A Time Like No Other

This is a time like no other in our lives. The COVID-19 pandemic continues to produce uncertainty, especially for older adults in our communities. Since March, I have said that our top priority is protecting our residents and staff, and we will continue to do that to the best of our ability. As we have said many times, we are guided by data and we rely on guidance from state and federal authorities. As you know, Gov. Doug Ducey has re-opened Arizona despite the fact that the numbers of COVID-19 cases are rising and hospitalizations have increased over the past two weeks. I find that to be very concerning for our community. This past week, Dr. Cara Christ, Arizona’s health director, sent a letter to Arizona hospitals urging them to fully activate emergency plans to prepare for crisis care and to suspend elective surgeries if there is a shortage of staff or bed capacity. Please know that we have had our emergency plans activated since March.

What does all this mean for Beatitudes Campus? Here in Arizona, our residents and our staff are still at risk, and we must be extremely vigilant. We are using the best defenses that we can to protect the spread of the virus on campus. We have implemented mandatory mask wearing and social distancing and continue to be fastidious in infection control and handwashing. The campus is still in complete lockdown for Assisted Living and the Health Care Center, which is mandated by the Centers for Medicare and Medicaid Services. We continue to be in “external lockdown” for Independent Living, which means no visitation from the outside the community except for essential health care workers. This being said, I understand the potential harmful effects to our residents’ well-being after being distanced from friends and loved ones for so long. We have decided to “open up” just a little more within the campus for Independent Living residents only. Last week, we encouraged residents to take walks, see their friends and neighbors within the campus (in groups of no more than three indoors and six outdoors and all socially distant and wearing masks). With restrictions in place for social distancing and infection control, we opened the pool, the exercise room, the Library and the Life Center for indoor walking. Wearing masks is mandatory – for staff and for residents. Everything seemed to go quite well and it was such a relief to do.

Juneteenth Celebration

What is Juneteenth?

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Also known as “Black Independence Day,” June 19 recognizes the day in 1865 when Maj. Gen. Gordon Granger brought federal troops to Galveston, Texas, and announced the Civil War was over and enslaved people were free. It is a time when people of all races, nationalities and religions take time to truthfully acknowledge a period in our history that shaped and continues to influence our society today. Juneteenth is especially important to recognize now because of nationwide protests highlighting how freedom’s work isn’t done.

When/Why:

Special film showings to educate and enlighten.

Wednesday, June 17th at 6:00PM

Let It Fall: Los Angeles 1982-1992 – This documentary chronicles simmering tension and broken trust between L.A.’s Black community and police in the decade before the Rodney King riots.

PLEASE NOTE: RATED M FOR MATURE

Thursday, June 18th at 6:00PM

13th - a film which explores the "intersection of race, justice and mass incarceration in the United States.

PLEASE NOTE: RATED M FOR MATURE

Friday, June 19th at 6:00PM

Mudbound – a film about two Mississippi families – one Black, one white – who confront the brutal realities of prejudice, farming and friendship in a divided World War II era.

PLEASE NOTE: RATED M

Continued on reverse...
TWO TOPPING PERSONAL PIZZA
6” PIZZA, $4.79 | 12” PIZZA, $6.49
AVAILABLE TOPPINGS: PEPPERONI, ONIONS, MUSHROOMS, PEPPERS, OLIVES, SAUSAGE, EXTRA CHEESE
MORE THAN TWO TOPPINGS ARE $.50 EA.

SUPREME PIZZA
6” PIZZA, $5.49 | 12” PIZZA, $7.49
INCLUDES PEPPERS, ONIONS, MUSHROOMS, PEPPERONI, SAUSAGE AND BLACK OLIVES
EXTRA TOPPINGS ARE $.50 EA.

BUFFALO WINGS: $5.75 FOR 6!
imILD BUFFALO WINGS
WITH RANCH AND CELERY STICKS

ORDER ON FRIDAY BY 2PM FOR DELIVERY BETWEEN 4 AND 6PM
CALL x12908 TO ORDER!

COMEDY HOUR

FRIDAYS @ 5PM
BeInspired CHANNEL 1-2
Each Friday, we will feature up-and-coming and seasoned comedians directly following our music hour special. Be sure to tune in!
FEEDBACK? CALL x18493
We present to you, this special menu available from Buckwald’s for Sunday, June 21st in honor of Father’s Day....

Toasted Orzo Chicken Soup ($2.19)
Wedge Salad with Bacon, Tomatoes, Eggs, Avocado and topped with Ranch Dressing ($.89)
Roasted Prime Rib with Au Jus & Horseradish ($6.99)
Potatoes Gratin ($.89)
Glazed Steamed Carrots ($.89)

MEAL DEAL $10.99
(Meal deal includes special Father’s Day dessert!)

AVAILABLE FOR DELIVERY BETWEEN
11:00AM—2:00PM Sunday, June 21st

CHOOSE YOUR PRE-ORDER DELIVERY PERIOD:
11:00—11:30AM • 11:30AM—12:00PM • 12:00—12:30PM • 12:30—1:00PM • 1:00—1:30PM

HAPPY FATHER’S DAY 2020!

Soup:
Leek and Potato (70/93 cal)
Entreé:
Chicken Fajitas with Rice & Pinto Beans (548 cal)
Veg:
Zucchini Parmesan (40 cal)

Soup: Creamy Mac and Cheese Chicken (158/210 cal)
Entreé: Chicken Fried Steak with Mashed Potatoes, Country Gravy (570 cal)
Veg: Ratatouille with Fresh Herbs (49 cal)

Soup: Navy Bean (126/168 cal)
Entreé: Meat Lasagna with Tomato Sauce & Garlic Bread (721 cal)
Veg: Whole Kernel Corn (90 cal)

Soup: Garden Minestrone (159/210 cal)
Entreé: Beef Tenderloin with Grilled Corn Salsa (458 cal)
Veg: Tuscan Vegetables (42 cal)

Soup: Loaded Baked Potatoes (143/190 cal)
Entreé: Fried Catfish, Hush Puppies and French Fries (943 cal)
Veg: Spaghetti Squash (60 cal)

Soup: Chicken Udon (171/228 cal)
Entreé: Spaghetti & Meat sauce with Garlic Bread (743 cal)
Veg: Spinach and Mushroom (71 cal)

Soup: Tomato Basil (80/106 cal)
Entreé: Fried Catfish, Hush Puppies and French Fries (943 cal)
Veg: Spaghetti Squash (60 cal)

Soup: Italian Chowder
Entreés ($4.89):
Vegetable Lasagna OR Classic Chicken Cacciatore
Sides: Fingerling Potatoes; Mashed Potatoes with Gravy; Broccoli; Roasted Beets
Dessert: Chocolate Cake

Soup: Soup ($2.09):
French Onion
Entreés ($4.89):
Lemon Pepper Roasted Chicken Quarter OR Alaskan Salmon with Lemon
Sides: Wild Rice; Mashed Potatoes with Gravy, Sauteed Vegetables; Fresh Brasted Greens
Dessert: Blueberry Pie

Soup ($2.09):
Curry Butternut Squash
Entreés ($4.89):
Chicken Florentine OR Lamb Stew
Sides: Couscous with Parsley; Mashed Potatoes with Gravy; Italian Flat Beans; Stewed Tomatoes
Dessert: Layered Carrot Cake

Soup ($2.09):
Italian Chowder
Entreés ($4.89):
Stuffed Cabbage OR Braised Pork
Sides: Garlic Orzo; Mashed Potatoes with Gravy; Sauteed Spinach; Parmesan Tomato
Dessert: Lemon Cream Cake

Soup ($2.09):
Manhattan Clam Chowder
Entreés ($4.89):
Vegetable Lasagna OR Classic Chicken Cacciatore
Sides: Fingerling Potatoes; Mashed Potatoes with Gravy, Broccoli; Roasted Beets
Dessert: Chocolate Cake

Soup ($2.09):
Cream of Asparagus
Entreés ($4.89):
Dry Rubbed Baby Back Ribs OR Turkey Tetrazzini
Sides: Corn Bread Stuffing; Mashed Potatoes with Gravy, Sweet Potato Casserole; Peas & Mushrooms
Dessert: Apple Pie

PLAZA BISTRO DAILY FEATURES—x12908

MONDAY
Soup: Leek and Potato (70/93 cal)
Entreé: Chicken Fajitas with Rice & Pinto Beans (548 cal)
Veg: Zucchini Parmesan (40 cal)

TUESDAY
Soup: Creamy Mac and Cheese Chicken (158/210 cal)
Entreé: Chicken Fried Steak with Mashed Potatoes, Country Gravy (570 cal)
Veg: Ratatouille with Fresh Herbs (49 cal)

WEDNESDAY
Soup: Navy Bean (126/168 cal)
Entreé: Meat Lasagna with Tomato Sauce & Garlic Bread (721 cal)
Veg: Whole Kernel Corn (90 cal)

THURSDAY
Soup: Garden Minestrone (159/210 cal)
Entreé: Beef Tenderloin with Grilled Corn Salsa (458 cal)
Veg: Tuscan Vegetables (42 cal)

FRIDAY
Soup: Loaded Baked Potatoes (143/190 cal)
Entreé: Fried Catfish, Hush Puppies and French Fries (943 cal)
Veg: Spaghetti Squash (60 cal)

SATURDAY
Soup: Chicken Udon (171/228 cal)
Entreé: Spaghetti & Meat sauce with Garlic Bread (743 cal)
Veg: Spinach and Mushroom (71 cal)

SUNDAY
Soup: Tomato Basil (80/106 cal)
Entreé: Fried Catfish, Hush Puppies and French Fries (943 cal)
Veg: Spaghetti Squash (60 cal)

Buckwald’s

BUCKWALD’S LUNCH FEATURES—X16130

MENU FOR LUNCH ONLY | LUNCH AVAILABLE MONDAY—SATURDAY, 11AM—2PM | SEE DINNER MENU INSIDE
ENTRÉE SALADS

ROASTED BEET SALAD
Red & Golden Beets, Avocado, Red Onion, Mixed Salad Greens, Goat Cheese, Candied Walnuts & Drizzled with Honey Dijon Vinaigrette, $5.99
(512 calories)

CAESAR
Chopped Romaine with Shredded Parmesan and Focaccia Croutons, $3.59 (305 calories)
Add Grilled Chicken—$6.29 (+153 calories)
Add Grilled Shrimp—$6.79 (+223 calories)

BUCKY’S BYO

BUCKY’S BYO (BUILD YOUR OWN) STEAK BURGER
House Made Burgers Featuring Buckwald’s Unique Blend of Premium Cuts of Short Rib, Brisket & Chuck, $6.99

Choose Patty
Beef (406 calories), Turkey (240 calories) or Veggie (170 calories)

Choose Bun
Whole Wheat (250 calories), White Kaiser (266 calories), Gluten Free (232 calories)

Choose Cheese .50¢
American (47 calories), Swiss (52 calories), Cheddar (50 calories) or Blue Cheese (100 calories)

Choose Toppings .50¢
Mushrooms (28 calories), Bacon (112 calories), Onions (23 calories), Avocado (45 calories)

Choose Sauce
Mayo (34 calories), Ketchup (14 calories), Mustard (9 calories)

ALL BURGERS COME WITH LETTUCE, TOMATO, PICKLES AND ONION
ALL ADDITIONAL TOPPINGS ARE .50¢ EACH

BURGERS ARE COOKED TO 155°F INTERNAL TEMPERATURE BY MARICOPA COUNTY DEPT. OF HEALTH STANDARDS

SIDES

Onion Rings — 299 calories
Seasoned Fries — 197 calories
Creamy Garlic Parmesan Orzo — 273 calories
Corn & Zucchini Sauté — 152 calories
Grilled Asparagus — 154 calories
Red Wine & Garlic Mushrooms — 168 calories
Sautéed Zucchini — 32 calories

Chipotle Mashed Potatoes with Goat Cheese & Caramelized Shallots — 123 calories
Baked Potato— 211 calories
Baked Sweet Potato— 99 calories

All Sides—$1.09
Add Garden Bar to any Entrée for $3.29, or enjoy as your meal for $4.99—add Side Salad to any order for $1.09

*HEALTH ADVISORY: WE CHOOSE TO COOK BEEF AND LAMB TO ORDER.
CAJUN PORK TENDERLOIN
A Moist and Juicy Cajun Seasoned Pork Tenderloin wrapped in Crispy Bacon and Glazed in an Apricot Dijon Sauce, $8.99 (312 calories)

BASEBALL CUT TOP SIRLOIN
Char broiled 8oz Center Cut Top Sirloin (called a baseball cut due to its rounded shape) served with optional Béarnaise or Brandy Peppercorn Sauce, $12.99 (467 calories)

CHICKEN PICCATA
Pan Seared Chicken Breast, Seasoned with Parmesan and Parsley, Drizzled with a Light Lemon Sauce, $8.99 (464 calories)

N.Y STEAK
Topped with Crumbled Blue Cheese, Mix and Balsamic Caramelized Shallots, $9.99 (746 calories)

CATCH
SEARED SALMON FILET
Seasoned and Seared served with a Lemon Basil Butter, $9.99 (311 calories)

TUSCAN SCALLOPS WITH PASTA
Pan Seared Scallops, with a Creamy Tuscan Style Tomato Sauce & Spaghetti, $12.99 (586 calories)

TUSCAN STYLE STUFFED MUSHROOMS
Goat Cheese & Spinach Stuffed Portobello Mushrooms in a Creamy Sun Dried Tomato Sauce, $6.99 (365 calories)

THE LIGHTER SIDE
CREAMY ARTICHOKE & PINE NUTS PASTA
Bow Tie Pasta with Artichoke Hearts, Crème Fraiche, Lemon & Parmesan Sauce, topped with Toasted Pine Nuts & Sweet Peas, $6.99
Gluten Free Pasta, (439 cal)
Add Chicken, $2.69 (153 cal)
Add Grilled Shrimp, $3.19 (223 cal)

SHRIMP PASTA PRIMAVERA
With Asparagus Tips, Yellow Summer Squash, Grape Tomatoes in a Creamy Parmesan Sauce with Grilled Shrimp $10.99 (295 calories)

CHEF’S SPECIALS
Available Wednesday—Saturday
CHEF’S BLUE PLATE:
LIVER & ONIONS
Beef Liver with Caramelized Onions and Crisp Bacon Strips, served with Mashed Potatoes, $5.99 (552 calories)

CHEF’S ACTION STATION:
MUSHROOM CORN PASTA
Orecchiette Pasta with Mushrooms, Charred Corn, and Light Cream Sauce, $5.99 (497 calories)

ANNOUNCEMENTS
BUCKWALD’S AND PLAZA BISTRO ORDERS ARE FOR PICKUP & DELIVERY ONLY
BUCKWALD’S, x16130 | PLAZA BISTRO, x12908

BUCKWALD’S WILL BE CLOSED ON MONDAYS TEMPORARILY
TUESDAY WILL FEATURE OUR REGULAR MENU LISTED ABOVE
HOOTENANNY HAS BEEN TEMPORARILY SUSPENDED ON WEDNESDAY EVENINGS
## PLAZA BISTRO MENU: JUNE 15 — JUNE 21, 2020

**DELIVERY & PRICING:** x12908 | LUNCH/DINNER SERVED BETWEEN 10:30AM (SUNDAYS FROM 11:30AM) TO 7PM

### SOUPS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHILI CON CARNE</td>
<td>2.79 (200 CAL)/3.49 BOWL (266 CAL)</td>
</tr>
<tr>
<td>CLASSIC CHICKEN NOODLE</td>
<td>2.19 (58 CAL)/2.99 BOWL (77 CAL)</td>
</tr>
<tr>
<td>SOUP DU JOUR (2.19 CUP/2.99 BOWL) (ASK FOR CAL COUNT)</td>
<td>Made fresh daily by our chefs, ask for today's selection</td>
</tr>
</tbody>
</table>

### ENTRÉE SALADS

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.69 ARIZONA CHICKEN &amp; SPINACH (466 CAL)</td>
<td>Fresh Baby Spinach Topped with Choice of Grilled Chicken Breast, Mushrooms, Candied Pecans, Raspberries, Apple and Raspberry Vinaigrette</td>
</tr>
<tr>
<td>6.29 BEEF TACO SALAD (707 CAL)</td>
<td>Taco Seasoned Ground Beef over Shredded Lettuce in a Flour Tortilla Shell topped with Tomato, Onion, Cilantro, Cheddar Cheese, Sour Cream, Salsa and Guacamole</td>
</tr>
</tbody>
</table>

### SANDWICHES

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.59 HALF SANDWICH/CUP OF SOUP DU JOUR</td>
<td>Choice of Smoked Turkey (128 CAL), Black Forest Ham (212 CAL), Tuna Salad (165 CAL) or Cranberry Chicken Salad (190 CAL) served with a Cup of Soup du Jour—Make it a full sandwich for $5.99, Gluten Free Bread Available</td>
</tr>
<tr>
<td>3.29 GRILLED HOT DOG (374 CAL)</td>
<td>All-Beef Frank served on a Bun; Toppings: Onions, Chili, Cheese, Sauerkraut</td>
</tr>
<tr>
<td>5.49 CRISPY BUTTERMILK CHICKEN SANDWICH (535 CAL)</td>
<td>Breaded Chicken Breast on a Kaiser Bun with Lettuce, Tomato, Onion, Pickles and A Honey Mustard Aioli</td>
</tr>
<tr>
<td>5.29 CHILI LIME SHRIMP QUESADILLA (415 CAL)</td>
<td>Marinated Shrimp and Cheddar Jack Cheese in Flour Tortillas with Pico De Gallo Salsa</td>
</tr>
<tr>
<td>4.59 B.L.T (344 CAL)</td>
<td>Toasted Breaded Bacon, Lettuce, Tomato and Mayonnaise—Add Sliced Turkey or Black Forest Ham for $1; Gluten Free Bread Available</td>
</tr>
</tbody>
</table>

### ENTRÉES

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.99 MAKE YOUR OWN MELT (350 CAL)</td>
<td>Choice of: Bread: Wheat, Sourdough, Whole Grain, Rye, Gluten Free</td>
</tr>
<tr>
<td>5.29 PESTO &amp; MOZZARELLA MEATBALL PANINI (946 cal)</td>
<td>Italian Meatballs with Red Sauce, Mozzarella and Pesto on Grilled Ciabatta Bread</td>
</tr>
<tr>
<td>5.79 BEATITUDES BURGER (100% All Beef Patty served on a Kaiser Roll)</td>
<td>All Burgers come with Lettuce (3 CAL), Tomatoes (7 CAL), Pickles (4 CAL), Onions (15 CAL) and choice of: Patty: Beef (+390 CAL), Turkey (+289 CAL), Veggie (+140 CAL) or Charbroiled Chicken Breast (+194 CAL)</td>
</tr>
<tr>
<td>4.39 OMELET YOUR WAY (423 CAL)</td>
<td>Two Egg Omelet with Your Choice of Vegetables, Meats and Cheeses—build it your way!</td>
</tr>
<tr>
<td>5.29 HALF ROASTED CHICKEN (300 CAL)</td>
<td>With Creamy Basil Sauce</td>
</tr>
<tr>
<td>5.79 CARVED TURKEY MEATLOAF (415 CAL)</td>
<td>With Vegetable du Jour</td>
</tr>
<tr>
<td>5.79 THERE WILL BE NO BE-CREATIVE STATION UNTIL FURTHER NOTICE.</td>
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</tbody>
</table>

### ENTREE DU JOUR (ASK FOR CALS)

<table>
<thead>
<tr>
<th>Item</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.29 GRILLED CATCH OF THE DAY (ASK FOR CALS)</td>
<td>Ask a server for today's selection!</td>
</tr>
</tbody>
</table>

### Additional Toppings

- Onions (.50¢), Ham (.50¢), Turkey (.50¢), Tomato (.25¢)
- Additional Toppings are 50¢ each: Toppings: Mushrooms (+8 CAL), Bacon (+88 CAL), Onions (+11 CAL), Avocado (+80 CAL) | Sauces: Mayo (+50 CAL), Ketchup (+17 CAL), Mustard (+9 CAL)

### Side Items

- Fresh Fruit Cup (104 CAL) .......... 1.09
- Steamed Carrots .................... 89¢
- Sweet Potato Fries (146 CAL) .......... 89¢
- Side Salad (32 CAL) ................... 1.09
- Cucumber Salad (34 CAL) .......... 89¢
- Plain (102 CAL) or Sweet (104 CAL)
- Avocado (125 CAL) .................... 89¢
- Carrots and Parsnips (98 CAL) .......... 89¢
- Baked Potato ..................... 89¢
- Green & Yellow Squash (194 CAL) .......... 89¢
- Roasted Fingerling Potatoes ......... 89¢
- Onion Rings (257 CAL) .......... 1.09
- Sautéed Spinach (134 CAL) .......... 89¢
- (171 CAL) .......... 89¢
- Vegetable du Jour .......... 89¢
- Broccoli (105 CAL) ................... 89¢
- French Fries (252 CAL) .......... 69¢

**WEEK 40**
CLASSIC BREAKFAST OFFERINGS

**OATMEAL** (70 CAL) ................................................................. $1.99
Add Brown Sugar (35 CAL), Raisins (90 CAL) or Cream (19 CAL)

**BISCUITS & GRAVY** (360 CAL) ............................................... $3.19
Two Biscuits Covered with a Savory Country Sausage Gravy

**ALA CARTE BREAKFAST** ......................................................... BUILD YOUR OWN BREAKFAST!

<table>
<thead>
<tr>
<th>Eggs Any Style</th>
<th>Add Meat(s), .89¢</th>
<th>Toast/Bread (2 slices), .89¢</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Egg (72 CAL), .59¢</td>
<td>Bacon (90 CAL)</td>
<td>Sourdough (324 CAL)</td>
</tr>
<tr>
<td>Two Eggs (144 CAL), $1.19</td>
<td>Sausage (180 CAL)</td>
<td>Wheat (138 CAL)</td>
</tr>
<tr>
<td>Three Eggs (216 CAL), $1.78</td>
<td>Canadian Bacon (40 CAL)</td>
<td>9-Grain (240 CAL)</td>
</tr>
<tr>
<td>Substitute Egg Whites (32 CAL)</td>
<td>Add Potato, .69¢</td>
<td>Rye (130 CAL)</td>
</tr>
<tr>
<td></td>
<td>Hash Browns (470 CAL)</td>
<td>Cinnamon Raisin (160 CAL)</td>
</tr>
<tr>
<td></td>
<td>Home Fries (260 CAL)</td>
<td>English Muffin (67 CAL)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flour Tortilla (90 CAL)</td>
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<tr>
<td></td>
<td></td>
<td>Bagel (245 CAL)</td>
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<tr>
<td></td>
<td></td>
<td>Gluten Free (140 CAL)</td>
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</tbody>
</table>

**CREATE YOUR OWN SANDWICH/BURRITO**

Utilize any of the above ingredients to make your own Breakfast Sandwich or Burrito

**QUICHE LORRAINE** (415 CAL) ............................................... $4.59

**CREATE YOUR OWN OMELET** ................................................ $4.39
Choice of Canadian Bacon (40 CAL), Sausage (180 CAL), Bacon (90 CAL), Mushrooms (6 CAL), Green Peppers (6 CAL), Onions (10 CAL), Tomatoes (5 CAL), Cheddar Cheese (113 CAL), Swiss Cheese (106 CAL) or Pepper Jack Cheese (108 CAL)

**BLUEBERRY COMPOTE** (62 CAL) ............................................... .59¢
Add to any order as a topping!

**SHORT STACK PANCAKES** (520 CAL) .......................................... $2.69
Two Fluffy Pancakes served with Butter & Warm Maple Syrup—Add Compote Above, .59¢

**BELGIAN WAFFLE** (402 CAL) ................................................. $2.99
Fresh Baked Waffle served with Butter and Warm Maple Syrup—Add Compote Above for .59¢

**FRENCH TOAST** (362 CAL) ..................................................... $2.99
Fresh Baked Challah Bread served with Butter and Warm Maple Syrup—Add Compote Above for .59¢

**HEART HEALTHY** (162 CAL) ................................................... $2.99
A Lite Breakfast Sandwich Made with Egg Whites, Spinach and Mushrooms served on a Thin Roll

**LIGHT START** (228 CAL) ..................................................... $2.99
Bowl of Cottage Cheese or Yogurt served with Seasonal Fruit & Berries

**COLD BREAKFAST CEREAL** .................................................. $1.99
Choice of Cheerios (100 CAL), Rice Krispies (97CAL) or Raisin Bran (100 CAL); served with a half-pint of Milk—Regular (150 CAL); 2% (120 CAL); or Fat Free (90 CAL)

**SIDES MENU**
Add to Any Order or by Itself

- Add a Pancake (235 CAL) ............................................ $1.29
- Add a Slice of French Toast (110 CAL) ....................... $1.39
- Add a Strip of Bacon (90 CAL) ................................. .49¢
- Add a Slice of Toast ............................................... .49¢
- Add Two Slices of Toast ......................................... .89¢
- Add Blueberries (80 CAL) ...................................... .59¢
- Add Hash Browns (470 CAL) ................................. .69¢
- Add Home Fries (266 CAL) ................................. $1.09
- Add Canadian Bacon (40 CAL) .............................. .49¢
- Add Biscuit (212 CAL) ........................................ .89¢
- Add Sausage (180 CAL) ....................................... .49¢
- Add Cheese (113 CAL) ........................................ .49¢
- Add Avocado (130 CAL) .................................... .49¢
A Time Like No Other—Continued

relief for our Independent Living residents!

Additionally, this week, we started to loosen restrictions a bit more for our Independent Living (IL) residents. Although we are not opening our dining facilities, we are now allowing IL residents to pick up their meals at the Bistro and Buckwald’s if they choose to do so. We will gladly still deliver if asked. Many of our residents prefer to stay “hunkered down” in their apartments because they feel safer, and we honor and applaud those decisions. We have also changed up our package/grocery delivery procedure. Families will still be able to drop off their packages for their loved ones; however, we won’t require you to be screened for a fever or COVID-19 symptoms. You can drive immediately to the package drop-off station and deliver your package.

We do have some news about testing. As all the residents and staff in the Health Care Center were tested two weeks ago, we are pleased to report that no resident tested positive for COVID-19! The residents were tested with the viral COVID-19 test (nose swab) on Tuesday, June 16th. We are pleased that the state of Arizona is still prioritizing testing for Assisted Living residents and staff, and hopefully, the state will be administering those tests soon. We continue to relentlessly advocate for testing for all of our residents and staff.

FaceTime calls with your loved ones, you will be pleased to know that we are looking into the possibility of a dedicated visitation area for our Independent Living residents and their families. We know how tough it has been for you and your loved ones not to see each other in person. We are working through details and logistics for this area – infection control protocols, scheduling, screening. We hope to have the area available in the next few weeks. For our residents in the Health Care Center and Assisted Living, however, current Centers for Medicare and Medicaid Services and Arizona Department of Health Services regulations preclude visitation other than from essential healthcare workers or end of life situations.

If you every have any questions or concerns, please remember to email us at BeWell@BeAttitudesCampus.org.

Your strength, sacrifice and compassion throughout this coronavirus journey has been extraordinary and inspiring to me. Because of this, we will emerge much stronger and more resilient. We are in this together. We are BeAttitudes Strong!

Juneteenth Celebration—Continued

FOR MATURE

Where: BeInspired LIVE Community Channel 1-2

Why: Celebrating Juneteenth is more important now than ever for it celebrates African American freedom and achievement, while encouraging continuous self-development and respect for all cultures. Commemorating the holiday could bring us closer to truly embracing our ideals of freedom and equality for all.

SPECIAL JUNETEENTH MENU

Available from the Bistro on June 19th:
Fried Catfish, Hushpuppies, and French Fries.
(see the Crave for ordering instructions!)

Quarterly Air Filter Change

Please be advised, Maintenance Technicians will be in all residential buildings—Central Park North, Central Park South, Central Park West, Plaza North & South, Plaza View and the Health Care Center.

On THURSDAY, JULY 2, 2020, BETWEEN 8:00AM AND 5:00PM, to change out the air filters in all resident homes.

DUE TO THE SIZE OF THIS TASK, MAINTENANCE IS UNABLE TO PROVIDE A SPECIFIC TIME FOR THE FILTER CHANGE.

If you would like to be home when Maintenance changes your air filter, please adjust your schedule accordingly.