

BEATITUDES CAMPUS Roadrunner

HISTORICAL WEEKLY NEWSLETTER OF BEATITUDES CAMPUS, SINCE 1965

Why I Choose to Get the Covid Vaccine

I chose to get the vaccine:

Because I saw the sheer relief in the eyes of hundreds of our residents when we held our first vaccination clinic.

Because I lost sleep every time I heard that another resident or staff member had become infected. I was scared for them.

Because of the tears that I cried when we lost our first resident to Covid. And then the tears after tears that were shed when others so very sadly followed.

Because I remembered how helpless we all felt when this vicious virus began to spread and we had no idea how to stop it.

Because I watched the virus raise its ugly head again in our community and start to spread uncontrollably taking the beautiful lives of our cherished people who had entrusted us with

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



their protection. And we had done everything we possibly could to prevent it.

Because I care for my teammates who work in the offices next to mine and cannot imagine how I would deal with having infected them.

Because I have empathy for those I saw filled with fear that they might contract what they believed would be a life ending sickness.

Because I have compassion for our community and the community around us and know we have to be leaders whether we like it or not.

Because I know that amongst the people we serve, we have some of the most vulnerable of the vulnerable and it is my job to protect them at all costs.

Because our mission compels us to do all we can to do no harm to the ones we love

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HAPPY BIRTHDAY!

- September 26th:
Leonarda Wszalek
Leo Dressel
- September 27th:
Stanley Patmor
- September 28th:
Nancy Edwards
- September 29th:
Hannah Adelman
Donna Ellis
- September 30th:
Margaret Poundstone
Nadine Smith

WELCOME NEW RESIDENTS



SEPT. 20
Susan Hoeft
PH1218



SEPT. 23
Alan Buttendorf and
Gerry Gerardi
PH1217

Active Aging Week 2021

Didi Cruz, CAREcorps Volunteer Lead

Active Aging Week... what is that? Active Aging Week is an International

celebrating week that promotes and encourages people to participate fully at any age, regardless of mental or physical capacity. As a campus, this will be our 7th year celebrating and promoting a wide range of activities and events that we hope you will take advantage of as you challenge yourself to a new program.

Active Aging Week will take place Monday, October 4 through Friday, October 8th. Each

ACTIVE AGING Week 2021

day, we will have a theme and a variety of events that everyone is welcome to take part in. Raffles, prizes, moving and grooving is definitely on the agenda. Each morning we will have a Campus Community walk beginning at 7AM, meeting in front of the Bistro (Central Park Mall). We will

walk a mile on campus together and we ask that you invite a neighbor to join you. After

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Suicide Prevention Awareness Month

Rev. Peggy Roberts, Sr. VP of Spiritual Life

It occurred to Pooh and Piglet that they hadn't heard from Eeyore for several days, so they put on their hats and coats and trotted across the Hundred Acre Wood to Eeyore's stick house. Inside the house was Eeyore. "Hello Eeyore," said Pooh. "Hello Pooh. Hello Piglet," said Eeyore, in a Glum Sounding Voice. "We just thought we'd check in on you," said Piglet, "because we hadn't heard from you, and so we wanted to know if you were okay."



Eeyore was silent for a moment. "Am I okay?" he asked, eventually. "Well, I don't know, to be honest. Are any of us

really okay? That's what I ask myself. All I can tell you, Pooh and Piglet, is that right now I feel really rather Sad, and Alone, and Not Much Fun To Be Around At All. Which is why I haven't bothered you. Because you wouldn't want to waste your time hanging out with someone who is Sad, and Alone, and Not Much Fun To Be Around At All, would you now." Pooh looked at Piglet, and

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NOTEWORTHY EVENTS

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

- ➔ Tuesday at 11:00AM: Lunch at Fuddruckers (OC)
- ➔ Tuesday at 11:30AM: UCC Lunch Bunch (LC)
- ➔ Wednesday from 8:00AM—7:00PM: Community Wednesdays Carnival of Joy (LC)
- ➔ Thursday at 10:30AM: Martins Auto Museum (OC)
- ➔ Friday from 10:00AM—12:00PM: Three Literary Giants of the Southwest Book Signing (PB)

WEEKLY AGENDA: SEPT. 26—OCT. 2

Masks are required in all public, indoor spaces. Please stay safe, and keep others safe by following these guidelines.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00AM: CATHOLIC MASS (LC) Masks are required.</p> <p>9:00AM: OUR SAVIOR'S LUTHERAN CHURCH (OC) Return at 10:45AM. Call x12905 to reserve a seat.</p> <p>10:00AM: CHURCH OF THE BEATITUDES (OC) Return at 11:45AM. Call x12905 to reserve your spot.</p> <p>10:30AM: UU ZOOM WORSHIP SERVICE (PC)</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: GODZILLA VS. KONG [2021 PG-13 1H53M] (RC) Legends collide as Godzilla and Kong, the two most powerful forces of nature, clash in a spectacular battle for the ages. As Monarch embarks on a perilous mission into fantastic uncharted terrain, unearthing clues to the Titans' very origins, a human conspiracy threatens to wipe the creatures, both good and bad, from the face of the earth forever.</p>	<p>8:30AM—7:00PM Around-the-Block 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)</p> <p>9:00AM: GOODWILL / DOLLAR TREE (OC) Call x12905 to reserve a seat.</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>9:00AM: WATER EXERCISES (PL) No instructor.</p> <p>9:00AM: LLL SPANISH - INTERMEDIATE - ADVANCED (AG1) Must be registered.</p> <p>11:00AM: SPANISH - BEGINNING (AG1) Must be registered.</p> <p>11:30AM: LLL COURT COMPENDIUM IV (AGR) Must be registered.</p> <p>1:00PM: MENTAL HEALTH PEER SUPPORT GROUP (PVL)</p> <p>1:00PM: STRENGTH & BALANCE WITH MIKE (RC)</p> <p>1:30PM: LLL CLASSICAL MUSIC (ZOOM) Must be registered.</p> <p>2:00PM: BASKETBALL BOUNCE (RC)</p> <p>2:00PM: POKER (PC) Play some poker with us, everyone welcome!</p> <p>6:30PM: IRENE B'S BIBLE STUDY (RC)</p>	<p>8:00AM: FLU SHOT CLINIC (AGR) In partnership with MVP. This clinic date is FULL—sign up for the Oct. 19th clinic at the Welcome Center WITH YOUR INSURANCE CARD.</p> <p>8:30AM: BACKSTREET BOUTIQUE SHOPPING (TS) Call x18463 for transport or donations pickup. Cash or check only. STOREWIDE SALE – 50% off everything. 1 gallon distilled water \$2.</p> <p>9:00AM: WATER AEROBICS (PL)</p> <p>9:00AM: GIFT SHOP OPEN (GS)</p> <p>9:30AM: LLL POETRY- (A) (AG1) Conversations on the craft of poetry (A). Must be registered.</p> <p>10:00AM: WII BOWLING (PVL)</p> <p>10:45AM: CHAIR YOGA (RC)</p> <p>11:00AM: LUNCH AT FUDDRUCKERS (OC★) Call x12905 for a seat.</p> <p>11:00AM: LLL LOCAL GOVERNMENT (AG1) Why it matters to you. Must be registered.</p> <p>11:30AM: UCC LUNCH BUNCH (LC★) Welcome Back UCC Lunch Bunchers! Let's gather together for lunch and talk about what our future might be. Bring your own lunch. Tea and water provided. Please contact Carol Spangenburg at x15155 with questions. ALL ARE WELCOME!</p> <p>1:00PM: STRENGTH & BALANCE WITH MIKE (RC)</p> <p>1:00PM: LLL TED TALKS - PERSONALITY PLUS (AGR) Must be registered.</p> <p>2:00PM: PLAZA VIEW BINGO (PVL)</p> <p>2:00PM: DARTS (RC)</p>	<p>8:00AM: FRY'S SHOPPING (OC) Get your grocery shopping done! Call x12905 for a seat.</p> <div style="text-align: center;">  <p>CARNIVAL of JOY</p> </div> <p>8:00AM—7:00PM: COMMUNITY WEDNESDAYS CARNIVAL OF JOY (LC★) You are about to experience the first ever Fifth Wednesday, Carnival of Joy. All those interested in attending will need to buy a ticket at the Bistro. Tickets are an incredible \$6 and are good for the entire day. See the full agenda on the front page of the Crave!</p> <p>9:00AM: MORNING MOTIONS WITH MIKE (PVL)</p> <p>9:00AM: SIT & BE FIT (RC)</p> <p>9:00AM: WATER EXERCISES (PL) No instructor.</p> <p>9:00AM: GIFT SHOP OPEN (GS)</p> <p>9:30AM: LLL END OF LIFE, LIFE PLANNING, LEGACY ISSUES (AGR) Must be registered.</p> <p>10:45AM: CHAIR YOGA (RC)</p> <p>10:45AM: SAFEWAY (OC) Call in advance to reserve your seat at x12905.</p> <p>11:00AM: LLL FLYING (AGR) My path to the left seat at TWA. Must be registered.</p> <p>1:00PM: STRENGTH & BALANCE (RC)</p> <p>6:00PM: HOOTENANNY (LC) Residents can play or sing along with other resident musicians from 6 pm until we quit. Bring your instrument or your voice. Let's have fun!</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. All residents welcome.</p> <p>9:00AM: GIFT SHOP OPEN (GS)</p> <p>9:00AM: WATER AEROBICS (PL)</p> <p>10:00AM: WORSHIP SERVICE (PVL)</p> <p>10:00AM: PINOCHLE CARDS (CPW3) Single and double deck play. Join us or call Arnie Anderson x14311.</p> <p>10:30AM: MARTINS AUTO MUSEUM (OC★) Join us as we take a look at some incredible vehicles from yester-year. The museum is now in its new location.</p> <p>11:00AM: LLL STORYTELLING - TELL YOUR LIFE STORIES (AG1) Must be registered.</p> <p>11:30AM: MIDDAY MEALTIME WITH MIKE (BG) A Lunchtime cognitive fitness class!</p> <p>12:30PM: LLL POWERPOINT LEVEL 1 (AG3) Must be registered.</p> <p>1:00PM: LLL ART OF AMERICAN BEAUTY (ZOOM) Must be registered.</p> <p>1:00PM: SING ALONG (PVL)</p> <p>1:00PM: STRENGTH & BALANCE WITH MIKE (RC)</p> <p>2:30PM: TOUCHTOWN COFFEE CLUB (PB) This informal gathering is to help you, and answer questions that you may have about installing or using Touchtown.</p> <p>4:00PM: ON THE ROCKS HAPPY HOUR (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>8:00AM: FRY'S SHOPPING (OC) Get your grocery shopping done! Call x12905 for a seat.</p> <p>8:30AM: BACKSTREET BOUTIQUE SHOPPING (TS) Call x18463 for transport or donations pickup. Cash or check only. STOREWIDE SALE – 50% off everything. 1 gallon distilled water \$2.</p> <p>9:00AM: MORNING MOTIONS WITH MIKE (PVL)</p> <p>9:00AM: WATER EXERCISE (PL) No instructor.</p> <p>10:00AM: LLL WORD - LEVEL 2 (AG3) Must be registered.</p> <p>10:00AM—12:00PM: THREE LITERARY GIANTS OF THE SOUTHWEST BOOK SIGNING (PB★) Stop on by, grab some punch, a fresh cookie and a signed copy of the "Three Literary Giants of Southwest" for \$10.00. Resident and Author, Paul, will be there to answer all your questions and sign your copy.</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 1:15PM</p> <p>2:00PM: PLAZA VIEW 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 HAPPY HOUR (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) Come down and join us! Easy Level Fitness Class lead by a resident. Certified Fitness instructor not present.</p> <p>10:00AM: LIFE DRAWING WITH TISH (PVL) Tish will instruct attendants on life drawings.</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>UPCOMING EVENTS</p> <h2 style="font-size: 2em;">ACTIVE AGING Week 2021</h2> <p>Monday, October 4th—Friday, October 8th</p> <p>**ALL WEEK LONG** ACTIVE AGING WEEK! See more information in the front page article on all the festivities as part of this special week-long event.</p> <p>Wednesday, October 6th</p> <p>2:00PM: RESIDENT TOWN HALL (LC) Be in-the-know with the latest campus news and information. All residents are highly encouraged to attend our monthly gathering for light refreshments. MASKS ARE REQUIRED AT THIS MEETING, THANK YOU!</p> <p>Friday, October 8th</p> <p>2:00PM: COPING WITH COVID: EMOTIONAL HEALTH AND THE PANDEMIC (LC) The Health and Wellness Committee presents Psychologist and Beatitudes Board Member Dr. Cathy Lindstrom.</p>						

INFO YOU SHOULD KNOW...

THREE LITERARY GIANTS OF THE SOUTHWEST

Resident, Paul C.S. Carpenter, will be hosting a new book signing in the Plaza Bistro on **Friday, September 30th and October 1st from 10AM-12PM on both days.** Stop on by, grab some punch, a fresh cookie and a signed copy of the "Three Literary Giants of Southwest" for \$10.00. Resident and Author, Paul, will be there to answer all your questions and sign your copy.

A Note from the Author: *My decision to write about my three friends Rodolfo Anaya, N. Scott Momaday and Tony Hillerman during the pandemic lockdown of 2020 turned out to be a real pleasure for me. I was surprised that in searching my memory, I recalled so many details of our conversations and happy times together. I felt I was living these*

experiences anew.

My Three Literary Giants of the Southwest lived on again for me and hopefully for you, my reader. I am so grateful I knew them. It has been a unique and rewarding process to write this book. I hope you will enjoy it.—Paul C.S. Carpenter, Beatitudes Resident

FLU VACCINE CLINIC

The September 28th Flu Vaccine Clinic is now full. We are still accepting registrations for the October 19th Clinic. If you'd like to register, please head to the Welcome Center to complete the registration form. **Please bring a copy of your insurance card with you..**

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).



We Remember

JOHN "JACK" WISE
June 11, 1929 to
September 21, 2021
Central Park West

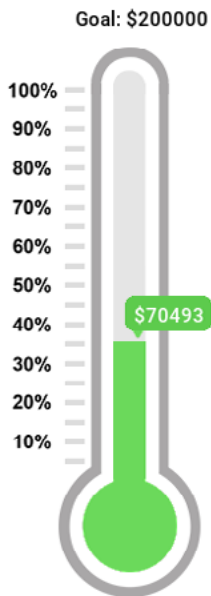
BEVERLY HART
September 30, 1928 to
September 23, 2021
Health Care Center

LOCATIONS LEGEND:

- Recurring
- Fitness/Wellness
- Special Events
- Shopping Opportunity
- LifeLong Learners Course
- (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

Employee Appreciation



Did you know you can contribute to the Employee Appreciation Fund throughout the year? Every year, residents and often their family members, graciously acknowledge the dedication and care Beatitudes Campus employees have provided throughout the year by donating to the Employee Appreciation Fund. Donations may be made any time, and dropped off in the rent boxes or finance department. Please make checks payable to: Beatitudes Residents Council Fund.

To date there's been \$70,493 contributed with a goal of \$200,000.

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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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

Covid Vaccine—Cont.

and serve.

Because I see the news day after day and the pain and fear as people die – and I have to do my part to try to stop this.

Because I love my children and will do anything to protect them and spare them the pain of more loss in their lives.

Because I believe it is part of being in a society and helping our community

Because I want our community to get back to life

and dread seeing, to this day, the decline that isolation was taking, and is still taking, on our residents.

Because I cherish you.

Because I care about you.

Because I do not want to lose you.

Not to Covid!

Because I believe it is the very least one can do right now to protect our people and protect you.

Active Aging Week—Cont.

Monday's walk, head over to the Life Center to join us for our Kickoff Breakfast as we go through the week's events. A free buffet style breakfast will be available for you to enjoy, and trivia will be on the menu. Tuesday we will be heading over to the 19North garden to give back to our community. A tour will be given and we will assist with minor tasks that are needed to keep the garden flourishing. The more hands to give back, the more we can achieve. Wednesday we will have a Paint and Wine night in the Rose Garden with Artist Vidal Duarte. All supplies is included however, you will need to call to reserve a spot as space is limited. Thursday we will be swinging our partners round and round as we dance around at our Western Dance Party. A cash bar for alcohol will be available to you so don't forget that cash, ya hear? Friday is our big Street Fair to close out the week. Wear your Beatitudes

Gear proudly as we enjoy food, vendors and RAFFLES. The Employee Appreciation Committee will be having a 50/50 raffle as well so don't forget that money honey.

The events listed above are only a few that are being highlighted. There are many more that you can find in the Active Aging Week magazine that will be distributed to your door for viewing. We will have guest speakers, classes and even free produce that is scheduled for you to enjoy. If you have any questions, call Didi at x18526. The Life Enrichment team can't wait to celebrate with you!

One more thing.... if you see Korry Nelson around campus, give him a huge SHOUT OUT for the BEAUTIFUL magazine that he has created for this special week. We couldn't do it without him!

Suicide Prevention—Cont.

Piglet looked at Pooh, and they both sat down, one on either side of Eeyore in his stick house. Eeyore looked at them in surprise. "What are you doing?" "We're sitting here with you," said Pooh, "because we are your friends. And true friends don't care if someone is feeling Sad, or Alone, or Not Much Fun To Be Around At All. True friends are there for you anyway. And so here we are." "Oh," said Eeyore. "Oh." And the three of them sat there in silence, and while Pooh and Piglet said nothing at all; somehow, almost imperceptibly, Eeyore started to feel a very tiny little bit better. Because Pooh and Piglet were There. No more; no less. (A.A. Milne, E.H. Shepard)

This is Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized, and often taboo, topic. The goal is to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help. Suicidal thoughts, much like mental health conditions, can

affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues. It can be frightening if someone you love talks about suicidal thoughts. It can be even more frightening if you find yourself thinking about dying or giving up on life. Not taking these kinds of thoughts seriously can have devastating outcomes, as suicide is a permanent solution to (often) temporary problems.

Did you know?

- 78% of all people who die by suicide are male.
- Although more women than men attempt suicide, men are nearly 4x more likely to die by suicide.
- Suicide is the 2nd leading cause of death among people aged 10–34 and the 10th leading cause of death overall in the U.S.
- The overall suicide rate in the U.S. has increased by 35%

since 1999.

- 46% of people who die by suicide had a diagnosed mental health condition.
- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
 - 4.8% of all adults
 - 11.8% of young adults aged 18-25
 - 18.8% of high school students
 - 46.8% of lesbian, gay and bisexual high school students

If you or someone you know are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255)

You also have crisis resources available here on campus that will connect you to the treatment and support you need. Call Chaplain Peggy (x16109) or Chaplain Andrew (x18481) or Josephine Levy (x16117) and Jessica Meyer from Success Matters (x16110) or speak to any staff member and they will help you find the support you need.