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Roadrunner

HISTORICAL WEEKLY NEWSLETTER OF BEATITUDES CAMPUS, SINCE 1965

HAPPY BIRTHDAY!

- 28th—Roger Mullaney
- 30th—Pat Kendrew-Tolvo
- 1st—Bonnie McCulley
Marian Palmer
Jerry Roseberry
Linda Danik
- 2nd—Jean Blitz
- 3rd—Katie Nelson

NEW RESIDENTS!



DEC. 29
Joan Brosius-Tack,
N529



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

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

State of the Campus

Michelle Just,
President & CEO



We continue to be on a long journey to end the coronavirus pandemic. Yesterday, Arizona Department of Health Services reported 5,859 new coronavirus cases and 153 additional deaths. The number of deaths was the second-highest single-day report during this pandemic, and the fifth time in seven days with triple digits. As we have experienced in the past months, COVID-19 is highly contagious and poses a serious health risk.

During these past two weeks, even as infections and deaths have risen in Arizona and across the country, we are witnessing remarkable news that two new vaccines to prevent COVID-19 (Pfizer/BioNTech and Moderna) have been approved for emergency use and several more vaccines are coming down the road. It is nothing short of miraculous. We have hope.

And Beatitudes Campus is on tap to receive an injection of hope next week. In partnership with CVS, our skilled nursing residents and front-line staff have the opportunity to receive the first dose of the Moderna vaccine on Tuesday, December 29, when CVS will be setting up a Vaccine Clinic at the campus. The clinic for the second dose is scheduled for Tuesday, January 26, 2021. Currently, as we know now, our Assisted Living residents and front-line staff have the opportunity to receive the vaccine sometime after January 4. We will share the exact date when we are notified. The vaccine supply is expected to increase steadily in 2021, and Beatitudes Campus, in partnership with CVS or other pharmacy providers, will act to make the vaccine available to everyone who wants it in the coming weeks.

You probably have seen and read information about the vaccines, but I'd like to share with you how the vaccine works. The goal of any COVID-19 vaccine is to expose the body to an antigen which induces an immune response in the body,

especially the production of antibodies to block or kill the virus if a person becomes infected. After receiving the COVID-19 vaccine, you develop immunity to that disease without getting COVID-19.

Are the vaccines safe? All COVID-19 vaccines were tested in clinical trials involving tens of thousands of people to make sure they meet safety standards and protect adults of different races, ethnicities, and ages, including adults over the age of 65. There were no serious safety concerns. The most common side effects were pain at the injection site and signs and symptoms like fever and chills. After a review of all the available information, the U.S. Food and Drug Administration (FDA) has given both the Pfizer and Moderna an emergency use authorization and determined that both of these vaccines' life-saving benefits outweigh any possible risks. The Centers for Disease Control and Prevention (CDC) are conducting ongoing safety monitoring and an additional layer of safety monitoring has also been added that allows the CDC and FDA to evaluate COVID-19 vaccines' safety almost immediately.

The CDC has a very informative website about vaccines at <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>. There you can find out about the vaccine safety, efficacy, distribution program and frequently asked questions. CVS Health also has comprehensive information about the vaccine that you can access at

https://info.omnicare.com/rs/095-VIX-581/images/COVID-19%20Vaccination%20FAQs_V2.pdf. Links to these sites will be posted on the Beatitudes Campus' website (<https://beatitudescampus.org/beatitudes-family/>), click on the "Links and Information" button. If you don't have access to a computer, please call and we will

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COVID-19 DASHBOARD

2020-12-23

BEATITUDES CAMPUS RESIDENT COVID-19 CASES				
	Active	Recovered	Deaths	Total
Skilled Nursing/Advanced Memory Support Residents	1	11	7	19
Assisted Living/Early Memory Support/Plaza View Residents	4	13	2	19
Independent Living Residents	6	6	2	14
TOTAL CASES	11	30	11	52
BEATITUDES CAMPUS STAFF COVID-19 CASES				
	Active	Recovered	Deaths	Total
Health Care Center - Direct Health Care Staff	2	23	0	25
Health Care Center - Support Staff	1	10	0	11
Assisted Living/Early Memory Support/Plaza View - Direct Health Care Staff	4	11	1	16
Assisted Living/Early Memory Support/Plaza View Support Staff	5	6	0	11
Independent Living Staff (Administration/Home Services/Support Staff)	8	18	0	26
Contracted Health Care Workers	0	2	0	2
TOTAL CASES	20	70	1	91

A man had a fear of monsters living under his bed, and so had been visiting a therapist for months to discuss his fear. Every time he would come in the therapist would ask "have you made any progress?", and every time the man would say "no". So he decided to go and see another doctor. When he came back, the therapist asked "have you made any progress?" The man said "yes, I am feeling all better now; the other therapist just told me to cut the legs off of my bed". Everyone has something that they are afraid of. Maybe its monsters under the bed? Maybe it's a fear of the unknown, a fear of illness, or the fear of waiting for the results of a medical test. We don't have to look far beyond ourselves into the world to find even more fear and uncertainty.

If we read a children's story, or watch any movie, we will see that the depiction of fear is often situated in, or associated with darkness. The Wicked Witch doesn't dress in black just because she thinks it looks good on her- there is something hardwired into us that equates fear with darkness. Whether we are thinking of the darkness in which we were afraid as children, or the darkness of war and hate in our world - darkness for us represents fear, and for those of us who celebrate Christmas, that makes the light we speak of in our celebrations even more important. **"The light shines in the darkness, and**

the darkness did not overcome it" (John 1:5). At Christmas we celebrate that the light has come. The light that is Christ has come so that together with the angels



we can proclaim 'do not be afraid, see I bring you great joy to be shared with all people'. We can say; fear no longer for the light is here- fear no longer for the light that has come, the light that is joy and love and peace and hope, the light which can never be extinguished by hatred and fear. Now is the time of glorious light, of wisdom and understanding. Do not fear. Let us walk in the light and work together for a world where all people can live lives

free from conflict, free from abuse, free from fear. To quote Dr. Martin Luther King "darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that".

Now is the time of glorious light, of grace and truth. Do not fear. Let us dwell in the light and drive away the darkness in our lives, turning away from that which harms ourselves and others, turning away from acting out of fear. Cutting off the legs of the bed might not make the monsters of this world go away, but we have this glorious season of light that comes again and again each and every year to remind us and to renew within us the realization of that wonderful gift to us from a loving God – a God who says do not fear, and who shines in the darkness with the joyous message of light and love found in the most unexpected places. If ever there

has been a year where we have found life and love and hope in unexpected ways, it has been during 2020. To quote Archbishop Desmond Tutu "hope is being able to see that there is light despite all of the darkness". Let us take that light into our hearts so that it can shine brightly as we journey into 2021, so that wherever we are we can say to each other 'do not fear' for the Light is with us.

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 five 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.

COMMUNITY CORNER—CONTINUED

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.

Holiday Hours/Days:

- Closed December 31st for 2020 for New Year's Eve and January 1st on New Year's Day
- Closed January 3rd through January 8th for inventory and will reopen Saturday, January 9th from 1PM-3PM
- Books may be returned to Drop Box

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 campus transportation.

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.

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

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

- WILL NOT TAKE PLACE ON DECEMBER 25th or JANUARY 1st

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

- Phone-in Parkinson's Support Group every 1st Wednesday at 3PM
 - Join us over the phone by dialing 425-436-6333 and you will be prompted to enter code 2980820#
- 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#
- Phone-in Dementia Carepartner Support Group every 2nd Wednesday at 3PM
 - Join us over the phone by dialing 425-436-6333 and you will be prompted to enter code 2980820#
- Phone-in Low Vision Support Group every 3rd Wednesday at 3PM
 - Join us over the phone by dialing 425-436-6333 and you will be prompted to enter code 2980820#



**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**
 - READERS THEATER
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

get you a printed copy of whatever information you want.

These COVID-19 vaccines have given us hope that we can protect ourselves, our residents and staff and our greater community and put an end to this pandemic. They are giving us a veil of protection against COVID-19. The vaccines are not the total answer – we must still mask up, social distance and wash our hands to protect each other. But they are giving us hope that there is light in sight, hope of a better future and hope that we no longer will need to live in fear.

Beatitudes Campus continues to see an increase in cases, which has doubled last week's number of cases. As of today, we have 31 cases on campus – 20 staff and 11 residents. The individuals infected are across all campus areas. We continue to aggressively test staff and residents in our licensed areas as it is one of our tools to mitigate the spread. I urge everyone to take the highest precautions and think thoroughly about family visits over the upcoming holidays. Please consider essential visits only. We have done contact tracing for all the infected individuals and have found out that the spread last week was mainly due to family and group gatherings, and this week it is similar, but infection is beginning to be person-to-

person here on campus. This past week, four staff (2 administrative staff and 2 caregivers) in Assisted Living/Early Memory Support tested positive for COVID-19. A CNA and member of administration in the Health Care Center tested positive. One Beatitudes at Home caregiver, one Beatitudes Home Health CNA, and one security guard have tested positive. This past week, four residents tested positive for COVID-19. Two residents live in Plaza View/Assisted Living and one in the Health Care Center and one lives in Central Park. The two residents in Plaza View are currently in the hospital for treatment. Our thoughts and prayers are with all those infected with COVID-19 and their families.

Your behavior and actions are crucial in the next two weeks particularly. Please don't take down your guard, and try to avoid crowds and large gatherings indoors. We have come through the past months and we will get through the next months together.

Please have a blessed holiday. I pray that our strength is our hope.

My very best to all of you this holiday season,



Michelle Just, President & CEO

A VERY SPECIAL THANK YOU FROM THE EMPLOYEE APPRECIATION COMMITTEE

In the movie "Jerry McGuire" Tom Cruise's famous line "Show me the money" seems appropriate when we're talking about the Employee Appreciation Fund. As I shared with you this summer, I was very concerned that, because of the pandemic we would not be able to reach our goal this year. Well, I'm so happy to tell you that you showed me the money! **This year, we received \$217,601.**

The money was deposited into each employee's bank account earlier this month, just in time to help them have a happy holiday. I want to thank each of you for your outstanding generosity. There are two organizations that I'd also like to recognize; the Auxiliary, which contributed \$12,500, even though the Back Street Boutique has been closed for over seven months, and the "Busy Bees" who donate all of the money they raise from their craft sale to the Fund every year. This year, their sale went virtual and they also had a ceramic Christmas tree raffle that raised and donated \$2,201.

Beatitudes staff has shown their devotion to us every day of this pandemic and that's why it's such a pleasure to thank them and you.

The Employee Appreciation Committee

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.

HAPPY NEW YEAR 2021!! DON'T FORGET the FANTASTIC VIRTUAL NEW YEAR'S EVE PARTY with MUSIC by LES KOEL Thursday, December 31st at 6:00PM on CHANNEL 1-2. TELL YOUR FRIENDS & NEIGHBORS!!

GIFT BAGS & Choice of CHAMPAGNE or SPARKLING NON-ALCOHOLIC DRINK will be available FREE for PICKUP on the CENTRAL PARK MALL near the GIFT SHOP on Thursday, the 31st, between 10:00AM and 2:00PM. PLEASE WEAR NAME TAGS AND WEAR MASKS TO SPEED UP THE PICK-UP PROCESS.

BAGS NOT PICKED UP BY 2:00PM will be delivered, BUT delivery will NOT include drinks.

We Remember

Jerry WilsonDecember 5, 1927—December 18, 2020Plaza View
Richard "Dick" O'RileyDecember 14, 1927—December 11, 2020Plaza View