

B

Roadrunner



HISTORICAL WEEKLY NEWSLETTER OF BEATITUDES CAMPUS, SINCE 1965

HAPPY BIRTHDAY!

- 4th—Altene Goodwin
- 4th—Grace Walraven
- 4th—Margarita Navarette
- 5th—Kathy Pearson
- 6th—KoKo Ryan
- 7th—Ruth Buck

EARTH DAY 2021!



**EARTH DAY
RESTORE OUR
EARTH!!
Thursday,
April 22nd**

This year's celebration will be dedicated to the memory of Dossia Carlson

Volunteer to Help Plan This Year's Celebration!

Call Ruth Crowley at 15448 to find out what you can do.

State of the Campus

Michelle Just,
President & CEO



This week the United States passed a heartbreaking milestone. More than half a million souls have been lost due to the coronavirus pandemic. To me, these numbers aren't just statistics or metrics. These numbers represent an unimaginable loss for our society and for our campus. Every person we lost to the virus had family and friends, who are reeling from the loss. Our society and our communities are grieving. Yet, I am quite hopeful that we are starting our way down the path to more normalcy. Things will get better. The case rate and the death rate are coming down, and we are several months into vaccinating people. New vaccines are on the clear horizon.

On March 2, we will hold a virtual service of remembrance and healing at the campus to remember and honor all of our beloved residents whom we lost since September 2020. We will be able to put a face on these individuals and lift a prayer for comfort to their families and friends. You can view the service at this link: <https://bit.ly/37SrKQT>

Since the beginning of the pandemic, the coronavirus has hit long-term care facilities particularly hard, accounting for more than one-third of all virus deaths since late spring. However, since the arrival of vaccines and the prioritization of nursing homes receiving the first vaccines, new cases and deaths have fallen steeply and have outpaced national declines. According to the New York Times, from December to early February, new cases among nursing home residents fell by more than 80 percent, nearly double the rate of improvement in the general population. This turnaround is an encouraging sign for vaccine effectiveness and an early glimpse into what may

be in store for the rest of the country as more people get vaccinated. Our vaccination clinic on Tuesday, February 23, was a huge success! We are still downloading the numbers, but we do know that about 91% of residents in Independent Living received vaccines, nearly 100% of residents in the Health Care Center and Assisted Living were vaccinated. Thank you all for protecting yourself and for protecting others.

And, in part due to the number of people vaccinated as well as our continued strict adherence to public health guidelines, we are going to begin to re-open the campus in phases. Specific details are in the Roadrunner and will be on the Community Channel as well as our website (<https://beatitudescampus.org/beatitudes-family/>, click on Messages for Residents). Right now, these re-opening guidelines and activities are for Independent Living residents only. For our licensed areas, we are awaiting further guidance from the state and Centers for Medicare and Medicaid Services (CMS), and we hope that the guidance will come soon. We have determined the number of residents allowed in each of our meeting areas (Lobbies, Board Rooms, Life Center, Rec Room, Fitness Center, Swimming Pool); those numbers are listed in the Roadrunner and posted in each area. On March 1, we are opening dining in the Bistro, with limited dine-in capacity (up to four residents per table) for all three meals. Off-campus visitors cannot come into the Bistro but can dine outdoors. Deliveries and pick-up orders will continue to be available at both the Bistro and at Buckwald's. We are starting back our weekly shopping trips three times a week and our trips

Continued on page 4...

COVID-19 DASHBOARD

2021-02-26

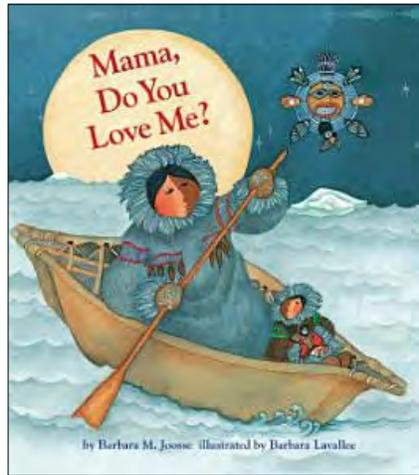
BEATITUDES CAMPUS RESIDENT COVID-19 CASES				
	Active	Recovered	Deaths	Total
Skilled Nursing/Advanced Memory Support Residents	0	13	7	20
Assisted Living/Early Memory Support/Plaza View Residents	0	50	15	65
Independent Living Residents	0	23	5	28
TOTAL CASES	0	86	27	113
BEATITUDES CAMPUS STAFF COVID-19 CASES				
	Active	Recovered	Deaths	Total
Health Care Center - Direct Health Care Staff	0	32	0	32
Health Care Center - Support Staff	1	12	0	13
Assisted Living/Early Memory Support/Plaza View - Direct Health Care Staff	0	28	1	29
Assisted Living/Early Memory Support/Plaza View Support Staff	1	16	0	17
Independent Living Staff (Administration/Home Services/Support Staff)	0	56	0	56
Contracted Health Care Workers	0	5	0	5
TOTAL CASES	2	149	1	152

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

A publication from
BEATITUDES CAMPUS
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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

When my daughter was a little girl we loved the ritual of bedtime. We would get into her bed and read a book and one of our favorite books was "Mama, Do You Love Me?" by Barbara M. Joosse. The illustrations are beautiful with images of northern Alaska and the Inuit culture. The book opens with a large Inuit woman swinging her daughter by her arms. The daughter asks, "Mama, do you love me?" After assuring her daughter that she does, the daughter then asks how much and how long. The answers are beautiful in their imagery: "I love you more than the raven loves his treasure, more than the dog loves his tail, more than the whale loves his spout." And in response to how long: "I'll love you until the umiak flies into the darkness, until the stars turn to fish in the sky, until the puffin howls at the moon." The daughter then imagines ways to test the mother's love. She asks, "What if she broke their eggs, what if she put lemmings in her mom's mukluks, what if she ran away or turned into a mean and nasty polar bear?" The mother acknowledges how she would feel and then adds but still I would love you. She closes with: "I will love you forever and for always, because you are my Dear One." It's a beautiful story that shows the special love that exists between parent and child which transcends all



boundaries of time and place. Maddie is 20 now and she is off at college but occasionally we still remember that book when we say goodnight by saying our favorite line from the story, "I love you more than the umiak which flies into the darkness." We laugh and then the war begins as each of us parry with other examples of how much and how long we love each other. Our moments reading together made wonderful, lasting memories. I'm sure you have memories of reading to your children and grandchildren and perhaps you can recall a favorite book or story too. As I hold this memory in my mind and heart I am reminded of a passage from the prophet Kahlil Gibran called *On Children*:

Your children are not your children.
They are the sons and daughters of
Life's longing for itself.
They come through you but not from
you,
And though they are with you yet they
belong not to you.
You may give them your love but not
your thoughts,
For they have their own thoughts.
You may house their bodies but not
their souls,
For their souls dwell in the house of
tomorrow,
Which you cannot visit, not even in
your dreams.
You may strive to be like them,
But seek not to make them like you.
For life goes not backward nor carries
with yesterday.
You are the bows from which your
children
As living arrows are sent forth.
The archer sees the mark upon the
path of the infinite,
And He bends you with His might
That His arrows may go swift and far.
Let your bending in the archer's hand
be for gladness;
For even as He loves the arrow that
flies,
So He loves also the bow that is stable.

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.

- CPW 2nd floor lobby can host up to 10 persons.

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

Please limit visitors in IL to two persons visiting at a time. Visitors must have a completed visitor form to visit campus.

Life Center Walking

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

Fitness Classes

Fitness classes with Mike take place at 1PM on Mondays, Wednesdays, & Fridays in the Recreation Center. Classes are limited to 10 people by appointment. Must call Mike Smallwood at x18482 to reserve a spot. Masks are required.

Water Aerobics

Classes will take place every Tuesday & Thursday at 8:30AM. 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.

Outdoor Entertainment

Outdoor entertainment gatherings will be limited to 20 audience members with performers and audience members masked and socially distanced. Gatherings will be limited to only campus residents/staff at this time (no off-Campus guests).

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 beginning Monday, March 8th by appointment only. Call x16129 to reach the Plaza North Salon or x16193 for the Town Plaza Salon.

Dining Services

COMMUNITY CORNER—CONTINUED

Bistro and Buckwald's orders may be picked up in person.

- You must call in your order at x12908 (Bistro) or x16130 (Buckwald's) prior to pick-up. Masks are required.
- You may do a little shopping in the grab and go and convenience store area for some groceries, ice cream, sandwiches, salads, and bottled beverages. There are signs on the floor throughout to help you maintain social distancing.

The Bistro is also open with limited dine-in seating (up to 4 per table) for breakfast, lunch, and dinner. Off-Campus visitors/caregivers may not dine-in with residents, but residents and visitors may dine together outdoors. Residents must place the order inside the Bistro for guests dining with them outdoors, as off-campus guests are not permitted in the Bistro at this time.

- You must make a reservation in advance by calling x12908
- No outside guests (friends or family) may dine-in at this time

Bistro and Buckwald's deliveries are still being offered free of charge.

Off-Campus Transportation

Call x12905 24 hours in advance to sign up for an outing. Masks must be always worn when using campus transportation, and social distancing of 6ft will be required in each vehicle. Vehicle capacity will determine the number of residents permitted on each outing.

- **Safeway:** Every Tuesday, Wednesday, and Thursday starting at 8AM
- **Spectrum Mall:** 1st and 3rd Monday of the month - Departure at 10AM and returns at 11:30AM and 12:30PM.
- **99 Cents Only Store:** 1st and 2nd Friday of the month - Departures at 9AM & 10:45AM (depending on need). Returns at 10:15AM & 12:15AM.
- **Costco:** 2nd and 4th Monday of the month - Departures at 10 & AM and return at 12PM. (Only one returning trip & seating is limited.)
- **Goodwill & Dollar Tree:** 3rd Friday of the month - Departure at 9AM and return at 10:30AM
- **Sprouts:** 4th Friday of the month - Departures at 9AM and 10:30AM (depending on need) and returns at 10:15AM and 12PM
- **Trader Joe's:** 5th Monday of the month - Departure at 9AM & Returns at 10:30AM

Spiritual Life

Catholic Mass Sunday at 10:00 AM beginning March 7

- Call Dan O'Horo (X15221) if you are interested in attending Mass in the Life Center. (Limited to 20 people) and/or receiving communion at your apartment door.
- You will be contacted regarding the week of the month that your seat is reserved
- Sunday Obligation is not mandatory

Friday Prayer & Praise Worship 10:00 AM beginning March 5

- Call Chaplain Peggy at X16109 if you are interested in attending a service of Prayer & Praise including Holy Communion. Limited to 20 people.
- Sunday service will continue to be recorded for viewing on Sunday at 3 pm and Tuesday at 3PM

Thursday Devotional Service 10:00 AM for Plaza View

Residents beginning February 25

- Assisted Living residents are invited to attend a devotional service where communion will be offered. Plaza View Lounge, Thursdays at 10:00 AM.

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 attend a devotional service where communion will be offered. Plaza View Lounge on Thursdays at 10:00 AM.

Bible study with the Chaplains begins March 3

- Wednesdays 10AM in the Life Center. Limited to 20 people. Call Kimberly at X18465 to reserve your seat

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. 18465.

Life Long Learners

- No in-person classes are planned at this time. All classes will be held via Zoom.
 - Upcoming classes:
 - **Beginning Zoom – Repeat Session:** 11AM on Tuesdays and Fridays, starting February 16. Class meets twice a week for three weeks
 - **Intermediate Zoom – Repeat Session:** 1PM on Tuesdays and Fridays, starting February 16. Class meets twice a week for three weeks
 - Zoom classes are limited to 10 students per session; Registrar for all Zoom classes is Bobbie Kraver.
 - Watch this space for news about upcoming spring classes.

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.

Continued on reverse...

**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**

**FITNESS HOUR
DAILY
10:00AM & 1:00PM**

**SUCCESS MATTERS
MONDAY—FRIDAY
11:00AM**

**DINING SERVICES
MONDAY, 12:00PM**

**MICHELLE & DAVID
MON, WED, FRI
2:00PM**

**ABOUT BEATITUDES
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-T, 5:00PM
(NOT ON FRIDAYS)**

Please continue to send us your comments and feedback, by **Voicemail, x18493** or online at **bccrew.net/feedback**

COMMUNITY CORNER—CONTINUED

- 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)

Opening 3/8/2021

Salon Services

Campus salons are open for business beginning 3/8 Monday-Friday by appointment only. Call x16129 to reach the Plaza North Salon or x16193 for the Town Plaza Salon.

Gift Shop

The gift shop will be open beginning 3/8 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.

Backstreet Boutique

Open beginning 3/8 on Tuesdays and Fridays from 8AM – 12PM. Call x18463 for a ride or for Boutique information.

STATE OF THE CAMPUS—CONTINUED

to Spectrum Mall and other favorite stores will happen regularly throughout the month. Our Support Groups will be meeting regularly – some in person and some virtual and some will have both options. Our Spiritual Life programming will also resume for Independent Living residents on a limited basis, such as the Friday Prayer and Praise service, Catholic Mass and Bible Study. For Assisted Living residents, the Thursday Devotional Service (with communion) will begin again in Plaza View Lounge. On March 9, our amenities will open – the Beauty Salon, Gift Shop and Backstreet Boutique.

It is our hope that these openings can be expanded, but, as has been the case for the past year, we will rely on science and guidance to make decisions. Of course, we will still require that public health measures be taken in all circumstances – masks, social distancing and hand hygiene.

We continue our testing program for staff and residents in our licensed buildings and, this week, all results are negative for COVID-19. We still have two staff with Covid-19, and they will be returning to work next week. Detailed information is on our COVID-19 dashboard at the end of this letter.

I can honestly say that I now see the light of normalcy again. I know we aren't quite there yet, but these new measures are a giant leap into the engaged and inviting community that we yearn for.

Be well and stay safe. If you have any questions, please reach out to BeWell@BeatitudesCampus.org and we will try to answer.

My best,

Michelle L. Just

AARP FREE TAX PREPARATION

We are finalizing the appointment process and how many residents AARP is able to serve this year.

Unlike in previous years, we may have to limit that number for this tax season. Details will be published by the middle of next week via your Community Channel and fliers on your door. **Please do not call to try and schedule an appointment until after you've received notification to do so. We are unable to hold time requests ahead of time.**

What you should already do, however, is to gather your tax documents and look up the exact amounts of both your Stimulus payments. You will need this information to have your taxes prepared.

Thank you for your patience. All necessary details will be released within the next week. If you have any questions that cannot wait until then, please call Gabi Holberg at x18490.

Get your taxes done. For free.

With over 1,100 volunteers across Arizona AARP Foundation Tax-Aide takes the stress out of tax time with personalized, IRS-certified tax preparation.

And it's completely free.

AARP Foundation TAX-AIDE

AARP Foundation
For a future without senior poverty.



Virtual Service of Remembrance and Healing for Campus Residents who passed from September 2020-February 2021. Chaplains Peggy and Andrew lead us through prayers, hymns, and reflections as well as a moving video tribute to help us remember the faces of those we've lost but are never forgotten.

Available to watch on **Tuesdays, March 2 and March 9 at 3:00 PM on Channel 1-2.**