

An Impressive Response



Last Wednesday evening, an unexpected rainstorm hit our campus and dumped many inches of rain in just under an hour. The storm drains on Myrtle had a hard time keeping up which unfortunately, caused 6 of our patio homes to sustain some water damage from flooding, as well as numerous trees were downed

Cheryl Knupp,
Sr. VP of Health Services &
HR/Risk Management



across campus in addition to some additional flooded areas. Pictures of the flooding and downed trees were posted on social media so you may have seen them, or you may have taken a walk around campus to see the damage for yourself.

What you may not have seen was the fast and coordinated teamwork of our engineering and maintenance “First Responder” team, our environmental specialists, our security team, our grounds team as well as residency counselor, Jonathan Gibbs and management team consisting of Mitch Bradshaw, facilities director, Mark Winn, assistant director of facilities and Don Bergem, assistant director of security and grounds.

Mark Winn had the foresight years ago, to develop the engineering, environmental services and maintenance first responders that would respond in the event of any campus emergency. It was these fast-acting teams, under the oversight of Mark,

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HAPPY BIRTHDAY!

- 14th Alice Greene
Evelyn Sowell
- 15th Sandy Nicely
- 17th Edward Buthala
Jerry Eddy
- 18th Kirk Baxter
Don Miles
Shirley Radcliffe
- 19th Connie DeLair
- 20th Loretta Gulick
Dorothy Jones

NOTEWORTHY EVENTS

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

- ➔ Monday @ 4:00PM (EF) National Tell a Joke Day: Joke-A-Thon!
- ➔ Tuesday @ 11:00AM (OC) Traveler Tuesday Luncheon to Alzhour Restaurant
- ➔ Wednesday @ 2:00PM (LC) Wednesdays Sundaes with Dave
- ➔ Thursday @ 9:00AM (AGR) The Studio
- ➔ Friday @ 10:00AM—3:00PM (LC) Beatitudes Art Show
- ➔ Saturday @ 10:00AM—1:00PM (LC) Beatitudes Art Show Continues

More Than One Way to the Moon

Rev. Andrew Moore, Associate Chaplain

Many of you will remember seeing the first photographs of the earth taken from the moon. The initial pictures were stunning and had a long-lasting impact on those who saw them. Having seen ourselves as the centre of the universe and had our perspectives shaped by the intimate dramas of our particular habitat, it came as a shock to see the beautiful, tiny, fragile orb spinning almost insignificantly in the vast ocean of star-studded blackness. Are we really that small?

The sense of mystery that these photographs evoked was not unique. Nearly three millennia ago the psalmist looked up at a Middle Eastern sky and wrote: “When I look at your heavens, the work of your fingers, the moon and the stars that you have

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Every Last Drop

“Nothing about me, without me” is a well-known phrase in the movement towards better end of life care. Traditionally, a person with a terminal illness is treated by doctors who focus on curing the disease, even when it is thought to be incurable. The question becomes, if you have weeks or months left to live, how do you want to spend that time?

Atul Gawande addresses this question in his book *Being Mortal*



Josephine Levy, Success Matters Resource Navigator

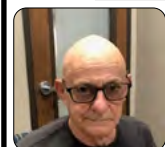
(2014). Gawande is a surgeon who is known for advocating for people who are dying, to provide them with the “best possible day,” whatever that looks like for them. He believes that speaking openly and honestly about death –between doctors and patients, friends and family, and society as a whole—is beneficial for all involved.

The movement towards a better way of dying focuses on not only our physical selves (“how can we help you be

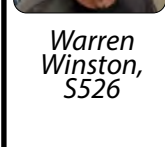
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WELCOME NEW RESIDENTS!

AUGUST 11



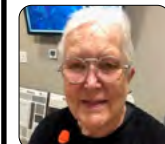
David Lundberg,
N252



Warren Winston,
S526



Sally Bachman,
S316



WEEKLY AGENDA FOR AUGUST 15 — 21

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|---|---|
| <p>9:00AM: DEPART TO OUR SAVIOR'S LUTHERAN CHURCH (OC) Pick up 10:45AM. Call x12905 to reserve your seat.</p> <p>9:00AM: CATHOLIC MASS (LC) All services are open to residents and family/ guest and limited to 75 people. Masks are required for family/ guests.</p> <p>10:00AM: DEPART TO CHURCH OF THE BEATITUDES (OC) Pick up 11:45AM. Call x12905 to reserve your seat.</p> <p>10:30AM: UU ZOOM WORSHIP SERVICE (PC) Join the members of UU for a live stream Sunday service in the Plaza Club</p> <p>3:00PM: SUNDAY WORSHIP (LC) All services are open to residents and family/ guests. Masks are required.</p> <p>6:00PM: MOVIE WATCHERS - PLAYING WITH FIRE [2019][PG1H36M] (RC) When firefighter Jake Carson and his team rescue three siblings in the path of a wildfire, they quickly realize that no amount of training could have prepared them for their most challenging job yet—babysitting. While trying to locate the children's parents, the firefighters have their lives, jobs and even their fire station turned upside down and learn that kids -- much like fires -- are wild and full of surprises.</p> | <p>7:00AM—6:45PM WEEKDAYS—Around-the-Block On-Campus Transport: Please call x15007 for a ride (or 602-544-5007). Check map for pickup locations.</p> <p>7:00AM: INDOOR WALKING (LC) Masks are required</p> <p>9:00AM: MORNING MOTIONS WITH MIKE (PVL) Come join us for an Easy Level Fitness Class from a chair. Mobility & Flexibility Exercises Only. Must wear a mask during this class.</p> <p>9:00AM: 99 CENTS STORE (OC) Call in advance to reserve your seat at x12905.</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>10:00AM: ROSARY (PVL)</p> <p>1:00PM: MENTAL HEALTH PEER SUPPORT GROUP (PVL) Do you have anxiety, depression, bipolar disorder, PTSD, or other mental health conditions? You're not alone.</p> <p>1:00PM: STRENGTH & BALANCE WITH MIKE (RC) Level 2 Fitness Class. Mild to Moderate Strength Training.</p> <p>2:00PM: BASKETBALL BOUNCE (RC) Walk-ins Welcome If you have any questions, call Dean & Bonnie x15461.</p> <p>2:00PM: POKER (PC) Play some poker with us, everyone welcome!</p> <p>4:00PM: NATIONAL TELL A JOKE DAY—JOKE-A-THON (EF) Really. This is no joke!! :-) Join us for an open-mic joke-a-thon (with snacks) in Elaine's and bring your sense of humor and a few jokes to share.</p> <p>6:30PM: IRENE B'S BIBLE STUDY (RC)</p> | <p>9:00AM: WATER AEROBICS (PL) Join us for our weekly water exercises! Mon & Wed Classes have been temporarily suspended</p> <p>9:00AM: GIFT SHOP OPEN (GS) Visit the Gift Shop during open hours to take advantage of their weekly sales promotions! These sales don't last long so be sure to stop in!</p> <p>10:00AM: WII BOWLING (PVL) Players mimic all the motions of bowling on the big screen TV. Try it!</p> <p>10:45AM: CHAIR YOGA (RC)</p> <p>11:00AM: TRAVELER TUESDAY LUNCHEON (OC) Did you now that Lebanese wine is among the world's finest? Join us as we journey to Lebanon at the ALZOHOUR RESTURANT for a traditional lunch. Call x12905 for bus reservations.</p> <p>1:00PM: STRENGTH & BALANCE WITH MIKE (RC)</p> <p>2:00PM: ALTERATIONS WITH MARY JO (RC) For all your alterations needs, Mary Jo has arrived!! Call x18473 for more questions</p> <p>2:00PM: BINGO (PVL) Free Bingo-Limit 2 cards. Join us! Mask required.</p> <p>2:00PM: DARTS (RC) Join us in a few games! If you need additional information call Donna Ellis at x15564.</p> | <p>8:00AM: FRY'S SHOPPING (OC) Get your grocery shopping done! Call x12905 for a seat.</p> <p>9:00AM: MORNING MOTIONS WITH MIKE (PVL)</p> <p>9:00AM: SIT & BE FIT (RC) Come down and join us! Easy Level Fitness Class lead by a resident. Certified Fitness instructor not present.</p> <p>9:00AM: GIFT SHOP OPEN (GS)</p> <p>10:00AM: BIBLE STUDY (BR) Join the Chaplains as we study and discuss the Bible together.</p> <p>10:45AM: CHAIR YOGA (RC)</p> <p>10:45AM: SAFEWAY (OC) Please call in advance to reserve your seat on the bus at x12905.</p> <p>1:00PM: LOW VISION SUPPORT GROUP (BR) 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.</p> <p>1:00PM: STRENGTH & BALANCE WITH MIKE (RC)</p> <p>2:00PM: SUNDAES WITH DAVE (PB) Come join us to have your questions answered while enjoying some sundaes! Special guests stars, Valerie Cantrell, Mitch Bradshaw, Joe Kane, Didi Cruz, Nancy Cortez and Lynn Brown will be attending from 2-3PM and sundaes are available from 2-4PM.</p> | <p>9:00AM: THE STUDIO (AGR) 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.</p> <p>9:00AM: WATER AEROBICS (PL) Join us for our weekly water exercises! Monday and Wednesday class have been temporarily suspended</p> <p>9:00AM: GIFT SHOP OPEN (GS)</p> <p>10:00AM: WORSHIP SERVICE (PVL) Join one of the Chaplains for worship and communion. Plaza View AND independent living residents are welcome!</p> <p>11:00AM: TAI CHI WITH CAROL-ANN (RC) Easy (Level 1) Exercise class walk-ins welcome!!!</p> <p>11:30AM: MIDDAY MEALTIME WITH MIKE (BG) A lunchtime cognitive fitness class! Group wellness & "brain games" over lunch! Crossword puzzles, word matching, word scramble, multiple choice questions. All are welcome for some fun thinking! Masks required, please.</p> <p>1:00PM: SING ALONG (PVL) Join in on the singing fun, masks are required at this time.</p> <p>1:00PM: STRENGTH & BALANCE WITH MIKE (RC)</p> <p>4:00PM: ON THE ROCKS (PC) Join Beatitudes musicians and friends as they entertain you with music from the 50s through the 90s.</p> <p>6:00PM: MOVIE WATCHERS (RC) Check the Rec. Center wall for the latest showings.</p> | <p>9:00AM: MORNING MOTIONS WITH MIKE (PVL) Come join us for an easy level fitness class from a chair. Mobility and flexibility exercises Only. Must wear a mask during this class.</p> <p>10:00AM—3:00PM: BEATITUDES ART SHOW (LC) Join us for this two-day spectacular event as we display all types of creativity the campus has to offer. 10AM-3PM. All are welcome to attend. Please call x18473 if interested in a display table.</p> <p>10:00AM: SPECTRUM MALL SHOPPING (OC) Call in advance to reserve your seat at x12905.</p> <p>1:00PM: STRENGTH & BALANCE WITH MIKE (RC)</p> <p>1:00PM: SYMPHONIC MUSIC WITH BRUCE PULK (PC) Join us for an afternoon of symphonic music with Bruce Pulk at 1PM</p> <p>2:00PM: BINGO! (PVL) Everyone is welcome, .30 cents a card - 4 card limit.</p> <p>2:00PM: DARTS (RC) Join us in a few games! If you need additional information call Donna Ellis at x15564.</p> <p>4:00PM: ON THE ROCKS (PC) Join Beatitudes musicians and friends as they entertain you with music from the 50s through the 90s.</p> | <p>9:00AM: SIT & BE FIT (RC)</p> <p>10:00AM: LIFE DRAWING WITH TISH (PVL) Tish will instruct attendants on life drawings.</p> <p>10:00AM—1:00PM: BEATITUDES ART SHOW (LC) Join us for this two day spectacular event as we display all types of creativity the campus has to offer. 10AM-1PM All are welcome to attend. Please call x18473 if interested in a display table.</p> <p>4:00PM: HAPPY HOUR MUSIC (PB) Join us every Saturday at 4 for a Musical Happy Hour in the big room.</p> <p>6:00PM: MOVIE WATCHERS (RC) Check the Rec. Center wall for the latest showings.</p> |
| <p>PLEASE NOTICE: Masks are required at all public, indoor spaces until further notice. Please stay safe, and keep other safe by following these guidelines.</p> | | | | | | |
| <p>UPCOMING EVENTS</p> <p>AUGUST 24TH @ 11:00AM (OC) NORTH MOUNTAIN BREWING COMPANY TOUR: Join us for a Tour of North Mountain Brewing Company and Lunch. Tickets are \$25.00 and include the tour, an entrée and 5 acholic beverages. Please call x12905 to reserve your spot.</p> | | | | | | |
| <p>AUDIO AGENDA LISTING</p> <p>Listen to the daily <i>Roadrunner</i> agenda through an audio recorded messaging system. You may simply call x19756 or 602.246.9756.</p> | | | | | | |

INFO YOU SHOULD KNOW...

RESIDENT ASSISTANCE FUND

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 (x16136).



IT WAS A VERY-GOOD DAY!

I awakened early, had a cup of coffee, and headed down for my morning swim. As always, CHRIS from Maintenance had been there much earlier to sweep

the pool and deck and to empty the debris baskets. The pool was a sparkling blue and, thanks to Chris' monitoring, a perfect temperature. Later I joined friends for lunch in the Bistro. AMANDA, our server, brought our food quickly. It was exactly what each of us had ordered. She checked back several times. While we visited, SARA arrived to remove our dirty dishes and to see if we wanted anything else. After lunch I had a quick visit with JESSICA in Success Matters. I'd been concerned about a neighbor. Jessica promised to visit before the end of the day, and past experience told me I could rely on her. Returning to my apartment, I discovered a note

from KAT in Housekeeping. My home had been cleaned to perfection! There wasn't cat hair to be found on the floors (not easy with a long-haired cat in residence). Every chrome surface and mirror gleamed. As Igor and I enjoyed dinner at home and a quiet evening, I paused to think about all those various employees had done just this one day to keep me comfortable and happy. I hope each resident will be conscious of all that's done for him or her and will contribute as much as is feasible to the Employee Appreciation Committee. —Barbara Glenn

BACKSTREET BOUTIQUE CLOSED

The Backstreet will be closed to shoppers thru September 2nd. During this time, call x18463 for donation pickup. We will check messages Tuesday and Friday mornings to arrange pickup. See you in September!

UFO INTEREST GROUP

UFO sightings now occur daily! Several governments admit UFOs are real. The US Navy and USAF pilots and sub captains experiences are numerous. Interested in learning more? Have experience to share? A UFO Interest group is being formed. First, there is information for all—ask Jim Soudriette for a copy by calling x18587.

LOCATIONS LEGEND:

- 🔄 —Recurring
 - 💙 —Fitness/Wellness
 - ★ —Special Events
- (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
 (CC) Creative Corner
 (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) Backstreet Boutique Resale

The Welcome Center would like to announce some changes when it comes to mailing packages and our new postage meter. The USPS has changed the way the meter figures the postage on packages. Unlike our last machine it only went by weight; however, our new one is both weight and size. With that, we would like to encourage the use of flat rate shipping boxes (small, medium and large) as they can be cheaper than using regular boxes and to help bypass the input of dimensions making the process quicker. We are happy to provide any size box we have available without charge aside for the postage. Also, As a reminder, the USPS has announced increased postage rates starting August 29th.

List of price increase:
Letters: .58;
Metered Letter: .53;
Postcards: .40;
Cert. Mail: 3.75;
Return Receipt: 3.05

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

LARGE PRINT

**Visual impairments?
Grab a LARGE PRINT
version, stop by the
Welcome Center
desk to pick one up!
If they are out, please
call x10430.**

A publication from
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Phoenix, AZ 85021
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Content Submissions:
www.bcampus.org/rr

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

An Impressive Response—Cont.

that appear to have been able to prevent additional damage to the patio homes as well as other areas of campus. The crews were busy most of the night assessing for damage, moving furnishings and rugs, assisting with water extraction, unhooking electrical equipment, locating, and setting up fans to assist in drying the wet areas.

While they were doing that, Jonathan, Mark, and security were preparing and assisting in relocating residents from the patio homes into guest rooms and vacant apartments here on campus. While one never wants to leave their home, the residents appreciated having clean, dry, and warm apartments to sleep in that night. What many may not know is that Mark had a hidden talent which was revealed when he shared with me, his deep appreciation to his mom for teaching him how to make a

bed with “hospital corners.” I am sure the exhausted residents appreciated it as well.

At the same time, Don Bergem and his grounds crew were locating, securing, and removing the downed trees across campus. According to Don, we lost six mature trees mostly in Central Park and one newer tree in the patio home area. Don also reported there was some damage to a carport from a downed tree and thankfully the vehicle under the carport was not damaged.

Mitch was working with residents and families regarding damage, relocation and assisted anywhere he was needed. He also kept in touch with senior management during the evening, keeping us apprised of damage, any needs so we could work remotely to ensure the staff and residents needs were met. Mitch will have a better understanding of the

extent of the damage on Monday after baseboards and moisture tests reveal if there is damaged drywall and flooring. Replacements will be ordered and we hope to have our displaced residents back in their homes as soon as possible.

On behalf of all of us on campus, I would like to thank all of the staff that worked tirelessly Wednesday night, Thursday and through the weekend as well as thank the residents for their patience and cooperation in dealing with the flood and temporary relocation. We know this hasn't been easy but we appreciate everyone coming together for the good of Beatitudes. I am once again reminded of how special the people on this campus are and how blessed I am to be a part of the Beatitudes Family.

To The Moon—Cont.

established; what are human beings that you are mindful of them, mortals that you care for them?” The poet was not looking back on earth, but from earth looking up – and this had the effect of causing them to wonder what life is all about and why we matter anyway.

Science explores the shape and mechanics of the universe, sparking the imagination based on observable facts. What science cannot do, however, is attribute any inherent meaning to what is seen, however inspiring the observation itself might be. What is seen has to be interpreted, but it cannot of itself impute particular meaning other than to say that it is what it is. This is where science and faith can be

seen to play on the same field. The old so-called ‘conflict metaphor’ between science and faith needs to be consigned to the intellectual bin, with science and faith not being seen as enemies in the search for truth. George Lemaitre was a Belgian priest and professor of physics in the last century. It was he who proposed the theory of the expansion of the universe in what became known as Hubble’s Law. Praised by Albert Einstein in 1933, Lemaitre went on to say “there are two paths to truth; and I decided to follow both of them.”

Or, as Shakespeare put it in Hamlet “there are more things in heaven and earth, Horatio, than are dreamt of in your philosophy.”

Every Last Drop—Cont.

more comfortable?”) but also our social selves (“what is important to you in the days, weeks, months ahead?”) our emotional selves (“who do you need to talk to? What remains unsaid?”) and our spiritual selves (“what supports you spiritually at this time?”) To neglect any of these aspects of our humanity is to risk missing an opportunity to enhance our lives, even as we are dying.

David Kessler outlined the rights of the dying in 1997, and they include:

The right to be treated as a living human being.

The right to maintain a sense of hopefulness, however changing its focus may be.

The right to express feelings and emotions about death in one’s own way.

The right to participate in all decisions concerning one’s care.

The right to expect continuing medical care, even though the goals may change from “cure” to “comfort” goals.

The right to have all questions answered honestly and fully.

The right to seek spirituality. The

right to be free of physical pain.

The right to express feelings and emotions about pain in one’s own way.

The right to die. The right to die in peace and dignity.

The right not to die alone.

The right to expect that the sanctity of the body will be respected after death.

Facing death is a difficult task for most of us. It can be made better by asking not “what’s the matter with you?” but rather “what matters to you?”