

# BEATITUDES CAMPUS Roadrunner

HISTORICAL WEEKLY NEWSLETTER OF BEATITUDES CAMPUS, SINCE 1965

## Make My Day!

Not long ago, a new employee was asked how their first day went and the reply was, "I got yelled at three different times." I assured our new team member that this is not typical and that soon the amazing atmosphere brought about by some of the friendliest people found anywhere would prevail. I promised.

We hire the best of the best because we know they will serve you with love and compassion. Learning the ropes, though, can be tough and takes some time. For years now we have concentrated on doing all we can to create an environment where coming to work at Beatitudes Campus is not just to earn a paycheck, but to be part of a community which brings joy and a greater quality of life.

Did you know that administratively we have just a small part to play as compared to you, the residents? Because we care, we routinely check with all of our employees to see what brings the greatest satisfaction to them as they serve

Rev. David W. Ragan,  
Sr. VP of Resident Services



our community. What do you think was the one response that came up more than any other when asked, "What types of things make you feel most valued and appreciated?" Their pay check? Their benefits? Their managers? None of those are the most common response. The most common answer, by far, was you, the residents. Here is a sample of employee responses:

**"When people say thank you"; "When the residents tell me and my coworkers how good of a job we do on the carpets"; "Praise for good work"; "Appreciation"; "That smile from a happy resident"; "When people go and eat and say "that food was bomb!"; "Having a resident tell me how much I helped them when they didn't know what to do or who to ask for help"; "I feel appreciated when people say 'he did a good job!"; "When the residents say I do a good job and smile"; "When my hard work and minor details are noticed and not taken for**

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## HAPPY BIRTHDAY!

- 16th Joanie Hughes  
June Spencer
- 17th Rita Nardoza
- 18th JoAnn Garvin  
Pearl Grapentine  
Lyle Heath  
Bill McGrue  
Dan Sagramoso
- 19th Tom Mitten
- 20th Nancy Modzelewski
- 22nd Inge Baxter  
Bob Berry  
Walt Czak  
Judith Nelson
- 23rd Chuck Beaujon  
Bonny Hoffman  
Jay Rivin
- 24th Waverly West

## NOTEWORTHY EVENTS

**This week's events you should know about...**

- ➔ Tuesday @ 9:00AM (LC) Mobile Valley Physicians (MVP) Open House
- ➔ Tuesday @ 11:00AM (OC) Traveler Tuesday—Vietnamese (Pho Binh Minh Restaurant)
- ➔ Tuesday @ 12:00PM (LC) Behind the Curtain: Setting the Stage for Success at Beatitudes—Session 4
- ➔ Wednesday @ 10:00AM (LC ★) Beatitudes Variety Show
- ➔ Wednesday @ 2:00PM (PB ★) Wednesdays Sundaes with(out) Dave
- ➔ Thursday @ 10:30AM: (OC) Heard Museum/ Lunch at Spaghetti Factory
- ➔ Saturday @ 8:30AM (LC) Goodfellers & Wonder Women

## Setting the Meitheal in Motion

I telephoned my friend this week, but as he answered the phone it became clear that our conversation wouldn't be a long one. My friend is a farmer, and he was right in the middle of harvesting his crop of peas.

It is a mammoth task, and one which must be completed within a tight time frame. In our brief conversation I learnt that the peas have to be frozen within 90 minutes of being picked, otherwise they are considered spoilt... and that his tractor pulling a load of recently harvested peas had just broken down. The precious minutes were ticking by, and

so I decided to call back some other time, but just as I was saying goodbye his voice lightened and he sighed a big sigh of relief. "I've got to go", he said "my neighbor is heading over the hill towards me in his tractor – and unlike mine, his is working!" I checked in with him later. Apparently the peas made their



appointment with the freezer. There is an Irish word — *meitheal* — which is used

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Rev. Andrew Moore, Associate Chaplain

## Haboob

It's such a funny word. Apparently, the word haboob has been around since the late 19th century, but as an Arizona native I had never heard it until about 10 years when a historic dust storm rolled into the Valley, and a wall of dust was captured on time lapse video that went viral worldwide. I happened to be on my way to the grocery store when the storm hit my area of the Valley and I had never seen a storm quite so powerful. Within seconds it was impossible to see cars only 15 feet in front of me. I made it home safe and sound, and like everyone else I was blown away by the images captured. While we haven't seen a storm quite that intense

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Ellen Flug, Assistant Director of Independent Living



## We Remember

DONNA RINEHART  
February 15, 1936

—  
July 11, 2021  
Plaza North

ROSE HAMMEL  
July 5, 1926

—  
July 12, 2021  
Health Care Center

# WEEKLY AGENDA FOR JULY 18 —24

## SUNDAY, JULY 18

**9:00AM (LC ☺) Catholic Mass:** All services open to residents and family/guest. Masks are required for family/guests unvaccinated. Sunday obligation not mandatory.

**9:00AM (OC ☺) Departure to Our Savior's Lutheran Church**

**10:00AM (OC ☺) Departure to Church of Beatitudes**

**10:30AM (OC ☺) Departure to First United Methodist** Please call Transportation at x12905 for all church trips to reserve your seat.

**3:00PM (LC ☺) Sunday Worship Service:** All services open to residents and family/guests. Masks are required for family/guests unvaccinated.

**6:00PM (RC ☺) Movie Watchers—Matinee (1993 PG 1h39m):** Aging movie producer Lawrence Woolsey (John Goodman) screens his latest schlock-licious B-movie -- filled with atomic blasts and human mutation -- and gets the attention of teen horror-flick buff Gene Loomis (Simon Fenton), all while the Cuban Missile Crisis intensifies. Joe Dante directs this hilarious, touching and nostalgic tale based in Key West, Fla., in 1962. Cathy Moriarty and Kellie Martin co-star.

## MONDAY, JULY 19

**7:00—10:00AM (LC ☺☺) Indoor Walking:** Limit two walkers at a time due to COVID testing.

**9:00AM (RC ☺☺) Sit & Be Fit**

**9:00AM (PL ☺☺) Water Aerobics @ Pool**

**10:00AM (PVL ☺) Rosary:** All are welcome as we pray the Rosary together.

**10:00AM (OC ☺) Shopping @ Costco:** Please call in advance to reserve your seat on the bus at x12905.

**10:00AM (EMS ☺☺) Chair ZUMBA**

**1:00PM (RC ☺☺) Strength & Balance**

**1:00PM (PVL ☺) Mental Health Peer Support Group:** Do you have anxiety, depression, bipolar disorder, PTSD, or other mental health conditions? You're not alone.

**2:00PM (RC ☺☺) Basketball Bounce:** By appointment, call Dean & Bonnie at x15461.

**2:00PM (PC ☺☺) Poker:** Come play some poker, everyone welcome!

**6:30PM (RC ☺) Irene B's Bible Study**

## TUESDAY, JULY 20

**7:00—10:00AM (LC ☺☺) Indoor Walking**

**8:30AM—12PM (TS ☺☺) Shopping @ Backstreet Boutique:** 75% off clothing, shoes, purses, scarves, jewelry, belts, underwear and socks. 50% off furniture. Call 18463 for a ride or donation pickup. We will be closed August 1 thru September 2nd.

**9:00AM (PL ☺☺) Water Aerobics**

**9:00AM (LC ★) Mobile Valley Physicians (MVP) Open House:** Interested in learning more about the medical clinic right here on Campus and the option of primary care in your apartment? Join us for refreshments and meet the MVP team.

**9:00AM—2:00PM (GS ☺☺) Shopping @ Gift Shop:** Come shop for all those special people in your lives or maybe get a little something for yourself! Open three days a week!

**10:45AM (RC ☺☺) Chair Yoga**

**11:00AM (OC ★) Traveler Tuesday—Vietnamese (Pho Binh Minh Restaurant):** Join us as we journey (a virtual) 8000 miles to Vietnam for a traditional meal. The bus leaves @ 11:00 am for the Pho Binh Minh restaurant. Call x12905 for Reservations.

**12:00PM (LC ★) Behind the Curtain: Setting the Stage for Success at Beatitudes—Q and A Panel:** Assisted Living and Health Care Center team members answer your level-of-care questions that may not have been addressed in previous sessions.

**1:00PM (RC ☺☺) Strength & Balance**

**2:00PM (PVL ☺) Bingo:** Come play BINGO! 4-card limit. Masks required.

**2:00—4:00PM (RC ☺) Darts:** Come join us, for additional information, call x11564.

**2:00PM (RC) Alterations w/Mary Jo**

**3:00PM (LC ☺) Choir Practice:** Join in singing together with our Choir Director, Ellen Brown. The choir sings at 3:00PM Worship Service once a Month. All are welcome!

## WEDNESDAY, JULY 21

**7:00—10:00AM (LC ☺☺) Indoor Walking**

**8:00AM—12:00PM (OC ☺☺) Shopping @ Fry's:** Call x12905 - 24 hours in advance to sign up. Masks required.

**9:00AM (PL ☺☺) Water Aerobics**

**9:00AM (RC ☺☺) Sit & Be Fit**

**9:00AM—2:00PM (GS ☺☺) Shopping @ Gift Shop:** Shop for all those special people in your lives or maybe get a little something for yourself! Open three days a week!

**10:00AM (LC ★) Beatitudes Variety Show:** Join us!

**10:00AM (BR ☺) Bible Study:** Book of Genesis.

**10:45AM (RC ☺☺) Chair Yoga**

**12:30PM (OC ☺) Shopping @ Safeway:** Please call in advance to reserve your seat on the bus at x12905. **Starting August 1st**, due to the high interest in Community Wednesday events, the time schedule will be changing for the Fry's and Safeway shopping trips. Fry's will start departing at 8am (# of trips depends on how many people call in, and last return will be at 10:30. Safeway will depart at 10:45 and return at 12:15.

**1:00PM (BR) Low Vision Support Group:** Do you have more trouble seeing than you used to? Join us on the 3rd Wednesday of each month to learn about helpful low vision resources and supports.

**1:00PM (RC ☺☺) Strength & Balance**

**2:00PM (PB ★) Community Wednesdays Sundaes with(out) Dave:** Come join us to have your questions answered while enjoying some sundaes! **Special Senior Staff guests, Michelle, Cheryl and Rod will be attending from 2-3PM** and sundaes are available from 2-4PM.

**6:00PM (LC ☺) Hootenanny Live Music:** Come on over! Professional group at 6:00PM and open mic at 7:00PM.

## THURSDAY, JULY 22

**7:00—10:00AM (LC ☺☺) Indoor Walking**

**7:00—9:00AM (CM) Morning Wakeup With Didi and Anthony:** All are welcome, please stop, grab some pastries, some coffee and have good conversation with some friends.

**9:00AM (PL ☺☺) Water Aerobics**

**9:00AM—2:00PM (GS ☺☺) Shopping @ Gift Shop**

**9:00AM (AGR ★☺) Studio with David:** Join us for an interesting conversation on topics to drive Beatitudes towards the future. We have special guests at each meeting and all residents are welcome.

**10:00AM (PVL ☺) Worship Service:** Join us for worship and communion. Plaza View **AND** independent living residents are welcome! Masks are required.

**10:30AM: (OC ★) Heard Museum/ Lunch at Spaghetti Factory:** Join us as we venture to the Heard Museum followed by lunch at the Spaghetti Factory. Tickets are \$14.00 and doesn't include lunch. Please call x12905 to reserve your spot.

**11:00AM (RC ☺☺) Tai Chi**

**1:00PM (RC ☺☺) Strength & Balance**

**1:00PM (PVL ☺) Sing Along:** Masks are required. No reservations needed.

**6:00PM (RC ☺) Movie Watchers—The Last Man on the Moon (2016 NR 1h36m):** In this artful blend of memoir and documentary, former Apollo astronaut Gene Cernan looks back to the glory days of NASA's lunar landings and his unique distinction of being the last man to stand on the moon.

## FRIDAY, JULY 23

**7:00—10:00AM (LC ☺☺) Indoor Walking**

**8:00AM—12:00PM (OC ☺☺) Shopping @ Spectrum Mall:** Call x12905 - 24 hours in advance to sign up. Bus seating is limited to one or one couple per seat. Masks required.

**8:30AM—12PM (TS ☺☺) Backstreet Boutique:** 75% off clothing, shoes, purses, scarves, jewelry, belts, underwear and socks. 50% off furniture. Call 18463 for a ride or donation pickup. We will be closed August 1 thru September 2nd.

**9:00AM (PVL ☺☺) Morning Motions:** Masks are required.

**1:00PM (RC ☺☺) Strength & Balance**

**2:00—4:00PM (RC ☺) Darts:** Come join us!

**2:00PM (PVL ☺) BINGO:** Come play! 30 cents a card, 4-card limit. Masks are required

**4:00PM (PC ☺) On the Rocks:** Join Bill Chase and Friends as they entertain you with music from the 50s through the 90s.

## SATURDAY, JULY 24

**7:00—10:00AM (LC ☺☺) Indoor Walking**

**8:30AM (LC ★) Goodfellers & Wonder Women:** Everyone is invited to this \$5 ticketed served buffet breakfast followed by a presentation. If you are not interested in the breakfast, you can join us for the presentation at 9:15AM. Tickets on sale in the Bistro.

**9:00AM (RC ☺☺) Sit & Be Fit**

**4:00—6PM (PB/PC ☺) Happy Hour & On The Rocks:** Join us for special guest performers each week. Keep the momentum going. Move from Happy Hour in the Bistro to "On the Rocks" in the Plaza Club with Bill, Arnie and Robert starting at 5PM.

**6:00PM (RC ☺) Movie Watchers—Wonder Woman 1984 (2020 PG-13 2h31m):** Leaping forward in time to the Cold War era, Wonder Woman finds herself facing off against the Soviet Union and contending with a formidable new enemy known as the Cheetah, who possesses superhuman strength.

### UPCOMING EVENTS

### INFO YOU SHOULD KNOW...

**AIR CONDITIONER – FILTER DAY**  
Please be advised, Maintenance Technicians will be in all residential buildings: Central Park North, Central Park South, Central Park West, Plaza South, Plaza North, and Plaza View. Occurring **Thursday July 29th, 8:00AM – 5:00PM**, to change out the air filters in all resident's 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.

### "AROUND THE BLOCK" WE GO!

We are now offering on-campus Transportation. If you need a ride to the Bistro, Buckwald's, Life Center etc., this is your opportunity to get a ride. Service hours will be from 7:00AM-6:30PM Monday-Friday (temporarily 7:00AM-3:15PM until the second shift is filled). If you are using a walker, please have it cleaned out as it will need to be folded and stowed. Keep in mind that this is an on-demand service and there may be a short wait time. **Call x15007 or 602-544-5007 to request a ride.**

### COPPERSTATE FIRE ALARM TESTING

**You may experience alarms going off for our annual fire alarm testing and inspections.** Thank you in advance for understanding the importance of this testing. **UPCOMING DATES—** Tues., 7/20 - Central Park West | Wed., 7/21 - Plaza North and Plaza South | Thurs., 7/22 - Town Plaza and Elevators. Please call with any questions or concerns at x18492 or 602-335-8492.

**NETWORKING UPDATES!**  
Please be aware that on **Saturday, July 17th**, IT will be changing networking equipment in all resident buildings. **This process will take the entire day so please do not be alarmed if you lose internet connectivity.**

### TINNITUS SUPPORT GROUP

Tinnitus is when you experience ringing or other noises in one or both of your ears. The noise you hear when you have tinnitus isn't caused by an external sound, and other people usually can't hear it. Tinnitus is a common problem. It affects about 15% to 20% of people, and is especially common in older adults. **If you have interest in starting up a support group on campus, please call x18587.**

### CARECORPS VOLUNTEERS WANTED

If you've ever visited bingo in Plaza View, then you'll know just how important a bingo caller can be. They're responsible for more than just calling out numbers, they keep the players happy, and they make sure the game runs as smoothly as possible. Join in on the fun and be our B-I-N-G-O Caller, you are sure to have a great time. If interested in volunteering for this opportunity, contact Didi at x18526.

### AUDIO AGENDA LISTING

Listen to the daily *Roadrunner* agenda through an audio recorded messaging system. You may simply call **x19756** or **602.246.9756**.

☞ —Recurring every week unless otherwise noted.

**LOCATIONS LEGEND:**

- (AC) Admin. Conf. Room
- (AD) Welcome Center/ Nelson Administration
- (AG#) Agelink Room #
- (AGR) Agelink Great Room
- (BG) Buckwald's AZ Grille
- (BR/BE/BW) Boardrooms/ East/West
- (CM) Central Park Mall
- (EF) Elaine's Fine Dining
- (EMS) Piper Residences
- (EP) Elaine's Patio;
- (FC) Fitness Center;
- (GS) Gift Shop;
- (HC#) Health Care Center #th Floor
- (LC) Life Center
- (OC) Off-Campus
- (PB) Plaza Bistro
- (PC) Plaza Club
- (PL) Pool
- (PVL) Plaza View Lounge
- (RC) Recreation Center
- (TS) Thrift Shop/Backstreet Boutique

**WELCOME NEW RESIDENTS!**



**JULY 13**  
*Jerry Eddy,*  
CPN1133

**JULY 13**  
*Carol Lamond-Walker,*  
N365



**JULY 14**  
*Gail Everts,*  
N160

**JULY 14**  
*Evelyn Sowell,*  
CPW2290



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

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

**Make My Day!—Cont.**

**granted”; “Being complimented/praised when doing a good job”; “Getting compliments about work”; “Acknowledgement of work”; “When the residents tell me how much they love me.”**

Residents are the people who make life better for our employees. **You have the power to make their day.** You never know who is having a bad day, suffering a deep loss, on the brink of crying inside, or struggling with whether this is the right place for them. Your words of appreciation show that they are valued and make all the difference in the world.

This is your community and ultimately the staff that are here, all 450 of us, are here because of you. We might be able to get paid more somewhere else, but we are here because of you

**Setting the Meitheal in Motion—Cont.**

for occasions like that, when neighbors come to the aid of a farming family who are in distress. Perhaps there is been a bereavement in that family, or some other misfortune meaning a farmer will lose their harvest – that’s when a meitheal happens. People come, and do the work for the farmer, for free. These neighbors have harvests of their own to do, but no matter. No money is exchanged — to do so would be to break the code. The only thing the recipient can do in return is host a meal of thanks. The cost of receiving is hospitality; and anyway the meitheal will be done for

**Haboob—Cont.**

since then I still get excited for monsoon season every year. As a kid I remember the power would sometimes go out, and it would be exciting, and a little spooky too. My parents always seemed to be prepared with flashlights and candles at the ready, and if we were lucky our parents would let us play hide and seek through the darkened house with only occasional flashes of lightning providing glimpses of light here and there. The campus is a great location for storm watching as well, particularly some of the lounges on the upper floors, with their sweeping views of the Valley. All of the mature trees on campus provide a visual spectacle as they bend (but hopefully don’t break!) with the winds. The same can be said for the campus as a whole over the past year or so, we’ve weathered the storm, we’ve bent some, but we’re not broken!

As I’ve grown up I still enjoy a powerful monsoon storm. There’s nothing like the smell of the desert after a refreshing rain storm has passed

and the way you appreciate and value us.

People leave jobs for all sorts of reasons, but please know the more you care, recognize, acknowledge and appreciate the people around you, especially the staff, makes a huge difference in our lives. This is the joy we experience as part of the Beatitudes Community.

That’s a lot of power that each of **you** have to make someone’s day every day. **You** can make a difference in who feels valued, simply by showing that you care about who we are and the work we are doing. The more you do this the more we will have people excited to come to work here and to live here. And here is a bonus - go out and make someone’s day, and amazingly, your day will be made, too.

someone else the next year, for as any farmer knows, the next unforeseen problem is just around the corner. The recipient one year will have a different role the next. The helper will always eventually become the recipient, and so the circle of community continues.

Where might we see opportunities to be good neighbors this week? I’m fairly certain that we won’t be asked to lend a tractor, but there are many more ways that we can help those around us, and be hospitable with our thanks in return. Perhaps the best known parable which Jesus told was

about being a good neighbor, a meitheal practitioner, and which we know as the Parable of the Good Samaritan. How can we be good Samaritans today? Dr. Martin Luther King reflected upon that parable by noticing that “the first question which the priest and the Levite asked was: ‘If I stop to help this man, what will happen to me?’ But ... the good Samaritan reversed the question: ‘If I do not stop to help this man, what will happen to him?’” When we ask that same question, we begin to set the meitheal in motion.

through. Something about the hot, late afternoon storms just seems to cleanse the Valley of the grit and grime of another scorching summer day. The storms are almost like a reward for hanging in there during the intense heat. So get ready, monsoon season is upon us, and with it, the storms will come. Do not allow yourself to grow complacent, while usually brief, monsoon storms are known for dumping significant amounts of rain in a short period of time, and with our clay-like soil in the Valley it doesn’t soak in, it runs, leading to flash flooding. Enjoy the storms from the comfort and safety of your (air-conditioned) home, and once the storms pass, and the debris is cleared away come on back out! Allow yourself to feel refreshed and ready to take on another summer day in the Valley of the Sun. In order to experience the rainbow, you first must endure the rain. As always, remember, stay hydrated!

*Article Photo credit, Don Bergem, Security*

**Resident Assistance Fund and Planned Giving**

The Resident Assistance Fund provides scholarships to Beatitudes Campus residents who have outlived their resources and need assistance meeting the full cost of their housing and healthcare. For more information, please contact Barbara Wood, Director of Development at 602-995-6136 (x16136).

