



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 8 & FRI 9

Soup: Chile-Lime Chicken (250c)
Chicken, Corn, Chiles, Cilantro & Lime Juice

Entrée: Braised Short Ribs (420c)
Short Ribs with Carmelized Horseradish Potato Puree
17.99

BUCKWALD'S ARIZONA GRILLE

WEDNESDAY - SATURDAY

4:00p-7:00p

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

WEDNESDAY 14

THURSDAY 15

FRIDAY 16

SATURDAY 17

Soup: Pepper Pot
(325c/487c)
Entrée: Brown Sugar
Bourbon Beef Tenderloin
(472c)

Soup: Portuguese Lentil &
Chickpea (266c/399c)
Entrée: Cheese Stuffed
Manicotti with Marinara
Sauce (571c)

Soup: Cabbage (91c/136c)
Entrée: New York Steak
(415c)

Soup: Tomato Bisque
(127c/191c)
Entrée: Baked Ziti with
Sausage & Mushrooms
(668c)

The Power of Protein

Any time your body is growing or repairing itself, did you know proteins are needed? Proteins are considered the “workhorse” of the cell and serve as the catalysts for every biochemical reaction in the body. The building blocks of proteins are called amino acids. Most amino acids can be produced in our bodies, but there are nine essential amino acids that must come from food. Muscles and other body tissues are primarily made from protein, like organs, hair and eyes, but this nutrient also helps:

- Fight infection
- Carry fats, vitamins, minerals and oxygen around the body
- Build and contract muscles
- Keep body fluids in balance
- Clot blood

Protein can be found in both animal and plant-based foods. Some sources of protein are considered better choices than others due to their influence on heart health. Eating plans that include low-fat dairy products, skinless poultry, fish, beans, lentils and soy foods such as tofu and tempeh may help improve blood pressure and cholesterol levels.

Here are some nutritious protein food options:

- **Meat, poultry and eggs:** lean cuts of beef, lamb, goat, pork loin, skinless chicken and turkey, quail and duck
- **Fish and seafood:** salmon, tuna, cod, shrimp, mackerel, lobster, catfish, crab
- **Low-fat or fat-free dairy foods:** yogurt, milk, cheese, cottage cheese
- **Legumes:** beans, split peas, lentils, soy
- **Nuts and seeds:** walnuts, almonds, chia seeds, pumpkin seeds, pistachios, cashews and peanuts

Foods rich in protein may also be high in saturated fat that can increase the risk for heart disease. As a general rule, limit protein foods that are high in saturated fats found in processed meats such as bacon and lunch meats, organ meats, fried or breaded meats, and whole milk. To avoid proteins containing saturated fat, consume a variety of plant-based proteins that provide the essential amino acids, along with the extra benefits of antioxidants, vitamins, minerals, and fiber.

The amount of protein needed depends on age and health of the individual, but most adults need 5-6 oz of protein per day. The rule of thumb with determining ounces of protein--meat the size of a deck of cards or one can drained tuna provides 3 oz protein, while ¼ cup cooked beans, 1 egg, or ½ ounce of nuts or seeds provides 1 oz of protein. With this new knowledge, go power up with protein!



BUCKWALD'S ARIZONA GRILLE & EVERETT LUTHER LIFE CENTER

SEPTEMBER 2ND
11:00AM TO 2:00PM

Labor Day BBQ



SOUP & SALAD BAR:

SALMON CHOWDER | MUSTARD POTATO SALAD | COLE SLAW | MACARONI SALAD

ENTREES & SIDES:

CHAR-GRILLED BURGERS | HOT DOGS WITH ALL THE FIXINGS'

TEXAS STYLE SMOKED BRISKET

SCALLOPED POTATOES | CREAMED CORN | GARLIC GREEN BEANS | COWBOY BEANS

DESSERT:

LEMON MERINGUE PIE | PECAN PIE | BLUEBERRY PIE

NO SUGAR ADDED BLUEBERRY PIE | APPLE PIE | ICE CREAM NOVELTIES

ASSORTED BEER & WINE

Care that Feels Like Family: Unlock the Benefits of Non-Medical In-Home Care Support!



Imagine the warmth and comfort of family care, brought to you by our dedicated team of in-home support professionals. With Beatitudes at Home, we offer personalized services that cater to your unique needs, ensuring a safe, comfortable, and happy home environment. Our compassionate caregivers provide the same level of comfort and attention that family would, helping with daily tasks, companionship, and specialized care. So, unlock the benefits of our in-home care support and experience the peace of mind that comes with knowing you or your loved ones are in caring, capable hands. Let **Beatitudes at Home** help thrive where you feel most at home.

Call us at 602-544-8529 or 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.



SEVENTH ANNUAL FILM FESTIVAL



CURTAIN GOING UP!
SEVENTH ANNUAL
FILM FESTIVAL

PRESENTED BY
BEATITUDES CENTERS
LIFELONG LEARNERS

FRIDAY, AUGUST 16TH

9:30AM—FOREST GUMP
1:00PM—BRIDGE OF SPIES

TWO FREE FILMS DAILY

IN THE

EVERETT LUTHER
LIFE CENTER

Optional Noon lunch for \$9.95 purchased
IN ADVANCE in the Bistro

SATURDAY, AUGUST 17TH

9:30AM—WOMAN OF GOLD
1:00PM—SEABISCUIT

Communication And Dementia

In-person: Thursday, August 15th
4:30 – 5:30 PM Everett Luther Life
Center

Online: Wednesday, August 28th
5:00 – 6:00 PM



For additional information please contact Tena Alonzo at 602 433-6182 or talonzo@beatitudescampus.org

Thank you; Christmas in July!



As we begin the new month of August, we want to look back at July and give a sincere thank you to all who helped with the Creative Corner Christmas in July Sale. The response from our Beatitudes community was wonderful!

Lots of "Elves" started preparing for this event in April. And one-by-one many people joined in and helped prepare, donate and create.

A special thank you and big hug to the preparation assistance from the Beatitudes Maintenance Team, and Randy and the Food Service Team! Their hard support helped immensely.

Best of all -- our Christmas in July Sale allowed us to present \$1,028 to the Employee Food Pantry!

Thank you for your kindness in making a difference here at our special community. Get ready because we're already looking for ideas for our next opportunity to make a difference again!



We Remember



Naomi Oglesby
June 23, 1940 —
August 2, 2024
Plaza South/Plaza
View/HCC

Do you Validate? You are Awesome!—continued

- Offer to have them ask you questions or get information.
- Personal warmth — look like you enjoy welcoming people.
- Offer to show them around the Campus or invite them to an activity.

Everybody can do it. And when it happens, everybody feels great. You don't have to have a ticket to be validated. It is simply a part of the great life at the Beatitudes Campus.

Validate anyone and everyone

– don't hold back. Be the Attitude! I know you can do it, because you are awesome and you make this Campus even brighter because you are here.

And remember – YOU ARE AWESOME

Major Taylor 125th Anniversary—continued

boxer George Dixon who was the first Negro athlete to win a world title in 1891.

Marshall W. Taylor is born in rural Indiana to a black couple who moved north from Kentucky around the time of the Civil War. He was raised and educated in the home of a wealthy white Indianapolis family who employed his father. The family gave him a bicycle.

Taylor was hired to perform cycling stunts outside an Indianapolis bike shop. His costume was a soldier's uniform, which earned him the nickname "Major." He won his first bike race that year.

In 1895, Taylor moved to Worcester, Mass., with his employer and racing manager Louis "Birdie" Munger, who planned to open a bike factory there. A year later he came back to Indianapolis to participate in the Capital City track event. He unofficially broke the world record at that time which offended the white organizers & spectators. He was banned from the event afterwards.

Four months later he participated in his first professional race at Madison Square Garden in New York City. He came in 8th place. This event gave him international recognition.

Taylor had been excluded from the National Championship competition due to racism. In September 1900, he was finally allowed to compete and became the American Sprint Champion!!!

Taylor then competed in Europe and eventually ended up beating every European Champion.

By the early 1890s, Taylor held 7 world records. He retired from racing at the age of 32.

In 1930, he published an autobiography called "The Fastest Rider In The World" before he passed away in 1932 at the age of 53.

His grave was unmarked for decades until Frank Schwinn, from Schwinn Bicycle Company had his remains exhumed and reburied at Glenwood Cemetery in Illinois.

As I observe the number of African American Athletes participating in the 2024 Olympic games, I can't help to think about how black athletes like Marshall Taylor paved the way for all American Athletes of color who are allowed to represent this country today.



Uniquist
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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Content Submissions:
www.bcampus.org/rr

Beatitudes Campus is a
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a not-for-profit ministry
founded by Church of the
Beatitudes