



Success Matters: A Bright New Chapter!

Donna Taylor, Chief Operating Officer

Here at Beatitudes Campus, our mission is to fill life with purpose and vibrancy! One of the amazing and unique aspects of our community is the Success Matters program, a beautiful example of our commitment to living brightly and aging boldly.

From day one, Success Matters has been all about empowering our residents to live their best lives. Over the years, our dedicated team members have added their own talents and personal touches to the program, making an impact that's simply too grand to list in one go.

But guess what? We're now turning the page to the next exciting chapter for Success Matters. With a fresh perspective and a big question on our minds—"What's next?"—we're ready to ramp up the program's brilliance. One thing's for sure: Success Matters matters!

Here's the Scoop on What We've Been Hearing:



1. Leadership and Advocacy

o Our Director of Success Matters and Resource Navigator are champions for our community. From leading support groups to making our campus more accessible,

their role is crucial in maximizing the program's benefits.

2. Essential Services and Coordination

o Imagine having a go-to expert for all things accessibility and the resources to help you live your best life (regardless of where you live on our campus)—that's where our occupational therapy and community resource wizards come in! Success Matters is all about connecting you with the right tools, guiding you through Medicare and insurance options, and offering support for tax, voter registration, and more. We have heard over and over that bringing these resources to the campus is a critical function of Success Matters.

Continued on back...

Welcome to Beatitudes at Home

Home is Where the Care Is: Discover the Ease of In-Home Assistance!

Discover the unparalleled convenience and comfort of our in-home assistance services with Beatitudes at Home! Our dedicated caregivers bring professional, compassionate support right to your doorstep, making everyday life easier and more enjoyable. From helping you with your daily tasks/chores to providing companionship and specialized care, we tailor our services to meet your unique needs. Enjoy the peace of mind that comes with knowing you or your loved ones are receiving quality care in the familiarity and safety of your home.



Patricia McKay, Director of Beatitudes at Home

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Name	Day
Don Miles.....	18
Nellie Salter	19
Sarah Benedict	19
Susanne Ciurro.....	19
Loretta Gulick	20
Colene Williams	21
Ruth Marston.....	21
Virginia Murfin	21
Pat Kuntz.....	22
Albert Chung	23
Nancy Church	23



Judi Harman
PN 463



Need a little help?

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

Call Us Today

602-544-8527
602-544-8529

SUN 18	MON 19	TUES 20	WED 21
<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>9AM: DOLLAR TREE/ GOODWILL (OC) Please call X12905 for reservations, 5 person minimum. (New Location 35th Ave & Peoria)</p> <p>9AM: SIT & BE FIT (FITNESS) (RC)</p> <p>9AM: WATER AEROBICS WITH MIKE (PL)</p> <p>9:30AM: LLL SPANISH FOR BEGINNERS (AGR) Must be registered.</p> <p>10AM: BIBLE TALK (PN3) Join residents for some Biblical discussions. Call Barbara Lambert with questions at x15206.</p> <p>10:30AM: COLOR AND CHAT (AG5) Color & Chat will continue though the summer. Join us every Monday at 10:30 am in the Creative Corner Agelink #5. Supplies provided or bring your own.</p> <p>11AM: LLL INTERMEDIATE SPANISH (AGR) Must be registered.</p> <p>11AM: OPEN FITNESS SPECIALIST HOUR (FC)</p> <p>12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1PM: L2 STRENGTH & BALANCE WITH MIKE (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)</p> <p>3PM: AA OPEN MEETING (AG2)</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>9AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)</p> <p>9AM: OPEN FITNESS SPECIALIST HOUR (FC)</p> <p>9AM: WATER AEROBICS WITH CAROLE (PL)</p> <p>9AM: BMO HARRIS BANK (TP) BMO has a representative on site Tuesday and Thursday until 11 am.</p> <p>10AM: THE FREE THINKERS CIRCLE (AC) Join us for some interesting discussions. Contact Mark Pelkey for details at x15586.</p> <p>10AM: WII BOWLING (PVL)</p> <p>10:45AM: L1 CHAIR YOGA (RC)</p> <p>11AM: CHEESECAKE FACTORY (OC) Yum! Enjoy one of the many delightful dishes on the vast menu and finish it off with cheesecake! Call XT 12905 to reserve your spot on the bus</p> <p>11:45AM: LEVEL 2 STRENGTH & BALANCE WITH MIKE (PVL)</p> <p>12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p</p> <p>1PM: L3 CORE & CONDITIONING (RC)</p> <p>2PM: ALTERATIONS WITH MARY JO (RC) Get your alterations done on the first and third Tuesday each month. Call XT 18473 if you have questions.</p> <p>2PM: BE INFORMED WITH MICHELLE & DAVID (TV2) Catch the latest updates from our Senior Staff.</p> <p>2PM: BINGO (PVL) Free Bingo - 2 card limit - Join us!</p> <p>2PM: DARTS (RC) Join us in a few games! If you need additional information call Donna Ellis at x15564.</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>6:30AM: WALKING GROUP (CM) Join us for a daily refreshing morning walk!</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>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>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>10AM: COMMUNITY GARDEN MEETING (AG3)</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: CURANA MONTHLY EDUCATION EVENT (LC) Hydration and YOU! Join us for this month's educational event, where we'll talk about the importance of staying hydrated, how to stay hydrated, and the symptoms of dehydration.</p> <p>1PM: L2 STRENGTH & BALANCE WITH MIKE (RC)</p> <p>1PM: L3 SENIOR STRENGTH TRAINING (FC)</p> <p>1PM: LOW VISION SUPPORT GROUP (PVL) Please call Mark Pelkey at 15586 with questions</p> <p>1PM: NEWCOMERS MEETING WITH JACKIE (PV3) Are you new to Plaza View Assisted Living? Join Jackie Fuller, Life Enrichment Specialist for a question & answer session.</p> <p>2PM: SUNDAES WITHOUT DAVE (PB) Admin is taking a summer break, but they don't want to see us go without ice cream! Ice cream will be served from 2:00 until 4:00. Admin will return Sept 18.</p> <p>4PM: CAHOOTS BINGO (PC)</p> <p>6PM: BEADED LIZARD MUSIC JAM (LC) A two-hour jam begins at 6 PM. There is no featured act.</p>
<p>Gift Shop Opens at 8a.m. Mon-Fri</p>			

WEEKLY AGENDA: AUGUST 18 – 24

THU 22

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.

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) Single and double deck play. Join us or call Arnie Anderson x14311.

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.

11:30AM: HEALTH & BRAIN GAMES WITH MIKE (PC)

12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p

1PM: L3 CORE & CONDITIONING (RC)

1PM: SING ALONG (PVL) Join in on the singing fun. All Beatitudes Residents are invited.

2PM: IN HOUSE MOVIE (LC) Time for some summer laughter. Join us as we watch the new comedy "Space Cadet" the story of an under-rated ditz who shows she has the right stuff. Refreshments provided.

2:30PM: YOGA FOR YOU (RC)

3PM: AA OPEN MEETING (HCC3) Weekly meeting open to all.

4PM: 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.

FRI 23

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.

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: FRY'S SHOPPING (OC) New departure time, please call X12905 for reservations, 5 person minimum.

9AM: L1 MORNING MOTIONS (PVL) All Residents Welcome

9AM: WATER AEROBICS WITH CAROLE (PL)

10AM: ASSISTED POOL EXERCISE (PL) 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.

10AM: CHEN STYLE TAIJI PRACTICAL METHOD FORM WITH ALBERT (RC)

10AM: PLAZA POETS (PC) Join us every Second and Fourth Friday at 10 am in the Plaza Club to share your poetry, or simply enjoy the poetry of others.

10:30AM: SKETCH TOGETHER (AG5) All are welcome!

11AM: COMPETITIVE TABLE TENNIS (RC) Friendly Games of (Pickup) Ping Pong. Walk-ins Welcome Singles &/or Doubles Games

11:45AM: LEVEL 2 STRENGTH & BALANCE WITH MIKE (PVL)

12PM: GROOVYTEK (LIB) Monday - Friday 12:00p - 5:00p

1PM: LINE DANCING WITH CAROLE L1 & L2 (RC) Movin & groovin to fun music performed from a standing position or seated in a chair. All residents are welcome to participate.

1PM: SCIENCE AND SPIRITUALITY (AC) Contact Mark Pelkey at 15586 for details.

2PM: BINGO! (PVL) Everyone is welcome! .30 cents a card - 4 card limit

2PM: L3 SENIOR STRENGTH TRAINING (FC)

2PM: DARTS (RC) Join us in a few games! If you need additional information call Donna Ellis at x15564.

4PM: ON THE ROCKS HAPPY HOUR (PC)

SAT 24

6:30AM: WALKING GROUP (CM)

9AM: HANDMADE BOXES WITH DONNA (AG5) Donna will help you make boxes from used greeting cards or plain card stock. The only thing required is a bit of hand strength for folding the card stock, and your eyeglasses. Call XT15564 to reserve your space. Class size is limited.

9AM: SIT & BE FIT (RC)

9AM: WATER AEROBICS WITH CAROLE (PL)

10AM: L3 CORE & CONDITIONING (RC)

10AM: BINGO WITH TED (PVL) Join us for this game of chance. Free - Limit 2 cards

11AM: YOGA FOR YOU (RC)

1PM: OPEN FITNESS SPECIALIST HOUR (FC)

1PM: RESIDENT VS ROBOT TABLE TENNIS (RC) Come test your reflexes and take on the Table Tennis Robot! All skill levels welcome!

2:30PM: COME PLAY CHESS (PC) Every Saturday 2:30-3:30 Join us in the Bistro Plaza Club Lounge to play chess, or learn to play chess. Refreshments served.

4PM: HAPPY HOUR MUSIC (PB)

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 19—25 • 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 19

TUESDAY 20

WEDNESDAY 21

Compote:
Caramelized Banana (75c)
Breakfast Special:
Southwestern Breakfast
Burrito (296c)
B-Creative Station:
Baked Potato Bar (624c)

Soup: Turkey Rice
(156c/208c)
Entrée: Broccoli Shrimp
Alfredo (1044c)

Soup: Florentine
Minestrone (159c/210c)
Entrée: Teriyaki Chicken
with Jasmine Rice (784c)

Soup: Vegetable Rice
(147c/196c)
Entrée: Sweet & Sour
Chicken with White Rice
(639c)

THURSDAY 22

FRIDAY 23

SATURDAY 24

SUNDAY 25

Soup: Lemon Chicken
Orzo (107c/142c)
Entrée: Ham Steak with
Grilled Pineapple &
Scalloped Potatoes
(501c)

Soup: Manhattan Clam
Chowder (100c/150c)
Entrée: Grilled Salmon
with Avocado Greek
Salsa & Orzo (677c)

Soup: Greek Chicken
(133c/177c)
Entrée: Garlic Butter Beef
Tips & Mushroom Gravy
over Egg Noodles (522c)

Soup: Chile-Lime Tortilla
Shrimp (211c/282c)
Entrée: Bacon &
Mushroom Smothered
Pork Chop over Mashed
Potatoes (654c)



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 22 & FRI 23

Soup: Escarole Egg Drop (390c)
Escarole, Egg, Onion, Chicken Broth

Entrée: Lamb Shank Osso Buco Style (587c)
Lamb with Gremolata & White Cheddar Mashed
Potatoes 18.99

BUCKWALD'S ARIZONA GRILLE

WEDNESDAY - SATURDAY

4:00p-7:00p

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

WEDNESDAY 21

THURSDAY 22

FRIDAY 23

SATURDAY 24

Soup: French Onion
(369c/553c)
Entrée: Mahi Mahi Vera
Cruz (247c)

Soup: Miso (84c/126c)
Entrée: 6oz Ribeye Steak
with Garlic Butter (620c)

Soup: Chicken Orzo
(129c/193c)
Entrée: Beef Pot Pie (511c)

Soup: Cream of
Mushroom
(215c/322c)
Entrée: Roasted Turkey
Breast (189c)

Should We Eat Like Our Caveman Ancestors?

The Paleo diet (short for Paleolithic), sometimes called the "Caveman" or "Stone Age" diet, centers around the idea that if we eat like our ancestors did 10,000 years ago, we'll be healthier, lose weight and curb disease. That means a focus on foods that can be hunted, fished or gathered: meat, fish, shellfish, poultry, eggs, veggies, roots, fruits and berries. That also means no grains, no dairy, no legumes (beans, lentils and peas), no sugar and no salt. Why? According to proponents, our bodies are genetically predisposed to eat this way. They blame the agricultural revolution and the addition of grains, legumes and dairy to the human diet for the onset of chronic disease.



On one hand, this way of eating encourages the inclusion of more fruits and vegetables — which aligns with the Dietary Guidelines for Americans. But a typical Paleo plan may exceed the recommendations for daily fat and protein intake and fall short on carbohydrate recommendations. The exclusion of whole grains, legumes and dairy can be risky as well. These foods are nutrient-rich and contain important vitamins and minerals.

Eliminating whole grains is not necessarily the ticket to ending disease and ensuring weight loss. Whole grains contain dietary fiber, which may help reduce the risk of heart disease, certain cancers and type 2 diabetes, and other health complications. And, recent archeological studies have found evidence that humans living during the Paleolithic era did in fact eat grains. Diets of early humans varied drastically depending on where they lived. There is no one "Paleolithic diet."



As with any diet trend, the Paleo diet might also be hard to sustain and by eliminating entire food groups and types of foods, increases the risk for disordered eating. We live in a society where it is not possible to eat exactly as our ancestors ate. For example, wild game is not readily available as most of the meat we consume has been domesticated and is produced on mass scale. Food has become an important part of our culture including celebratory meals and social gatherings.



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

Celebrating Volunteer Appreciation: The Impact on Well-Being & Community

Volunteers are the unsung heroes of our communities, dedicating their time, skills, and compassion to causes that make a real difference in people's lives. Their contributions are invaluable, yet often, the recognition they receive is modest compared to the impact they have. This article explores the importance of appreciating volunteers and highlights the significant health benefits that come with the act of volunteering, for both the volunteers and the communities they serve.

Didi Cruz, CAREcorps Lead



The Heart of Volunteerism: Volunteering is driven by a deep sense of purpose and a desire to contribute to the greater good. Whether it's helping in local shelters, mentoring youth, participating in environmental conservation, or supporting healthcare initiatives, volunteers play a crucial role in addressing societal needs. Their efforts foster a sense of community, promote social cohesion, and provide essential services that might otherwise be lacking.

The Importance of Volunteer Appreciation: Recognizing and appreciating volunteers is essential for several reasons:

1. **Boosts Morale:** Volunteers who feel valued are more likely to stay engaged and committed. Simple gestures of appreciation, whether through thank-you notes, awards, or public acknowledgment, can significantly enhance their motivation and satisfaction.
2. **Encourages Continued Involvement:** Acknowledging volunteers' contributions can inspire them to continue their efforts and even recruit others to join. Recognition acts as a positive reinforcement, demonstrating that their time and energy are making a difference.
3. **Builds Community:** Celebrating volunteers fosters a sense of belonging and community. It highlights the collaborative spirit and shared values that drive the volunteer work, strengthening the bonds among individuals and organizations.
4. **Attracts New Volunteers:** Public appreciation and positive stories about volunteers can attract new individuals who are eager to get involved and contribute. It creates a cycle of engagement that benefits everyone involved.

Health Benefits of Volunteering: Beyond the obvious social and emotional rewards, volunteering has notable health benefits. Here's how:

1. **Reduces Stress:** Engaging in volunteer work has been shown to lower levels of stress. The act of helping others often leads to a decrease in anxiety and a sense of calm. Volunteers often experience a "helper's high," a euphoric feeling that results from the release of endorphins, which can counteract stress.
2. **Enhances Mental Health:** Volunteering provides a sense of purpose and achievement, which can combat feelings of depression and loneliness. The positive interactions and sense of accomplishment derived from helping others contribute to improved mental well-being.
3. **Improves Physical Health:** Studies have indicated that volunteering can lead to better physical health outcomes. Regular involvement in volunteer activities has been linked to lower blood pressure, reduced risk of cardiovascular disease, and overall improved physical health. This is partly because volunteering often involves physical activity and fosters a lifestyle of engagement and movement.
4. **Promotes Longevity:** Research suggests that volunteers tend to live longer. The combination of physical activity, social interaction, and a sense of purpose associated with volunteering contributes to longer life expectancy.
5. **Strengthens Social Connections:** Volunteering connects individuals with others who share similar interests and values. These social connections can improve overall life satisfaction and emotional resilience. Building a network of supportive relationships through volunteer work can enhance one's social well-being and provide a buffer against life's challenges.

Conclusion: Appreciating volunteers is not just a matter of courtesy; it is a vital practice that acknowledges their immense contributions and reinforces their commitment to service. By celebrating and recognizing the efforts of volunteers, we not only uplift their spirits but also foster a more engaged and compassionate community. Moreover, the health benefits associated with volunteering—ranging from reduced stress and improved mental health to better physical well-being and increased longevity—highlight the profound impact that volunteer work has on both individuals and society.

So let us take a moment to thank the volunteers around us, celebrate their achievements, and recognize the valuable role they play. In doing so, we honor their dedication and encourage a culture of giving that benefits everyone involved.

Please join me for a pop-up CARECorps Appreciation Event on Thursday, August 29 from 12—2PM in front of the Community Engagement office. Pass through and get your free popsicle and say hello!!



Did you know that you have access to the Uniguest Community App?

This app is designed to enhance your experience at Beatitudes Campus by providing a seamless way to stay informed and engaged with everything happening across the campus. With the Uniguest app, you can easily keep up with campus events, access the resident directory, explore publications, and much more—all at your fingertips!



One of the primary goals of the Uniguest Community App is to make it easier for you to stay connected and involved in the community. Whether it's checking the latest announcements, discovering upcoming activities, or connecting with fellow residents, the app serves as a one-stop hub for all things Beatitudes. And the best part? It's available to you 24 hours a day, so you can access it whenever it's convenient for you.

The app is incredibly user-friendly, designed with simplicity and ease of use in mind. When you move to Beatitudes, you are automatically granted access to the app so you can start exploring it right away. But that's not all—families now have their own version of the app, allowing them to stay informed and connected as well. This added feature makes it even easier to share experiences and keep your loved ones up to date with the happenings around campus.

If you're thinking, "I didn't know I had access to this app!" don't worry—help is just a conversation away. Feel free to reach out to me, and I'll be happy to assist you in getting started.

Starting in September, I'll also be hosting gatherings focused on exploring what the Uniguest Community App can do for you. These sessions will give you an opportunity to ask questions, learn more about the app's features, and discover how it can enhance your experience on campus. Be sure to keep an eye out for announcements on the upcoming dates and times for these sessions.

Stay engaged, stay informed, and make the most of everything Beatitudes Campus has to offer with the Uniguest Community App!



What's Coming Up?

After meeting with Melissa Frey, Resident Council President, we decided that this would be a good forum to announce upcoming open meetings, and special events. With that in mind, if you would like mention of your meeting, please drop an eMail to Communications@ARIZ.com or text 602-999-4120.



If you would like an entire article, write it and eMail it to Jon Schilling at JSchilling@BeatitudesCampus.org.

One event to look out for this week is Curana's Monthly Educational Event at 1:00 pm on Wednesday, August 21 in the Life Center. Being that it has been hotter than past years, they are focusing on how to stay hydrated, and what happens when you don't. From there, don't forget Sundaes WITHOUT Dave from 2:00 until 4:00. Ice cream will be in the Bistro, but the event will not be fully staffed with Admin this month. On Thursday, August 22 at 1:00 Community Engagement will be showing the movie Space Cadet in the Life Center. Refreshments will be served.

We Remember



Ann Wilson
September 2, 1935 —
August 12, 2024
Central Park North

Success Matters: A Bright New Chapter! –continued

3. Health Education

o Knowledge is power, and our health education classes are a fantastic resource! Our Success Matters team will continue to serve as a source of knowledge and expertise. To help us do even more, we will lean on our great partners, like Curana, to continue to bring top-notch education right to your doorstep to help you stay informed and achieve your personal health goals.

4. Internship Program and Resident Engagement

o Our internship program isn't just about giving students a learning experience—it's about enriching the lives of our residents, too! We're all about meaningful activities that contribute to your wellbeing while showcasing the exciting field of aging services.

5. Scalability

o It is clear that our Success Matters program has touched lives in

amazing ways. We're exploring new partnerships to expand our reach and create even more value for everyone on campus, making sure our efforts are scalable and impactful. Our on-campus partners – Functional Pathways, Curana, Beatitudes at Home and Covenant Home Health – are key to helping us to achieve even more success in the future.

What's Next?

We're setting our sights high and actively recruiting the best team members to join us on this journey. Continuous learning and improvement are our guiding stars. And guess what? We want to hear from you! Share your thoughts and ideas by emailing me at dtaylor@beatitudescampus.org.

Here's to the future and to your success! ★

Warmest regards,
Donna



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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Phoenix, AZ 85021
602.995.2611

Content Submissions:
www.bcampus.org/rr

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

Welcome to Beatitudes at Home –continued

Experience the ease and joy of personalized in-home assistance that enhances your well-being and independence.



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.

*Knock, knock!
Who's there? Alotta.
Alotta who? Alotta
sunshine is what you
can expect in the
summertime.*

Weekly Funnies: FROM THE EDITOR:

Weekly funnies can be submitted to
roadrunner@beatitudescampus.org

*What is an oak tree's
favorite summer
outfit?*

His swimming trunks!