



Let Freedom Ring



The 4th of July reminds us of the Freedom we received when our forefathers fought for our country and its independence from England. It is often celebrated by many who spend time with family and friends. This year's 4th of July is going to be very different than last year's since we are not under lockdown and frequent quarantines anymore. We are once again free to spend time with our friends and families even while the pandemic is ongoing.

As I reflect on the past year, I am still in disbelief at what we all went through in the last year or so. From wearing masks and sanitizing our hands constantly, to lockdowns to screening for Covid symptoms and temps taken to not being able to see or hug your loved ones or one another to mourning the death of someone we cared about from this deadly virus. For some it felt

as if freedoms were taken away as our federal, state and local governments as well as management at Beatitudes Campus, pushed out guidance and even mandates of what we could and couldn't do. I know most of you understand why the protective measures were given and appreciate what was done to collectively save lives.

Again, as I reflect on one of the worst years for me and so many others, I wonder, who knew a year ago when cases began to spike in Arizona that a year later, the pandemic would still be ongoing? Who knew that almost 8 million people worldwide would contract Covid? Who knew that we would lose tens of thousands of people to Covid-19, including neighbors, coworkers, friends and loved ones? Who knew that a virus would add to the divisiveness of our Country? Who knew that not only one, but three life-saving vaccines would be developed, manufactured, distributed, and placed in the arms of so many, less than a year after the pandemic started? Also, who knew that our sweet residents, our neighborhood and our community would rally around us providing us with homemade protective

masks, homemade face shields, extra protective gowns, gloves, signs and words of appreciation, sweet treats when working in the Pod, and so many other encouraging things? Who knew how many staff and residents were willing to get a vaccine to ensure they, their families, all of you and those in the community were protected?

The vaccines and those of us vaccinated here at Beatitudes and in our community, allow us the freedom to actively participate in a near normal life again. The excitement we at the campus felt each time we could reopen an area that had been closed, when we could increase headcounts to allow more participation, when we could once again open the restaurants for in person dining, when we could allow visitation and see the smiles, the love and the tears of loved ones together again. These are freedoms that I nor many others will likely take for granted again.

As you celebrate the 4th of July this year, I hope you are able to spend it with your friends, family, and loved ones celebrating our independence from England as well as our independence from the grips of Covid-19. I will also be celebrating each and everyone of you and the role you played in our recent independence. I wish you all a safe and happy 4th!

Cheryl Knupp,
Sr. VP of Health Services & HR



HAPPY BIRTHDAY!

- 3rd Joe Camarano
Paul Palmer
- 4th Helen Asdell
Bill Carpenter
Lois Pfau
Noreen Wingham
Vaudene Glotfelty
- 5th Betty Rayes
Lois Ruschke
Kathleen Hall
Rose Hammel
- 6th Barbara Jacobs
Nancy Dourney
- 7th Joan Graham
Charles Lemley
- 8th Lee Rogers
- 9th Carmen Bojorquez
Judy Mawhinney

LARGE PRINT ROADRUNNERS AVAILABLE

If you know anyone on campus with any visual impairments that would benefit from a copy, please direct them to the Welcome Center desk to pick one up!

Noteworthy Events

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

- Tuesday @ 11:00AM
Golden Corral @ Off Campus Lunch
- Tuesday at 12:00PM
Behind the Curtain: Setting the Stage for Success at Beatitudes—Session 2 @ Life Center
- Wednesday at 2:00PM
Resident Town Hall @ Life Center
- Thursday at 9:00AM
Studio with David @ Agelink Great Room

To Everything There Is a Season

I love it when a resident or family and friends of the campus share with me a bit of wisdom or a gem of thought from something they have held onto for years or perhaps newly discovered. I want to share with you once such story of Native American Wisdom given to me:

There was an Indian Chief who had four sons. He wanted his sons to learn not to judge things too quickly. So he sent them each on a quest—in turn—to go and look at a pear tree that was a great distance away. The first son went in the winter, the second in the spring, the third in the summer, and the youngest son in the fall. When they had all gone and come back, he called them together to describe what

they had seen. The first son said that the tree was ugly, bent, and twisted. The second son said no; it was covered with green buds and full of promise. The third son disagreed; he said it was laden with blossoms that smelled so sweet and looked so beautiful; it was the most graceful thing he had ever seen. The last son disagreed with all of them. He said it was ripe and drooping with fruit, full of life and fulfillment. The Chief then explained to his sons that they were all right, because they had each seen but only one season in the tree's life.

He told them you cannot judge a tree, or a person, by only one season, and that the essence of who they are and the pleasure,

joy, and love that come from that life can only be measured at the end, when all the seasons are up. If you give up when it's winter, you will miss the promise of your spring, the beauty of your summer, and fulfillment of your fall. Don't let the pain of one season destroy the joy of all the rest. Don't judge life by one difficult season. Live simply, love generously, care deeply, speak

kindly, and leave the rest to God.
(Author Unknown)



Rev. Peggy Roberts, Sr. VP of Spiritual Life

Be-Creative

As I walk around the campus and have the opportunity to visit you folks in your homes I am always brought to the same realization. The Beatitudes host some of the most skillful, talented, creative masters from around the world. The community is flourishing and the culture produced here is a lot richer because of the residents that live here. I have had the opportunity to get to know some of you on a much more artistic personal level. We have shared conversations about the artistic process and shared production secrets. Types of material or paint that should be used or struggles on painting large pieces in a crowded space. I continue to learn from you all as you may have learned from me. I have been introduced to new solutions to old problems and fun creative ways to recycle or reuse material. I value these lessons and internal wisdom shared on campus.

I thank you all for sharing your creative artistic side with me as I continue with you. We have a wide range of creative individuals, from painters to builders, to constructors to gardening, to singers to storytellers, to poetry enthusiast. With that being said we will be hosting a variety of creative classes or opportunities in our Age Link building. Here are a few opportunities for you fine folks to express yourself.

Stiches Of Love....

Back to School Clothing Drive. We are back up and running, in Age Link, Room 4, weekly on Wednesdays. If you enjoy sewing and would like to get involved...we will begin our meetings starting June 23rd at 10AM until noon. We provide machines, fabrics, thread and

accessories for you to be used. If you are interested please call Norma Buckwald at x14536

We will make clothing for girls and boys from kindergarten thru 5th grade. These are children from Title One schools in Maricopa County. (Children on free or reduced lunch programs.) We service 5,000 children each year. It's a wonderful organization.

On the second Wednesday of each month we have a group of gals from off campus who join us from 9:30AM to 4PM. Everyone brings their own lunch or buys from the Bistro. Please come and enjoy the fun and fellowship.

Busy Bee Crafters

We have a lot of new and interesting crafts located in Age Link 5 Studio. Here are just a few things...Creative Painting with Linda Danik, call x15310... Stained Glass with Chuck Beaujon call x11639... Card Making, Ceramics and Crafts with Sylvia Anderson x14311... Just give them a call, class times vary and we are all excited in getting you started on a project. Also we are open to volunteers who might have a project to share! There are many supplies available just check it out.

Calling All Quilters

We are ready to start new quilting projects, if interested please call Hollister Newlin at x18395 after 10AM. Thank you.

Please take full advantage of all these opportunities, get your creative juices flowing and don't forget to have fun.

Anthony Farias, Life Enrichment Specialist

We Remember

KATHERINE SERRANO
September 3, 1955

June 28, 2021
Health Care Center

BARBARA "SUE" DOLL
March 18, 1936

June 29, 2021
Central Park West

PRAYER REQUESTS,
X15186
DIAL-A-PRAYER,
X15187

AUDIO AGENDA LISTING

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

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WEEKLY AGENDA FOR JULY 4 — JULY 10

SUNDAY, JULY 4

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

3:00PM (C) Sunday Worship Service @ Life Center: All services open to residents and family/guests. Masks are required for family/guests unvaccinated.

6:00PM (C) Movie Watchers @ Recreation Center—Flint (NR) 1h26m: The gripping retelling of a crisis that shook a nation and shines a light on the whistle-blowers who exposed the biggest environmental scandal of our generation. LeeAnne Walters, Melissa Mays and Nayyirah Shariff join forces after discovering that the drinking water in Flint, Michigan is contaminated, resulting in a slew of devastating medical problems for their families. When their claims go unheeded, they band together to expose the wrongdoings committed by their reckless, bean-counting government officials whose carelessness caused irrevocable harm to the lives of its residents.

MONDAY, JULY 5

7:00—10:00AM (C) Indoor Walking @ Life Center: Limit two walkers at a time due to COVID testing.

9:00AM (H) Sit & Be Fit @ Recreation Center

10:00AM (LLL) Arizona Potpourri via Zoom Meeting

10:00AM (C) Rosary @ Plaza View Lounge: All are welcome as we pray the Rosary together.

1:00PM (H) Strength & Balance @ Recreation Center

2:00PM (H) Basketball Bounce @ Recreation Center: By appointment, call Dean & Bonnie for reservation x15461.

TUESDAY, JULY 6

7:00—10:00AM (C) Indoor Walking @ Life Center

8:30AM—12PM (H) Shopping @ Backstreet Boutique: Clothing, jewelry and accessories 50% off. Incredible tribal masks and artifacts for sale. Call x18463 for a ride or donation pickup.

9:00AM (H) Water Aerobics @ Pool

9:00AM—2:00PM (H) Shopping @ Gift Shop: Offering a 20% discounts on all jewellery through the month of June! Please note that beginning June 30th, the Gift Shop will now be open on Tuesday, Wednesday and Thursdays. We look forward to seeing you soon!

9:00AM (LLL) Spanish (Beginning) @ Agelink Great Room

10:45AM (H) Chair Yoga @ Recreation Center

11:00AM (★) Lunch @ Golden Corral: Join us for this great lunch outing opportunity! This is a reminder—you must have registered in advance. Please call x12905 to reserve your spot.

11:00AM (LLL) Better Photos w/Your Cellphone @ Agelink Great Room

12:00PM (★) Behind the Curtain: Setting the Stage for Success at Beatitudes @ Life Center: Join us to share and discuss situations and

solutions that arise when Residents Assist Residents—When Too Much Help Can Hurt. Learn how to help without being hurtful and when to make the call to professionals.

1:00PM (LLL) Zoom Special Projects via Zoom Meeting

1:00PM (H) Strength & Balance @ Recreation Center

2:00PM (C) Bingo @ Plaza View Lounge: Come play BINGO! 4 - card limit. Masks required.

2:00PM (C) Alterations with Mary Jo @ Recreation Center: Mary Jo will be in the Rec. Center to pickup and drop off your sewing alterations

2:00—4:00PM (C) Darts @ Recreational Room: Come join us!

3:00PM (C) Choir Practice @ Life Center: 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 7

7:00—10:00AM (C) Indoor Walking @ Life Center

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

9:00AM (H) Water Aerobics @ Pool

9:00AM (H) Sit & Be Fit @ Recreation Center

9:00AM—2:00PM (H) Shopping @ Gift Shop

10:00AM Bible Study @ Boardrooms: Book of Genesis. Masks are required.

10:45AM (H) Chair Yoga @ Recreation Center: masks are required.

12:30PM (H) Shopping @ Safeway: Please call in advance to reserve your seat on the bus at x12905.

1:00PM (LLL) Poetry Crafting @ Agelink Great Room

1:00PM (H) Strength & Balance @ Recreation Center

2:00PM (★) Resident Town Hall @ Life Center: Be in the know with the latest campus news and information. All residents are highly encouraged to attend our monthly gathering for light refreshments. Gregory's Market will have free fresh produce available following Town Hall.

4:00PM (C) On the Rocks @ Plaza Club: Join Bill Chase and Friends as they entertain you with music from the 50s through the 90s.

6:00PM (C) Hootenanny @ Life Center: Come on over! Professional group at 6:00 and open mic at 7:00.

THURSDAY, JULY 8

7:00—10:00AM Indoor Walking @ Life Center: Masks are required.

9:00AM (H) Water Aerobics @ Pool

9:00AM—2:00PM (H) Shopping @ Gift Shop

9:00AM (★) Studio with David @ Agelink Great Room: David, Josephine, Jon and residents continue brainstorming ideas to increase engagement and plan for the future. Join us for coffee and conversation.

10:00AM Worship Service @ PV Lounge: Join one of the Chaplains for worship and communion. Plaza View AND independent living residents are welcome! Masks are required.

10:30PM (LLL) Film as Art @ Agelink Great Room

11:00AM (H) Tai Chi @ Recreation Center

1:00PM (H) Strength & Balance @ Recreation Center

1:00PM (C) Sing Along @ Plaza View Lounge: Masks are required. No reservations needed.

1:00PM Docent Art Chat (Via Zoom): Join us as we host a virtual class via Zoom with the Phoenix Art Museum. Please call x18473 for questions. All are welcome to attend!

1:00PM (LLL) Art of American Beauty - A Review @ Agelink Great Room

4:00PM (C) On the Rocks @ Plaza Club: See Wednesdays 4PM listing

6:00PM Karaoke @ Life Center: Come join us!

6:00PM (C) Movie Watchers @ Recreation Center— Sing (PG) 1h48m: Animals of all stripes -- including an under appreciated mother minding 25 piglets, a young gorilla trapped in gang life and a shy elephant -- find hope in a life-changing singing competition to save the local theatre.

FRIDAY, JULY 9

7:00—10:00AM Indoor Walking @ Life Center

8:00AM—12:00PM (H) Shopping @ Fry's: 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 (H) Backstreet Boutique: Clothing, jewelry and accessories 50% off. Incredible tribal masks and artifacts for sale. Call x18463 for a ride or donation pickup.

9:00AM (H) Morning Motions @ Plaza View Lobby: Masks are required.

10:00AM (LLL) Google Photos Organization @ Agelink Great Room

12:30PM (LLL) Microsoft Word - Level 1 @ Agelink Great Room

1:00PM (H) Strength & Balance @ Recreation Center

1:00PM Jewish Service @ Boardrooms: All are welcome to join residents Phil and Hannah Adelman as they lead us in a time of seasonal reflection, praise and prayer.

2:00PM (C) Bingo @ Plaza View Lounge: Come play! 30 cents a card, 4-card limit. Masks are required

2:00—4:00PM (C) Darts @ Recreational Room: Come join us!

4:00PM (C) On the Rocks @ Plaza Club: See Wednesdays 4PM listing

SATURDAY, JULY 10

7:00—10:00AM Indoor Walking @ Life Center

9:00AM (H) Sit & Be Fit @ Recreation Center

4:00PM (C) Happy Hour @ Plaza Bistro: Come join us for some great musical fun!

6:00PM (C) Movie Watchers @ Recreation Center— Little Women (PG) 2h15m: The writings of Louisa May Alcott unfold as the author's alter ego, Jo March, reflects back and forth on her fictional life. In this adaptation, the beloved story of the March sisters -- four young women each determined to live life on their own terms -- is both timeless and timely.

UPCOMING EVENTS

The transportation department will make trips to 3 nearby churches beginning July 4th.

Our Savior's Lutheran Church
Departure 9:00AM - Pick Up 10:45AM

Church of Beatitudes
Departure 10:00AM - Pick Up 11:45AM

First United Methodist
Departure 10:30AM - Pick Up 12:15PM

Please call Transportation at x12905 to reserve your seat.

COMMUNITY CORNER

PLAZA VIEW ASSISTED LIVING

UPDATES: AL residents are free to go into other buildings and apartments on campus, including the Bistro for dining. The AL dining room is now open for reservations of up to two people, but IL residents may not yet dine in the Assisted Living dining room. IL residents may visit residents in AL and may participate in AL activities, but all participants must remain masked and socially distanced at all times when IL visitors are present.

INDEPENDENT LIVING RESIDENT

GATHERINGS: Residents may gather in groups in individual apartments and throughout campus. Based on CDC guidance, the campus strongly recommends unvaccinated residents continue to wear masks in public settings and when gathering with others for their own personal protection.

VISITOR GUIDELINES:

Residents may invite visitors (including children under 18) on Campus for private gatherings and events. All unvaccinated visitors must be masked. Children under 12 may be unmasked at the discretion of the guardian.

LIFE CENTER: Life Center capacity will be limited to 75 with social distancing when off-Campus guests/visitors are in attendance. Unvaccinated guests must continue to wear masks at events. **Quiet Room**—Life Center Quiet Room will be open for use on weekdays until 2PM.

LIBRARY: Hours open are Monday—Saturday from 1-3PM. Masks are required.

OFF-CAMPUS TRANSPORTATION:

Call x12905 24 hours in advance to sign up for an outing. Bus seating will now be limited to one person per seat or one couple per seat. Masks required when using campus transportation. Vehicle capacity will determine the number of residents permitted on each outing.

SALON SERVICES: Campus salons are open for business Tuesdays through Fridays by appointment only. Call x16129 to reach the Plaza North Salon or x16193 for the Town Plaza Salon.

LIFELONG LEARNERS: Ten Summer courses going on right now. See the agenda for class schedule in red (registration required). New and enlarged program will be available in September. Watch for film festival in August.

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.

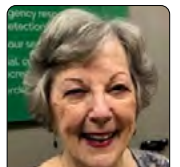
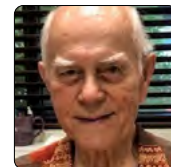
On this date: **Thursday July 29, 2021, between 8:00AM – 5:00PM**, to change out the air filters in all resident's homes. Due to the size of this task, Maintenance is unable to provide a specific time for the filter change. If you would like to be home when Maintenance changes your air filter, please adjust your schedule accordingly.

CARECORPS VOLUNTEER CORNER

CARECorps is seeking volunteers to help wheel or guide residents from our Healthcare Center to the Life Center for Morning worship service. The service takes place on Thursdays from 11AM-11:30AM. If you are interested in helping a fellow neighbor, please call x18526.

Welcome New Residents

JUNE 29



George & Virginia Mitchell, CPN1135