A Letter From The CEO

With reported cases of coronavirus rising in the United States and the Trump administration’s declaration that the virus is a public health emergency, I want to assure you that Beatitudes Campus has been working diligently for the past weeks to prepare strategically for a potential spread of the virus.

We have assembled our emergency preparedness and operations teams and detailed plans for every area of the campus are being reviewed and put in place. This team is meeting regularly as information about the coronavirus is revealed. We are reviewing our infection control protocol, making an inventory of our supplies and stocking up.

Just as we do every day, we are reminding residents, staff and visitors on proper hand hygiene to avoid transmission of any disease or virus, and encouraging staff to stay home if they feel sick. We are paying special attention to our sanitation of common areas. Additionally, we are receiving information from the Arizona Coalition for Healthcare Emergency Response (AzCHER), Arizona Department of Health Services (ADHS) and Maricopa County Public Health Department and will be working hand-in-hand with them as the situation evolves.

The leadership team and I are being kept informed daily also by the Centers for Disease Control and Prevention, World Health Organization and LeadingAge. We are also in close contact with our local government agencies as well as other life plan communities. We will keep you regularly informed about news of the virus and how the campus is responding to ensure the safety of our residents and staff. Please refer to the information from the World Health Organization on the back of this Roadrunner – it tells you about the virus and reminds you of things you can do to help avoid transmission.

I promise you that Beatitudes Campus is well positioned to respond to an outbreak of the virus should it occur.

Please feel free to email BeWell@BeatitudesCampus.org if you have any questions about the virus.

Continued on back page...

FRESH, LIFE-FILLED AIR

Rev. Andrew Moore, Associate Chaplain

My morning began today by reading a newspaper article citing a report on the worsening air pollution here in Phoenix. Not the most inspiring of starts, but an important reminder of a vital issue nonetheless.

The article I was reading made a point that I had never thought of before; that unlike other forms of pollution, we don’t actually see air pollution until the conditions are ‘right’, which is of course ironic, for when we can see the pollutants in the air around us, things are far from being right.

But because of this, it’s easier to politely ignore this issue, even as it grows worse. However, we do so at our peril.

Reading that newspaper article led me to contemplate the profound spirituality, acknowledged by most faith traditions, of “breathing the air”.

In the Hebrew Scriptures and in the Greek New Testament, we find the words ρύαχ (ruach), and μνεύμα (pneuma). Both words can be translated as ‘breath’, however both words also have a spiritual aspect to them beyond simply describing a bodily function. It is the life-giving ruach.

Continued on back page...

dimensions of wellness fair

Josephine Levy, Success Matters Resource Navigator

In spite of popular folklore, this year Friday the 13th might just turn out to be your lucky day. That morning, on Friday, March 13th from 9:00AM to Noon, is the Dimensions of Wellness Fair in our Life Center here on campus. We are bringing together organizations whose services fall under the eight dimensions of wellness that support good health and satisfying lives. These include social, emotional, physical, spiritual, environmental, occupational, financial and intellectual parts of who we are.

Join us any time that morning to browse the tables and meet representatives of both on and off campus services. While the categories of wellness overlap and influence one another, some examples of physical wellness will include Mobile Valley Physicians, Oasis Outpatient Therapy, Dispatch Health, our own Fitness Director Mike Smallwood, Zounds, Premier and Costco Hearing, mobile dentistry and more.

Physical wellness is often what we think of when we hear the word “health,” but the Wellness Fair also includes mental health resources such as the Crisis Team, Quail Run and Banner Alzheimer’s. Other services that help us stay engaged with life include AZ Talking Books, Independent Living Blind and the CapTel phone service.

For many of us, our companion animals help us stay centered and happy. We haven’t forgotten our furry friends and have...
**EVERY MONDAY**

8:30AM (PL) WATER EXERCISE
9:00AM (PVL) MIKE’S MORNING MEDITATIONS
10:00AM (RC) WORKOUT & WELLNESS
10:15AM (PVL) BRAIN BOOSTERS
12:30PM (OC) FRY’S SHOPPING, CALL X12905
1:00PM (RC) STRENGTH & BALANCE
2:00PM (RC) BASKETBALL BOUNCE
3:00PM (AG2) SUPPORT GRP
4:30PM (BK) MONDAY NIGHT SPORTS
6:30PM (RC) IRENE B’S BIBLE STUDY

**EVERY TUESDAY**

9:00AM (RC) CIT AND BE FIT
9:00AM (PVL) JACKIE’S MORNING MEDITATIONS
9:45AM (RC) STRENGTH & BALANCE
10:00AM (AG1) LLL COURSE: SPANISH - BEGINNING
11:00AM (RC) TAI CHI WITH CAROL-ANN
1:00PM (RC) CHAIR YOGA
1:00PM (PV3) MIDDAY MEDITATIONS
2:00PM (RC) DART PLAYER’S CLUB
2:00PM (PV2) BINGO PLAYERS
2:30PM (PV4) BACK TO SCHOOL CROCHET & KNITTERS
3:30PM (AC) BOOK CLUB
3:30PM (AG1) MENTAL HEALTH PEER SUPPORT GROUP
6:00PM (SN) FARKLE—OPEN FOR ALL!

**EVERY WEDNESDAY**

8:00AM (OC) FRY’S WEDNESDAY, Y—X12905
8:30AM (PL) WATER EXERCISE W/MARY
8:30AM (RC) UNIQUE LAB SERVICES
9:00AM (AG4) SEWING GROUP
9:00AM (PVL) MIKE’S MORNING MEDITATIONS
9:45AM (PV2) MARY’S ROSEMARY & ROSARITY
10:00AM (RC) WORKOUT & WELLNESS
10:30AM (PV2) WEDNESDAY WORSHIP
1:00PM (AG1) MICKEY’S STRENGTH & BALANCE
1:00PM (AG5) BUZY BEES CRAFTING
1:00PM (BR) LENTEN BIBLE STUDY
5:45PM (LC) THE MUSICAL HOOTENANNEY

**EVERY THURSDAY**

9:00AM (PC) THE FREE THURSDAY "GREAT" IDEAS OR SUGGESTIONS?
11:15AM (RC) PHOENIX PRIDE PARADE MANAGEMENT TOUR: Join us for a free recycling plant tour by the bus Mind Map
10:00AM—4:00PM (PVL) BOUTIQUE & GARDEN SALE—spring festival
11:00AM—5:00PM (PC) CASINO TRIP—VEE CASINO & unique lab services
12:30PM (PV3) MIDDAY MOTIONS
12:45PM (RC) MIKE’S STRENGTH & BALANCE
1:00PM (BR) LENTEN BIBLE STUDY: Join us for a presentation from Area Agency on Aging’s Senior Medicare Patrol on current Medicare scams.
5:00PM (RC) MENTAL HEALTH PEER SUPPORT GROUP
5:30PM (RC) HOME FLEXIBILITY CLASS
5:45PM (LC) THE MUSICAL HOOTENANNEY

**EVERY FRIDAY**

3:30PM (RC) MENTAL HEALTH PEER SUPPORT GROUP
4:00PM (RC) CHAIR STRETCH, BALANCE, BEGINNING MIDDLE EASTERN DANCE: Come and join us for an afternoon of fun, exercise and dance. All are welcome to join!!

**MONDAY 3/9**

8:30AM (AG1) LLL COURSE: SPANISH INTERM.
10:00AM (OC) 99 CENT ONLY STORES: For any questions, call x12905.
9:00AM—3:00PM (BR) AARP FREE TAX PREP: If you have scheduled an appointment, please plan on arriving about 13 minutes early. Document details below.
10:00AM (AG1) LLL COURSE: FRENCH
11:00AM (AG1) LLL COURSE: CONSTRUCTION
11:15AM (AC) CARECORS DISCOVERY MEETING: Looking for a volunteer opportunity around campus? Join us to explore the available options! Everyone welcome!
12:30AM (RC) UCC LUNCH BUNCH: Bring your own lunch. Water and ice tea provided. Our topic will be “Food for Thought”, by Barbara Fenzi, cooking school teacher, often featured on Channel 9. Everyone welcome!
1:00PM (AG1) LLL COURSE: SPANISH - ELEMENTARY
1:30PM (RC) LLL COURSE: STORYTELLING
3:30PM (RC) BETTER BREATHERS SUPPORT GROUP

**TUESDAY 3/10**

8:30AM (AG1) LLL COURSE: SPANISH - BEGINNING
8:45AM (OC) ST. XAVIER MISSION TOUR IN TUCSON: This is an RSVP only event. For those of you who have previously signed up for this trip
9:15AM (OC) CASINO TRIP—VEE QUIVA: Join us as we venture off campus to Vee Quiva Casino. Please call x12905 to reserve your spot.
10:00AM (AG1) LLL COURSE: ENNEAGRAM
11:00AM (OC) ARIZONA YOUTH BALLET: Join us as we host the Arizona Youth Ballet for a special spring performance. All are welcome to attend!!
1:30PM (AG1) LLL COURSE: TALKS
3:00PM (AG1) SAFER STEPPING FALLS PREVENTION CLASS: 6-week falls prevention class that combines exercise and education.
3:30PM (CP2) CHOIR PRACTICE: Come sing with Beatitudes Campus Choir! Practice is on Tuesdays a month and we sing at one, 3PM Sunday Worship service per month.

**WEDNESDAY 3/11**

8:00AM (OC) FRY’S WEDNESDAY: Exports depart every half-hour to 10:30AM and last return at Noon. 14 passenger bus used, call x12905 to reserve.
8:00AM (WC) PODIATRIST, DR. SARRAF: 480-812-3668
8:30AM (RC) UNIQUE LAB SERVICES: Bring lab orders and insurance cards. No appointment necessary. Call 480-765-2677.
9:30AM (AG1) LLL COURSE: BLACK HISTORY
10:00AM (AG1) SENIOR MEDICARE PATROL PRESENTS CURRENT MEDICARE SCAMS: Join us for a presentation from Area Agency on Aging’s Senior Medicare Patrol on current Medicare scams.
10:00AM (BE) SUPPORTING PEOPLE WITH DEMENTIA: All caregivers, family and friends of those with dementia are encouraged to attend.
11:00AM (AG1) LLL COURSE: MOVIES
1:00PM (BR) LENTEN BIBLE STUDY: Join Chaplains Peggy and Dave for a Lenten Bible Study as we study together The Passion—the 7 Last Words of Jesus on the Cross.
2:00PM (RC) ALTERNATIONS WITH MARY JO: Visit the Rec. Center to have your garments mended by Mary Jo.

**COMMUNITY WEDNESDAYS**

2:00PM (LC) COMMUNITY RESIDENTS COUNCIL: Residents, you’re encouraged to attend our Residents Council meeting to hear a speaker from various areas of the campus. We meet every second Community Wednesday of the month. Join us!

4:00PM (RC) CHAIR STRETCH, BALANCE, BEGINNING MIDDLE EASTERN DANCE: Come and join us for an afternoon of fun, exercise and dance. All are welcome to join!!

**WORLD WEDNESDAY: TOP ‘O THE MORNIN’ TO YE!!**

Most people have heard of wearing green on St. Patrick’s Day. That is a Catholic Irish tradition. The Orange Irish, the Protestants, make up the Protestant group. This began in 1690 when William of Orange (William III) the King of Scotland defeated King James II, a Roman Catholic. Thus ensuring Protestant domination (and some of tension) ever since.

We are going to maintain civility though, as we gather for World Theatre at Rose McCaffrey’s Irish Pub on the 8th of March for a fantastic traditional Irish fare such as Guinness Steak and Mushroom Pie, Potato Boxtty, Bangers and Mash, and Corned Beef and Cabbage. There are traditional burgers, wings and chicken for the less adventurous. The bus will leave at 11:00AM, and we will be sure to get you back in time for Sundaeas with Dave at 2:00PM.

**BITS, PIECES & BLURBS**

AARP Free Tax Preparation is taking place in the Boardrooms March 9th. If you have scheduled an appointment, please plan on arriving about 15 minutes early. Documents to bring include last year’s tax documents, any income statements from Social Security, 1099-R, Interest Income, Dividends and Distributions, Proceeds from Broker, and other statements, such as a brokerage statement. Residents with a Continuing Care Contract should also bring their Medical Care Allocation Information Statement received from Beatitudes Campus. Happy Taxing! For any questions, please call Gabi Holberg at x18490.

POETRY OPEN MIC NIGHT

Early announcement: There will be an open mic poetry reading on a date to be set in April. Watch for details.
**THURSDAY**

GENTLE CHAIR YOGA

**EVERY FRIDAY**

GENTLE CHAIR YOGA

**EVERY SATURDAY**

GENTLE CHAIR YOGA

**EVERY SUNDAY**

GENTLE CHAIR YOGA

**FRIDAY 3/13**

8:30AM (PL) WATER EXERCISE W/ MARY

**EVERY SATURDAY**

9:00AM (RC) MEMORY MAKER YOGA

3:00PM (PC) PHOTOGRAPHY CLUB

11:00AM (PVL) PLAZA POETS

**SATURDAY 3/14**

5:00PM (EF) LIVE MUSIC SHOWCASE

**SUNDAY 3/15**

9:00AM (OC) DEPARTURE TO OUR SAVIOR’S LUTHERAN CHURCH

2:00PM (PC) MOVIE WATCHERS

**EVENT NOTICE**

Unless otherwise noted, all events are open to all residents of Beattitudes Campus.

—This icon means the event is recurring every week unless otherwise noted.

**LOCATIONS LEGEND:**

(AC) Administration; (AD) Welcome Center/Nelson Administration; (AG#) Agelink Room #; (AGR) Agelink Parking Lot; (AGR) Agelink Great Room; (BG) Buckwald’s AZ Grille; (BK) Bank; (BR/BE/BW) Boardrooms/East/West; (CS) Computer Lab; (CM) Central Park Mall; (CPN/S#) Central Park North/South; (EF) Elaine’s Fine Dining; (EP) Elaine’s Patio; (FC) Fitness Center; (FD) Founders Dining Center; (GS) Gift Shop; (HC) Health Care Center; (LF) Library; (LC) Life Center; (LOT) Parking Area by Large Fountain; (MD) Medical Office @ Plaza South; (OC) Off-Campus; (PB) Plaza Bistro; (PC) Plaza Club; (PG) Putting Green; (HS) Plaza North/South 4th Floor Lounge; (PL) Pool; (PV) Plaza View Lobby; (PB) Plaza View Lounge; (RC) Recreation Center; (RG) Rose Garden; (SG) Sensory Garden; (TPN) Town Plaza North Entrance; (TS) Thrift Shop/Backstreet Boutique; (VSP) Virtual Spiritual Life Office; (WC) Wellness Center; (WD) Woodshop.

**CARECORPS VOLUNTEER CORNER**

**SCAM AWARENESS TIP!**

**CARECORPS VOLUNTEER OPPORTUNITY!** Daily Roadrunner Audio Hotline Volunteers needed! The Low Vision Group is looking for volunteers to read the daily Roadrunner schedule into the audio hotline phone number. If you are interested in this opportunity, contact Didi at x18526.
ARE YOU A MEMBER?
Sign up TODAY!
www.bcampus.org
Residents, be sure you’re a part of our online community by registering at bccrew.net!
Receive updates on what’s happening around campus, connect with other residents and join your building’s group to discuss building news and updates among your neighbors.
You’ll also find the phone directory and game finder where you can see who wants to play what games.
Make new friends today! Visit bcampus.org!

NOVEL CORONAVIRUS COVID-19 INFORMATION

5 THINGS TO KNOW
WHAT IS COVID-19?
COVID-19 is a disease caused by a new coronavirus, which has not been previously identified in humans. Coronavirus are a large family of viruses found in both animals and humans.

WHAT ARE THE SYMPTOMS OF COVID-19?
In most cases, COVID-19 causes mild symptoms including a runny nose, sore throat, cough and fever.

It can be more severe for some people and can lead to pneumonia or breathing difficulties. In some cases, infection can lead to death.

HOW DOES COVID-19 SPREAD?
COVID-19 appears to spread most easily through close contact with an infected person. When someone has COVID-19 coughs or sneezes, small droplets are released and, if you are too close, you can breathe in the virus.

WHO IS MOST AT RISK?
We still need to learn more about how COVID-19 affects people. Older people, and people with other medical conditions, such as diabetes and heart disease, appear to be more at risk of developing severe disease.

WHAT IS THE TREATMENT FOR COVID-19?
There is currently no available treatment or vaccine for COVID-19. However, many of the symptoms can be treated.

5 THINGS TO DO
WASH YOUR HANDS FREQUENTLY.
Wash your hands with soap and water or use an alcohol-based hand rub. This will remove the virus if it is on your hands.

COVER YOUR MOUTH AND NOSE.
Throw away the used tissue immediately and wash your hands with soap and water or use an alcohol-based hand rub. This way you protect others from any virus released through coughs and sneezes.

FRESH, LIFE-FILLED AIR—CONTINUED

of God that hovers over the waters in the Genesis account of creation, and it is the energizing pneuma of God that blows over the followers of Jesus at Pentecost in the Acts of the Apostles.

Pondering the connections between breathing and the divine certainly helps us, in turn, to remember that breathing, that most natural and essential of impulses, is also an engagement with something beyond ourselves. And we all partake in that connection. All day, every day.

However you see it, when we become conscious of each breath we take, we certainly become more aware of our lives.

Breathing thoughtfully reminds us of who we are within the inter-woven wholeness of this life we share. And that can remind us to keep striving for the kind of atmosphere that we want to breathe. Not only in terms of the literal air quality around us, but perhaps we are called to be just as mindful of the emotional and spiritual atmosphere that we are breathing in as well. Are we consciously seeking and working for clean fresh spiritual air? The founder of the Cloud Appreciation Society, Gavin Pretor-Pinney, puts it rather well: “We are creatures who inhabit an ocean of air,” he says. “We do not live beneath the sky; we live within it.” So let’s be mindful of our breathing, and, while doing so, be mindful also of what actions we can each take to improve the air quality around us. And while we do so, let’s remember the ruach and pneuma which gives us life each day.

DIMENSIONS OF WELLNESS FAIR—CONTINUED

Included Dr. Burdick from Harmony Veterinary, which is right across the street, as well as information from our friends at Gentle Journey, a mobile vet who can do pet euthanasia in the home.

Aspects of wellness that bring peace of mind through financial security and preparedness will include Taylor and Lihn Elder Law, as well as Bivens Elder Law, two firms whom we recommend with confidence. For daily money managing services we will be featuring members of the American Association of Daily Money Managers. On Campus representatives include our own Foundation Office and Auxiliary.

Spiritual, social and occupational areas of our lives will also be well-represented that morning. In addition to our own Spiritual Life department, LifeEnrichment will be there to share their programming, as will CAREcorps, Beattitudes at Home, Lifelong Learners, and Comfort Matters.

Too often our busy schedules do not provide the opportunity to discover the many supports available to us in our search for wellness. To have so many providers under one roof, even on Friday the 13th, is a wonderful opportunity to join together and share our good fortune.