



## It's Vaccine Time at Beatitudes Campus!

Nina Louis, VP of Health Services

We are excited to announce our upcoming campus-wide vaccine clinic event! This year, we are making it easier and more convenient for you by bringing the clinic directly to each building. Our goal is to ensure a smooth and

successful vaccination process for everyone. We have partnered with Albertson's pharmacy to provide a range of important vaccines, including Flu, Pneumonia, COVID, RSV, and Shingles.

The clinics will be divided into two rounds:

**First Round Clinics in September:** Flu, Pneumonia, and COVID vaccines will be offered.

**Second Round Clinics in October:** RSV and Shingles vaccines will be provided.

### Vaccine Clinic Schedule

#### Monday, September 23

Health Care Center (HCC)	Room to Room service	9:15 AM - 12:30 PM
Plaza View 5 <sup>th</sup> and 4 <sup>th</sup> floor residents ONLY	Recreation room (Lobby floor)	9:15 AM - 12:30 PM
Plaza View 3rd and 2nd floor residents ONLY	Recreation room (Lobby floor)	1:00 PM – 5:30 PM

#### Friday, September 27

Central Park West	Vaccine Clinic located in Central Park West 2nd Floor	9:15 AM to 12:30 PM
Central Park North and Patio Homes residents	Vaccine Clinic located in Central Park North 3 <sup>rd</sup> Floor	9:15 AM to 12:30 PM
Central Park South residents	Vaccine Clinic located in Central Park South 2nd Floor	9:15 AM to 12:30 PM
Plaza North	Vaccine Clinic located in Plaza North 4 <sup>th</sup> Floor	1:30 PM to 5:30 PM
Plaza South	Vaccine Clinic located in Plaza South 3 <sup>rd</sup> Floor	1:30 PM to 5:30 PM

#### Monday, October 21

Health Care Center (HCC)	Room to Room service	9:15 AM - 12:30 PM
Plaza View 5 <sup>th</sup> and 4 <sup>th</sup> floor residents ONLY	Recreation room (Lobby floor)	9:15 AM - 12:30 PM
Plaza View 3rd and 2nd floor residents ONLY	Recreation room (Lobby floor)	1:00 PM – 5:30 PM



Name	Day
Peg Thompson	..... 25
Joyce Bowden	..... 26
Joyce Stenquist	..... 26
Ruth Crowley	..... 26
Steffi Stone	..... 26
Marilyn Mollman	.. 27
Rachel Zemer	..... 27
Gina McCord	..... 28
Barbara Tonkin	..... 30
Frances Boland	..... 30
Kathy Miller	..... 31

Welcome  
to the  
neighborhood



**Jim & Janice  
Hyde  
CPN 3123**



#### Need a little help?

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

Call Us Today

**602-544-8527  
602-544-8529**

Continued on back...

**SUN 25**

**9:00AM: BUS RIDE TO ORANGEWOOD PRESBYTERIAN CHURCH (OC)**  
Please call X12905 to reserve your seat.

**9:00AM: BUS TO OUR SAVIOR'S LUTHERAN CHURCH (OC)**  
Please call X12905 to reserve your seat.

**9:00AM: CATHOLIC MASS (LC)** Join Priests from Casa Santa Cruz and our Catholic Community for Sunday Mass.

**10:00AM: BUS RIDE TO CHURCH OF THE BEATITUDES (OC)** Please call X12905 to reserve your seat.

**10:30AM: UNITARIAN UNIVERSALIST WORSHIP (PC)**  
Join the members of UU for a live stream service every Sunday.

**1:00PM: BINGO WITH TED (PVL)**  
Join us for this game of chance. Free - Limit 2 cards

**3:00PM: SUNDAY WORSHIP SERVICE (LC)**  
Join with Chaplain Peggy and various guest preachers, for this non-denominational Christian service.  
\*All are welcome.\*

**Gift Shop  
Opens at  
8a.m.  
Mon-Fri**

**MON 26**

**6:30AM: WALKING GROUP (CM)** Join us for a daily refreshing morning walk!  
**9AM: SPROUTS/BOOKMAN'S (OC)** Please call x12905, and leave your name, to reserve your seat on the bus. 5 person minimum

**9AM: SIT & BE FIT (RC)**  
**9AM: WATER AEROBICS WITH MIKE (PL)**

**9:30AM: LLL SPANISH FOR BEGINNERS (AGR)** Must be registered.

**10AM: BIBLE TALK (PN3)** Join residents for some Biblical discussions. Call Barbara Lambert with questions at x15206.

**10AM: HARP FOUNDATION PERFORMANCE (PVL)**  
Join us on the 2nd and 4th Monday of the month for live music with our Harpist, Shannon. Performances brought to us through a partnership with the Therapeutic Harp Foundation.

**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. September classes switch to 2:30pm

**11AM: LLL INTERMEDIATE SPANISH (AGR)** Must be registered.

**11AM: OPEN FITNESS SPECIALIST HOUR (FC)**

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

**1PM: L2 STRENGTH & BALANCE WITH MIKE (RC)**

**1PM: LIFE JOURNEY SUPPORT GROUP (PVL)** All are welcome.

**1:30PM: POKER (PC)**

**2PM: BASKETBALL BOUNCE (RC)**

**2PM: PATIO HOMES MEETING (AGR)**

**3PM: AA OPEN MEETING (AG2)**

**4PM: PIANO JAM SESSION (CPW2)** All are welcome.

**6:30PM: IRENE B'S BIBLE STUDY (RC)** Join resident, Joe Miller, as he leads this Bible Study.

**TUES 27**

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

**9AM: OPEN FITNESS SPECIALIST HOUR (FC)**

**9AM: WATER AEROBICS WITH CAROLE (PL)**

**9AM: BMO HARRIS BANK (TP)**  
BMO has a representative on site Tuesday and Thursday until 11 am.

**10AM: THE FREE THINKERS CIRCLE (AC)** Join us for some interesting discussions. Contact Mark Pelkey for details at x15586.

**10AM: WII BOWLING (PVL)**  
Players mimic the motions of bowling using a remote control and the big screen TV. Try it!

**10:45AM: L1 CHAIR YOGA (CANCELED)**

**11AM: SAUCE (OC)** Join us for lunch. Pizza, Pasta, Paninis, Salads and more. Call XT 12905 to reserve your spot on the bus.

**11:45AM: NO STRENGTH & BALANCE W/MIKE (CANCELED)**

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

**1PM: NO CORE & CONDITIONING (CANCELED)**

**2PM: BE INFORMED WITH MICHELLE & DAVID (TV2)**  
We're Back!! Catch the latest updates from our Senior Staff.

**2PM: BINGO (PVL)** Free Bingo - 2 card limit - Join us!

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

**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.

**WED 28**

**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: FRY'S SHOPPING (OC)** Get your grocery shopping done! Call x12905, and leave your name, for a seat on the bus. 5 person minimum

**8AM: BILLET PODIATRY-DR. SHEENA (WC)** Call 480-661-6061 to schedule your appointment.

**8AM: WELLNESS-BETTER HEARING (WC)** By appointment only, dial 602-765-7800 to schedule.

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

**9AM: SIT & BE FIT (RC)**

**9AM: WATER AEROBICS WITH CAROLE (PL)**

**9AM: CREATIVE CORNER OPEN HOURS (AGE5)** Come to Creative Corner every Wednesday and create your artistic masterpiece. We have everything you need. Open 9am-11am.

**10AM: ASSISTED POOL EXERCISE (PL)**

**10:45AM: SAFEWAY SHOPPING (OC)** Please call x12905 in advance, and leave your name, to reserve your seat on the bus. 5 person minimum

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

**1PM: L2 STRENGTH & BALANCE WITH MIKE (RC)**

**1PM: L3 SENIOR STRENGTH TRAINING (FC)**

**1PM: PV'S RESIDENT MEETING (PVL)**

**2PM: NO WELCOME COFFEE (ON BREAK)** We are taking a summer break. See you September 25.

**4PM: CAHOOTS BINGO (PC)**

**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. Cimmaron Road will be the featured act this evening.

**THU 29**

**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.

**9:30AM: ARROWHEAD TOWNE CENTER (OC)** Come with us to the Mall. You can shop, you can eat, you can do both. We will be there for 3 hours. Call XT 12905 to reserve a spot on the bus.

**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.

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

**12PM: VOLUNTEER APPRECIATION POP-UP POPSICLE EVENT (Community Engagement Office Patio)** Join us for a free Volunteer Appreciation popsicle giveaway outside of the Community Engagement Office from 12PM-2PM.

**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.

**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 30**

**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.

**7:30AM: BACKSTREET BOUTIQUE OPENS NEXT WEEK (BS)** Backstreet is closed for restocking and time off. We will reopen next Tuesday with great deals.

**8AM: SAFEWAY SHOPPING (OC)** Please call x12905 in advance, and leave your name, to reserve your seat on the bus. 5 person minimum

**8AM: UNIQUE LAB SERVICES (WC)** Call 480-765-2677 to register in advance.

**9AM: L1 MORNING MOTIONS (PVL)**

**9AM: WATER AEROBICS WITH CAROLE (PL)**

**10AM: ASSISTED POOL EXERCISE (PL)**

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

**10:30AM: MEMORY LANE: GRAB BAG (BR)**

**10:30AM: SKETCH TOGETHER (AG5)** Starting July 5th Sketch Together will now meet at 10:30 am. Bring your own supplies or use ours. All are welcome!

**11AM: COMPETITIVE TABLE TENNIS (RC)**

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

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

**1PM: AUGUST BIRTHDAY PARTY (PB)** Let's celebrate all the August Birthdays with live music by Igor. Free birthday cake! Friday, August 30th, 1pm in the Bistro.

**1PM: LINE DANCING WITH CAROLE L1 & L2 (RC)**

**1PM: SCIENCE AND SPIRITUALITY (AC)**

**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)** Join Bill, Robert, and The Purple Gang as they entertain you with music from the '50s through the '90s. Tues, Thu & Fri.

**SAT 31**

**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: 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)**

**12PM: LET'S GO TO THE MOVIES (OC)** Join Jonathan, time TBD, as he drives you to Harkins Theater to see "My Penguin Friend". Call XT 18589 to reserve your spot on the bus.

**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 26— SEPTEMBER 1 • 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 26**

**TUESDAY 27**

**WEDNESDAY 28**

**Compote:**  
Peach (84c)  
**Breakfast Special:**  
Farmer's Breakfast Skillet  
(463c)  
**B-Creative Station:**  
Sandwich Bar (ask for cal)

**Soup:** Navy Bean  
(126c/168c)  
**Entrée:** Lasagna & Garlic  
Bread (721c)

**Soup:** Turkey & Dumpling  
(260c/303c)  
**Entrée:** Roasted  
Tenderloin Steak with  
Grilled Corn Salsa (458c)

**Soup:** Loaded Baked  
Potato (143c/190c)  
**Entrée:** Tuscan Chicken  
& Lyonnaise Potatoes  
(596c)

**THURSDAY 29**

**FRIDAY 30**

**SATURDAY 31**

**SUNDAY 1**

**Soup:** Chicken Udon  
(171c/228c)  
**Entrée:** Chicken Fried  
Steak with Mashed  
Potatoes & Country  
Gravy (570c)

**Soup:** Crab & Shrimp  
Bisque (365c/415c)  
**Entrée:** Crab Cakes with  
Lemon Dill Sauce &  
Broccoli Slaw (583c)

**Soup:** Creamy Mac &  
Cheese (158c/210c)  
**Entrée:** Chicken Fajitas  
with Rice & Pinto Beans  
(548c)

**Soup:** Leek & Potato  
(70c/93c)  
**Entrée:** Spaghetti with  
Meat Sauce & Garlic  
Bread (743c)



**THURSDAY & FRIDAY**

**4:00p-7:00p**

Reservations begin at 7:00 a.m. on Sunday by  
calling x12908 or by coming into the Bistro

**THURS 29 & FRI 30**

**Soup:** Clam & Corn Chowder (579c)  
Littleneck Clams, Cod, Yukon Gold Potatoes,  
Celery & Fish Stock

**Entrée:** Duck Breast (556c)  
Duck with Apple & Mushroom Stuffing, Red Wine Demi  
Glacé & Goat Cheese Cauliflower Mash 15.99

## BUCKWALD'S ARIZONA GRILLE

**WEDNESDAY - SATURDAY**

**4:00p-7:00p**

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

**WEDNESDAY 28**

**THURSDAY 29**

**FRIDAY 30**

**SATURDAY 31**

**Soup:** Mesquite Corn  
Chowder (192c/288c)  
**Entrée:** Cod with Tomato  
Olive Jam (375c)

**Soup:** Navy Bean  
(255c/383c)  
**Entrée:** Pork Chops with  
Pecan & Apple Crust  
(400c)

**Soup:** Cream of Spinach  
(260c/390c)  
**Entrée:** Crusted Pollock  
(415c)

**Soup:** Turkey Noodle  
(149c/224c)  
**Entrée:** Beef Pot Roast  
(312c)

## Elaine's Reservations

Joe Kane, General Manager of Dining Services

Beginning Sunday August 25, Reservations for Elaine's will begin to be taken at 7 am. This is a change from the 9 am start time to better serve all who wish to attend Elaine's Fine Dining on Thursday or Friday each week.



Please let us know if you have any questions.

## Tuesday's Tastings at the Corner Perk!

We'll be having a Tuesday Tasting for the next 3 Tuesdays!  
We'll be sampling smoothies!

There will be a few times slots, so we can deliver fresh samples. The time slots will be, 9:00am, 1:00pm, and 5:00pm.

Tuesday 8/27/24 - Strawberry Banana Smoothie

Tuesday 9/3/24 - All Berry Smoothie

Tuesday 9/10/24 - Raspberry Smoothie



## 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**

## Metabolism Myths and Facts



Why can one person eat like a growing teenager and not gain a pound, while another person's every indulgence shows up on the scale? Chalk it up to individual differences in metabolism, muscle mass and physical activity. Metabolism is the process by which our bodies convert what we eat into the energy we need to survive and function. It powers everything from breathing to blinking. A fast metabolism is like a hot furnace that burns through fuel (calories) quickly. A slow metabolism needs less fuel to keep a body running.

### **Claim: Our metabolic rates can't change.**

**The truth:** While it's true that genetics help determine our metabolic rates, we can boost metabolism by increasing lean muscle mass. Muscle is metabolically active, which means that people with lean, muscular bodies need more energy to function than people with a higher percentage of body fat. Our muscle mass decreases as we age, and this contributes to a slower metabolic rate. But you can counteract this process by picking up the weights to help lessen this decline.

### **Claim: A diet of green tea and chili peppers will boost metabolism.**

**The truth:** No magic food will speed up metabolism. Some studies have shown that green tea and hot chilies temporarily boost metabolic rates, but the lift isn't very significant. The path to a healthy lifestyle includes a balanced eating pattern filled with nutrient-rich foods.

### **Claim: Eating late at night slows metabolism.**

**The truth:** There is little evidence to support the fact that eating after 8 p.m. causes weight gain. However, you may be more likely to snack mindlessly in the evenings while watching television. Eat regular meals and snacks throughout the day to prevent extreme swings in hunger and fullness. If you're eating later in the evening, do so mindfully and put away the snacks when you're satisfied.

### **Claim: Very low calorie diets and skipping meals can jumpstart weight loss.**

**The truth:** Creating a large calorie deficit in attempts to lose weight can backfire. Our bodies are smart and programmed for survival. Severely limiting calories can make your body think it's entering a famine, and that it needs to do more with fewer calories. Your body adapts to the restricted caloric intake, and uses fewer calories to perform the same tasks. Resist the urge to diet and instead prioritize healthful foods, including whole grains, legumes, vegetables and fruits, and fun physical activity. Don't forget about stress management and proper sleep. These healthy lifestyle behaviors contribute to overall well-being.

## Academy of Nutrition and Dietetics

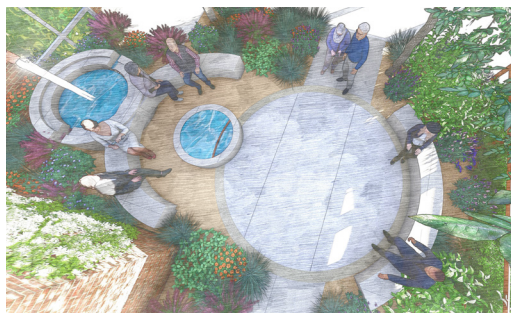
### Meet Joyce Findley

We are trying something new. Joyce is the mother of Carole Beard, fitness specialist here at Beatitudes. Joyce says that the advice she has for successful life and integration on the campus is to become involved. Get out and meet people.



Along those lines, have you ever tried Basketball Bounce. It is one of the Senior Fitness Challenges. It happens every Monday at 2 pm in the Life Center. Tuesday Life Enrichment goes to the Italian restaurant near Safeway called Sauce. Even if you drive, consider going on the bus for the camaraderie. Wednesday at Beaded Lizard, Bill Chase's band Cimmaron Road performs. Thursday from 10 until 12:00 Community Engagement is giving away free popsicles. This Friday at 1:00 we celebrate August birthdays in the Bistro. Joyce is right. There is always something to do here at Beatitudes.

## Coming Soon, Dosa's Garden



## Kudos to Our Care Center!

Those who know me are aware that my friend Peggy has been a resident of Sierra Springs in the Care Center for a number of years, having been diagnosed with Parkinsonism. We moved into our CPW apartment in September of 2016 knowing that since neither of us any longer had immediate family, a home at Beatitudes would instead provide the family that we chose.



Much sooner than we had imagined, we discovered that Peggy would require greater assistance than we could manage in our apartment ... and thus her move to the Care Center. For many months we were able to have weekly physical therapy sessions at Barrow Neurological Institute, transporting her by bus in her wheelchair. These invaluable sessions kept her mobile ... until COVID isolated Peggy and everyone else to the Campus. Our inability to continue her PT at Barrow created a significant decline, such that she became totally dependent on the 24/7 care provided by the loving, dedicated staff on Third Floor.

Even though Peggy is severely limited in just about every way, she and I know that she is constantly watched over by the gifted, devoted Nurses and Nursing Assistants who long ago became our Family. The additional attention she receives through her treasured Beatitudes at Home Companion is another gift offered by our Campus.

Through this combination of talented, devoted staff we are assured that Peggy's journey is blessed in ways that we trusted would be available when we made our home at Beatitudes ... and we are grateful to each of you for every new day.

--Harriet "Hootie" Redwine

## We Remember



Judy Osucha  
October 17, 1939 —  
August 19, 2024  
Plaza South

## It's Vaccine Time at Beatitudes Campus! –continued

### Friday, October 25

Central Park West	Vaccine Clinic located in Central Park West 2nd Floor	9:15 AM to 12:30 PM
Central Park North and Patio Homes residents	Vaccine Clinic located in Central Park North 3rd Floor	9:15 AM to 12:30 PM
Central Park South residents	Vaccine Clinic located in Central Park South 2nd Floor	9:15 AM to 12:30 PM
Plaza North	Vaccine Clinic located in Plaza North 4th Floor	1:30 PM to 5:30 PM
Plaza South	Vaccine Clinic located in Plaza South 3rd Floor	1:30 PM to 5:30 PM

### How You Can Help:

To help us make this year's vaccine clinics seamless, we need residents interested in receiving their vaccine to complete the pharmacy consent form and provide a copy of their insurance.

Independent Living Residents: You can pick up a consent form at the Welcome Center or from Gabi Holberg in the Resident Services office, located in our Agelink building.

Need Help with Your Insurance Card? If you need assistance making a copy of your insurance card, we're happy to help at the Welcome Center.

Returning Completed Forms: All completed consent forms and copies of insurance can be turned in to either Gabi Holberg or the Welcome Center.

### Vaccine Education Event

To ensure you're fully informed, we will be hosting a Vaccine Education presentation on **September 16th in the Life Center at 10:00 AM**. At this event, you'll learn more about the vaccines that will be provided at our clinics, and you'll have the opportunity to get your questions answered.

We look forward to seeing you at the clinics and helping you stay healthy this season!

### A Message from Marabeth and Hobs Hobgood

Dear friends and neighbors,

Thank you for your outpour of prayers, love and support. It means so much to us! While we are focusing on Hobs getting better, Suzanne Hartley has graciously agreed to accept your calls to inquire about his progress. Please reach out to Suzanne at 602-368-4168 or ext. 14168.

We appreciate you all.  
Marabeth and Hobs



### 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](http://www.bcampus.org/rr)

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