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Roadrunner

HISTORICAL WEEKLY NEWSLETTER OF BEATITUDES CAMPUS, SINCE 1965

HAPPY BIRTHDAY!

- 22nd—Gail Zerlaut
Sig Strommesen
- 23rd—Paula Large
- 25th—Dee Orr
- 26th—Igor Glenn
Sally Gondor



State of the Campus

Michelle Just,
President & CEO



Dear Beatitudes Community,
This week has been a roller-coaster week as far as the coronavirus pandemic goes. We reached the highest of highs, with the shipment of the first vaccine (Pfizer) and the probable emergency use authorization of a second vaccine (Moderna) to be determined in the next few days. I had tears in my eyes when I watched FedEx and UPS transport the vials of the Pfizer vaccine to all parts of the country. After months of scientists working around the clock, this extraordinary effort of world-class scientists and health experts has resulted in an efficacious vaccine that will protect us from getting sick from the coronavirus. This is akin to landing on the moon! We can now see a glow of light and hope in the long tunnel we have been traveling through.

I will be sending you more detailed information about the vaccine and our partnership with CVS next week. I do want to share with you that a government advisory panel endorsed the second COVID-19 vaccine yesterday from Moderna and the Food and Drug Administration is expected to give Emergency Use Authorization for the vaccine, which is earmarked for distribution to direct care workers and residents of nursing homes and assisted living. This is truly wonderful news that will help us emerge from this pandemic. As we know now, our Health Care Center residents and designated staff are projected to receive the vaccine sometime during the week of December 27 and our Assisted Living residents and designated staff will start receiving the vaccine during the week of January 4. The campus is not mandating the vaccine but is strongly encouraging it.

This good news, though, collided with bad news. Throughout the country, COVID-19 infections, hospitalizations and deaths has reached epic levels never seen before. Sadly, Arizona leads the nation in rate of infection, and Arizona is in the "red" zone of substantial spread. The 7-day positivity rate for Arizona is 21%, one of the highest in the nation. Dr. Cara Christ, Arizona Department of Health Services director, said that a study conducted in New York indicated that three-fourths of coronavirus transmission occurs in homes, not in businesses or restaurants.

Beatitudes Campus has not been immune to the spread. We have always said that the spread of infections on campus mimics the community spread. This week, we have 15 cases of COVID-19 among residents and staff, up from one last week. Details of the individuals involved are later in this letter. We have completed our contact tracing, and it appears that most of the individuals contracted COVID-19 from family members, not from staff-to-resident, resident-to-staff or resident-to-resident. I want to again reiterate what we have been saying all along – don't gather in groups, particularly inside; wear your mask religiously; wash your hands and keep six feet or more apart. This is not the time to let down your guard. We have to "stay the course," particularly now. There is tangible hope in the vaccine, but now we must protect ourselves and each other. This is a season of wanting to be with your family over the holidays, but I urge you to think through how you are going to spend the holidays. The safest way to celebrate winter holidays is at home with the people who live with you and virtually with those who don't.

Continued on page 4...

COVID-19 DASHBOARD

2020-12-18

BEATITUDES CAMPUS RESIDENT COVID-19 CASES				
	Active	Recovered	Deaths	Total
Skilled Nursing/Advanced Memory Support Residents	0	11	7	18
Assisted Living/Early Memory Support/Plaza View Residents	2	13	2	17
Independent Living Residents	5	6	2	13
TOTAL CASES	7	30	11	48
BEATITUDES CAMPUS STAFF COVID-19 CASES				
	Active	Recovered	Deaths	Total
Health Care Center - Direct Health Care Staff	1	23	0	24
Health Care Center - Support Staff	0	10	0	10
Assisted Living/Early Memory Support/Plaza View - Direct Health Care Staff	1	11	1	13
Assisted Living/Early Memory Support/Plaza View Support Staff	3	6	0	9
Independent Living Staff (Administration/Home Services/Support Staff)	3	18	0	21
Contracted Health Care Workers	0	2	0	2
TOTAL CASES	8	70	1	79

**PRAYER REQUESTS,
X15186
DIAL-A-PRAYER,
X15187**

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BEATITUDES CAMPUS
1610 W Glendale Ave
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



Throughout Advent and Christmas much is said and sung and written about Mary's courage and devotion and sacrifice. I wonder though, isn't Joseph just as exceptional a character? Both Mary and Joseph said, "Yes!" to God. For Joseph to learn that Mary was pregnant with someone else's child, and to go along with it simply because of a dream is amazing. After all, Joseph had plans for his life, and they probably did not include rearing someone else's child, even God's. Suddenly, based on a dream,

he is supposed to believe that it is okay that his betrothed is pregnant and the kid isn't his. He is supposed to accept that all the plans for his life have gone out the window. Not only is he supposed to be at peace with it, but he is supposed to believe that in all of this disastrous news is planted the seed of Divine possibility!

It would take a lot more than a dream for me to buy that. What would it take for you? There are many things in life that don't go according to plan, things that demand that we set aside our egos, our sense of how things ought to be, things that test our faith. What will it take for you to believe that, even in the midst of the bad, of the struggle, there just may be the seeds of Divine Possibility? It is a hard leap to make, which is why the messenger's first words to Joseph were the same that the angel said to

Mary: "Fear not." It isn't really that we won't be afraid; it is that, if the Divine seed is going to have a chance, we are going to have to invest more in our faith than in our fears. One of my favorite benedictions that I use at the conclusion of a worship service is this: "And now, go forth in faith to live out your hopes and not your fears, knowing that you are held in holy hands by a Love that will never let you go!"

We are all ready to close this year 2020 out and move forward into what hopefully will be a much brighter year. As we go into the new year of 2021, we know it is uncharted territory, nothing is guaranteed, the people we love are not promised to us next year, so let us invest more in our faith than in our fears. Let us like Mary and Joseph be open to believe that the seeds of Divine Possibility are within whatever 2021 brings.

COMMUNITY CORNER: OPEN AMENITIES AT THIS TIME

COMMUNITY CORNER: THE FOLLOWING AMENITIES ARE OPEN TO RESIDENTS AT THIS TIME

Resident Lobbies

Hours: All Day (Maximum 4 residents) Residents may play games (Ex: bridge) in groups but are asked to sanitize hands and wear masks at all times.

Resident Apartments

Residents may gather in groups of four in individual apartments. Residents are asked to sanitize hands and wear masks at all times.

Visitor Guidelines

Residents in IL may now have two visits per week and up to two people may come during that visit. Visitors must have a completed visitor form to visit campus.

Musical Entertainment:

In-person musical entertainment is temporarily suspended to help reduce spread of COVID

- Please tune in to channel 1-1 to find information on how to enjoy musical entertainment virtually

Life Center Walking

Hours: Open Daily 7-10AM (Limit 3 households) Masks are required. On Tuesday's please limit walkers to two at a time due to Employee COVID Testing.

Fitness Center

Now open 7 days a week
Hours Open: 8-11AM & 1-3PM (Maximum 4 residents)

Fitness Classes

Fitness classes with Mike take place at 1:00PM on Mondays, Wednesdays, & Fridays in the Recreation Center. Classes are limited to 5 people by appointment. Must call Mike Smallwood at x18482 to reserve a spot. Masks are required.

Water Aerobics is starting Thursday 11/19 at 8:30AM. Classes will take place every Tuesday & Thursday. Class size is limited to five residents in the pool. Must call Mike Smallwood at x18482 to reserve a spot. Masks are

required on the pool deck but will not be worn in the pool. Social distancing will be strictly enforced.

Swimming Pool

Hours: All Day (Maximum 4 residents)

Bocce Ball Court

Open seven days a week from 6-8:30AM with a limit of four persons at a time.

Practice safe social distancing while playing and masks must be worn.

Physical Therapy Clinic

The Oasis Physical Therapy clinic on campus is open. Call x16153 for details and to schedule an appointment.

Library

Hours Open: Monday through Saturday from 1PM-3PM. Masks are required.

Salon Services

Campus salons are open for business Monday-Friday by appointment only. Call x16129 to reach the Plaza North Salon or x16193 for the Town Plaza Salon.

Dining Services

- The Bistro dining room will be closed beginning 12/18/20 until further notice.
- You will still be able to pick up your orders in the Bistro and Buckwald's.
- The Corner Perk and the Grab and Go, along with the grocery area will remain open to the residents.
- Bistro and Buckwald's deliveries are still being offered free of charge.

Grocery Shopping

Campus provided transportation for shopping to Safeway is now available for Independent Living residents

- Safeway shopping days are Tuesday, Wednesday, and Thursday. First come first served.
- Call x12905 24 hours in advance and you will be assigned a shopping time. (Times begin at 8AM.)
- Masks must be worn at all times when using

COMMUNITY CORNER—CONTINUED

campus transportation.

Starting Monday November 30th, Life Enrichment will no longer be grocery shopping. However, assistance is available to facilitate online grocery shopping and delivery. Call x12905 and leave your name and number for assistance with online shopping. You will receive a call back to discuss online shopping assistance. You do not need to have a computer or internet access to utilize this service.

Gift Shop

Beginning in December, the gift shop will be open every Tuesday and Thursday from 9am to 2pm with a limit of five shoppers in the store at all times. Sales promotions will be featured on Channel 1-1. Please maintain social distancing protocols and do not linger, in order to minimize the potential for COVID exposure.

Backstreet Boutique

Open Tuesdays and Fridays from 8AM – 12PM. Call x18463 for a ride or for Boutique information. Please maintain social distancing protocols and do not linger, in order to minimize the potential for COVID exposure.

Buzy Bees Virtual Craft Sale

- Turn TV to Channel 1-2 every Saturday and Sunday at 2PM and shop from home.
- If you like an item, call the number listed and it will be delivered to you.

Spiritual Life

Distribution of Holy Communion

- Independent Living residents are invited to attend the Friday Prayer & Praise worship service at 10AM where communion will be offered. Please call x16109 to reserve your place
- Assisted Living residents are invited to receive communion in Plaza View Lounge on Wednesdays between 1-2PM.

Attendance at Off Campus Worship

- Call Chaplain Peggy at x16109 for more information regarding your faith community protocols for in-person worship

Catholic Mass Sunday at 10:00 AM

- Call Chaplain Peggy at x16109 if you are interested in attending Catholic Mass in the Life Center.
- In person attendance at Mass will be limited to 20 and all safety precautions will be observed
- You will be contacted regarding the week of the month that your seat is reserved
- Sunday Obligation is not mandatory
- Communion will continue to be distributed at resident apartments for those not attending Mass

Friday Prayer & Praise Worship 10:00 AM

- Call Chaplain Peggy at x16109 if you are interested in attending a service of Prayer & Praise including Holy Communion
- In person attendance at Worship in the Life Center will be limited to 20 and all safety precautions will be observed
- You will be contacted regarding the week of the month that your seat is reserved
- Sunday service will continue to be recorded

for viewing on Sunday at 3PM and Tuesday at 3PM

Quiet Room

- The Life Center Quiet Room will be open for use on weekdays. Those wishing to make use of this space may contact Kimberly Bravo, Spiritual Life Admin Assistant, ext. x18465.

Bible study with the Chaplains

- Wednesdays 10AM in the Life Center. Limited to 20 people. Call Kimberly at x18465 to reserve your seat.

Life Long Learners

- Two courses in progress: Construction and Intermediate Zoom.
- Residents with low vision may call x15362 for further details

Support Groups

- Mental Health Peer Support Group (for Plaza View residents only) meets on Mondays weekly at 1PM in the Plaza View Lounge (socially distanced with masks)
- Parkinson's Support Group every 1st Wednesday at 3PM in the Life Center Boardrooms.
 - In person attendance is limited to 10 people (socially distanced with masks)
-OR-
 - Join us over the phone by dialing x15171 (landline) or 602-544-5171 (cellphone)
- Better Breathers Lung Health Support Group every 2nd Monday at 3:30PM
 - This group does not meet in person. Join us over the phone by calling 602-580-9488 and you will be prompted to enter code 8711774#
- Dementia Carepartner Support Group every 2nd Wednesday at 3PM in the Life Center Boardrooms.
 - In person attendance is limited to 10 people (socially distanced with masks)
-OR-
 - Join us over the phone by dialing x15171 (landline) or 602-544-5171 (cellphone)
- Low Vision Support Group every 3rd Wednesday at 3PM in the Life Center Boardrooms.
 - In person attendance is limited to 10 people (socially distanced with masks)
-OR-
 - Join us over the phone by dialing x15171 (landline) or 602-544-5171 (cellphone)

**TUNE IN TO
BEINSPIRED LIVE!
CHANNEL 1-2 ON
YOUR TELEVISIONS
FOR UPDATES, NEWS
AND INFO FROM
YOUR STAFF.**

CHANNEL 1-2 SCHEDULE

*This schedule is
subject to change.*

- LIFE ENRICHMENT
DAILY, 9:00AM**
 - SYMPHONIC MUSIC
WITH BRUCE
FRIDAY, 9:00AM**
 - FITNESS POWER
HOUR
DAILY
10:00AM & 1:00PM**
 - SUCCESS MATTERS
MONDAY—FRIDAY
11:00AM**
 - DINING SERVICES
MONDAY, 12:00PM**
 - MICHELLE & DAVID
MON, WED, FRI
2:00PM**
 - BUZY BEES SALE
SATURDAY & SUNDAY
2:00PM**
 - SPIRITUAL LIFE
DAILY, 3:00PM**
 - MUSIC HOUR
DAILY, 4:00PM**
 - COMEDY HOUR
FRIDAY, 5:00PM**
 - MOVIE NIGHTS
FRIDAY, 6:00PM**
 - DAILY ENCORE
M-F, 5:00PM
(FRIDAYS at 8:00PM)**
- Please continue to send us your comments and feedback, by **Voicemail, x18493 or online at bccrew.net/feedback**

STATE OF THE CAMPUS—CONTINUED

Travel and gatherings with family and friends who do not live with you can increase your chances of getting or spreading COVID-19.

Please think intentionally if you are visiting your loved ones or coming to campus. Our licensed areas – Health Care Center, Early Memory Support and Assisted Living – are considered in outbreak status, which means there is no visitation outside of compassionate end of life visitation. We are not in “lockdown” for Independent Living, but I urge you to think twice before going off campus or coming to campus. Try to limit your visits with your family to essential visits only. And, whatever you decide, wear your mask, social distance, wash your hands and meet outside if at all possible.

The campus has immediately reacted to the increased spread of the virus and we remain vigilant about mitigating the spread of the virus. On Friday afternoon, we are closing the Bistro for indoor and outdoor dining and will be offering pick-up and delivery only. We are also pausing the weekend live musical entertainment and downsizing all of our fitness classes to five people.

On Monday, December 14, we conducted 375 COVID-19 tests and all results were negative except for four. On Thursday, December 17, all Health Care Center staff and of the staff who are positive, either from Monday’s tests or later in the

week, one is a CNA in the Health Care Center, one was working our screening station in Plaza View/ Assisted Living, one is a medication tech/caregiver in Assisted Living/Early Memory Support, two are support staff (one in Plaza View/Assisted Living and one in Assisted Living/Early Memory Support), one is a caregiver with Beatitudes at Home, one is a worker at the Bistro, and one is a housekeeper. We currently have seven residents who have tested positive. Two residents live in Plaza View Assisted Living and five live in Independent Living – four in Plaza North and one in Central Park West. All staff and residents are in quarantine in their homes. All residents in our licensed areas (Health Care Center and Plaza View/Assisted Living/Early Memory Support) will be tested again next week. Please keep all of our staff and residents in your thoughts and prayers.

I understand that this isn’t the news we want to hear; however, as the number of cases of COVID-19 are surging in Arizona and the United States, we are seeing the trend here at the campus. Now is not the time to loosen up the good habits you have practiced during the past nine months. We are so close to the finish line.

I wish all of you a safe and happy holiday. Stay well!

My best, Michelle Just, President and CEO

SPECIAL THANK YOU TO CARECORPS SANTA ELVES!

CARECorps would like to give a huge shout out to the volunteers who made Christmas a lot brighter. This year, CARECorps sponsored gifts to every resident in Plaza View and the Healthcare Center with around 150 bags in total (see photo at right). The volunteer elves put their hands to work and assembled each bag with the supplies and a personal card in no time. THANK YOU to everyone who helped. Your gift of giving never goes unnoticed and your light shines on so many this Christmas and always. CARECorps Lead, Didi Cruz



CARETOU SERVICES

CareToU will be on Campus for Dermatology Services on **Wednesday, December 30, 2020** and again on **Wednesday and Thursday, January 13 and 14, 2021**. You will see their Mobile Van parked by the big fountain next to the Care Center, across from the Board Rooms, all week long. If you prefer, you may call 602-639-0189 to schedule an appointment, or you can just stop on by; walk-ins are welcomed! Please take advantage of this opportunity to address skin issues. We are working on next year’s schedule and will publish it in the Road Runner once it has been established.

LAST MINUTE GIFTS AT THE GIFT SHOP!

Leave the holiday stress behind! If you need a last minute gift or can’t get out to shop, we have the perfect solution for you!
Stop by the Gift Shop **Tuesdays or Thursdays between 9am and 2pm** to find what you need. There are specials every week on Christmas items (even cards) and if you **spend \$25, you receive a FREE ornament!** Happy Holidays!!

VOLUNTEER HOT CHOCOLATE “WALK-BY”

Walk by the Central Mall on **Monday, Dec. 21st between 9—11AM** to grab a hot chocolate and your service pins! Masks required and stay socially distant. We may not be able to gather, but we can still have a little fun! Be sure to “walk by”!