

# Be Inspired

ANDARA | a Senior Lifestyle community | SCOTTSDALE, AZ 85259 | 480-451-1800

## THIS MONTH'S *silver star*

### SANDRA SOLBERG

Sandy was born Feb. 19, in Carnegie, Okla. and is the eldest of three children. Shortly after she was born, her family moved to Stringtown, Okla., a small town with a population of 500! Growing up, she enjoyed swimming in the local creek with her siblings and cousins, and visiting her aunt and



Sandra Solberg

uncle in Chicago every summer. It was during one of those summers she met her future husband, Raymond, who lived across the street. They began corresponding via letters from then on.

She went to Stringtown High School; played on their basketball team, sang in the Glee Club, attended drama classes (she starred in three productions) and was president of her class.

After graduation, she moved to Chicago, Ill. and started working as a long distance operator for AT&T. On Oct. 29, 1960, she and Raymond were married at a Presbyterian Church in Chicago, Ill. Sandy went to work at Hyman Michaels, a steel scrap company, as a receptionist and telex operator. On Nov. 2, 1967, her daughter, Donna Joy, was born. Sandy quit her job and devoted her time to raising her daughter. Once Donna was a little older, Sandy decided to go back to work and took a full time position at Aon Corp., an insurance company in their claims department and retired in 2001.

She then sold her house and moved to Tucson, Ariz. with her husband for the warmer weather and to be near her daughter. In 2002, she started working for Coca-Cola as a dispatcher and receptionist, and retired (again) in 2005.

After retiring, she and Raymond enjoyed traveling and taking cruises to different countries. Sadly, Raymond passed away in April 2014. Sandy sold their home and started looking for a place to live. Two months later, she moved into Andara, a short 10 minute drive from her daughter. Sandy is an avid card and bingo player and enjoys meeting up with friends for drinks at Happy Hour. "Who can resist Mark Cunningham's martinis?" Congratulations, Sandy, on your Silver Star!

## JOIN US THIS MONTH FOR

# love your brain

Each year, Senior Lifestyle raises funds for The Alzheimer's Association by participating in The Longest Day. It is a day to honor those facing Alzheimer's. This month, we encourage you to "love your brain" by participating in all of our brain healthy activities!

### HERE ARE SOME EVENTS TO LOOK FORWARD TO:

- The Longest Day Carnival
- Brain Health University Classes
- "Know the 10 Signs" With The Alzheimer's Association
- Brain Health Food Demo With Chef Lyndon
- Switch Bingo
- Trip to The Musical Instrument Museum
- Dad's Root Beer Float Social
- Father's Day Brunch
- Chocolate Meditation
- Tutors for Tech Sessions with SOS
- Neighborhood Health Food Potluck
- Dance Lessons with Fred Astaire Dance Studio
- Trip to Phoenix Science Center to Explore Our Solar System



Residents hard at work at last year's BHU Class: Art Appreciation.

## TRAIN YOUR BRAIN search for MLB teams

Y	A	N	K	E	E	S	S	K	K	D	S
D	S	E	I	K	C	O	R	H	O	K	R
S	S	E	T	A	R	I	P	D	R	H	E
G	I	A	N	T	S	C	G	G	I	C	G
D	Y	B	S	B	H	E	A	P	O	S	I
S	R	A	U	R	R	K	H	R	L	D	T
N	E	C	A	S	E	P	A	D	E	E	B
A	D	D	S	N	D	N	A	H	S	R	R
I	S	X	D	K	G	D	I	D	D	G	A
D	O	S	T	E	M	E	S	R	R	H	V
N	X	B	R	O	Y	A	L	S	A	E	E
I	D	S	H	T	W	I	N	S	C	M	S

ANGELS  
ASTROS  
BRAVES  
CUBS  
DODGERS  
GIANTS  
INDIANS  
MARINERS  
METS  
ORIOLES  
PADRES  
PIRATES  
RANGERS  
REDS  
RED SOX  
ROCKIES  
ROYALS  
TIGERS  
TWINS  
YANKEES



BE INSPIRED

- CONNECT
- GROW
- CONTRIBUTE
- MOVE
- FEEL
- REFLECT

LOCATIONS

- ART STUDIO — AS
- ARTIST GALLERY CAFÉ — AGC
- BOGART'S LOUNGE — BL
- CLARK GABLE THEATER — CG
- DECO CAFÉ — DC
- DINING ROOM — DR
- GAME ROOM — GR
- JOSEPHINE'S LOUNGE — JP
- LOBBY — LBY
- MULTI-PURPOSE — MP
- OUTING — OT
- POOL — PL
- SCARLETT'S LOUNGE — SL

TRANSPORTATION SCHEDULE

- MONDAY & TUESDAY 8 A.M.-1 P.M.  
*Medical Appointments*
- MONDAY 2 P.M.  
*Fry's, Marshalls & Home Depot*
- TUESDAY 2 P.M.  
*Safeway, Walgreens & Dollar Store*
- WEDNESDAY, THURSDAY & FRIDAY 8 A.M.-4 P.M.  
*Medical Appointments*
- SUNDAY 8:30 A.M.  
*New Covenant Lutheran Church*  
*St. Bernard's Catholic Church*
- SUNDAY 8:45 A.M.  
*Assumption Greek Orthodox*
- SUNDAY 10:30 A.M.  
*Scottsdale Bible Church*
- SUNDAY 1:30 P.M.  
*Walmart & Target*
- EVERY THURSDAY  
*Nurse Practitioner Available*  
*For Appointments*
- Free Blood Pressure Checks*  
*with ComForCare from*  
*9-9:30 a.m. Scarlett's Lounge*

ACTIVITIES ARE SUBJECT TO CHANGE  
72 HOUR NOTICE FOR ALL APPOINTMENTS, PENDING DRIVER AVAILABILITY

www.SeniorLifestyle.com  
Activities are subject to change

BIRTHDAYS THIS MONTH

- |                       |                        |                          |
|-----------------------|------------------------|--------------------------|
| DONNA VON DRAKE — 3rd | MICHAEL LAVIN — 15th   | BONNE SMITH ROACH — 25th |
| GLORIA PECORA — 8th   | RAYMOND BRANSON — 18th | RICHARD MCGUFFIE — 25th  |
| JUDITH OWENS — 8th    | CATHARINA KRAFT — 19th | BETTY REEDY — 25th       |
| IRWIN RUBIN — 14th    | DAVID SCHACTER — 21st  | MARGARET SKOLD — 28th    |
| MARY KLOBUCAR — 14th  |                        |                          |



<p><b>8:30</b> ● Local Churches   OT <b>3</b></p> <p><b>9:30</b> ● Body Balance with Rebecca   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>1:30</b> ● Walmart &amp; Target   OT</p> <p><b>2:00</b> ● Bridge Club   MP</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:30</b> ● Mexican Train   DC</p> <p><b>3:30</b> ● Trivia Challenge with Rebecca   DC</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>9:30</b> ● MASSAGE THERAPIST AVAILABLE FOR APPTS. <b>4</b></p> <p>● Hearing Check with Connect Hearing   GR</p> <p><b>10:00</b> ● Strength &amp; Stretch with Rebecca   MP</p> <p><b>10:45</b> ● Choir Practice with Rebecca &amp; Daniel   DR</p> <p><b>12:30</b> ● Canasta Club   GR</p> <p><b>12:30</b> ● Wii Bowling Practice   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Shop: Fry's, Marshalls &amp; Home Depot   OT</p> <p><b>3:00</b> ● Geography 101   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:00</b> ● Care2 U Skin Cancer Screenings <b>5</b></p> <p><b>10:00</b> ● Stretch Bands &amp; Cardio with Jill   MP</p> <p><b>11:00</b> ● Aqua Aerobics with Jody   PL</p> <p><b>11:00</b> ● Brunch at Butterfields   OT</p> <p><b>12:30</b> ● Mahjong Club   MP</p> <p><b>1:00</b> ● Switch Bingo   BL</p> <p><b>2:00</b> ● Safeway, Walgreens &amp; Dollar Store   OT</p> <p><b>3:00</b> ● Name That Tune with Rebecca   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>8:30</b> ● Hearing Aid Cleaning   GR <b>6</b></p> <p><b>9:30</b> ● Catholic Communion with St. Bernard's   SL</p> <p><b>10:00</b> ● Muscle Strengthening with Team Select Home Care   MP</p> <p><b>10:30</b> ● Yoga for Flexibility with Amy   MP</p> <p><b>12:00</b> ● Activity Planning Meeting   JP</p> <p><b>1:00</b> ● Brain Bingo   BL</p> <p><b>2:15</b> ● Nutrition: Team Smoothies   JP</p> <p><b>4:00</b> ● Happy Hour Cool Jazz with Thomas and Ralph   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:00</b> ● Blood Pressure Checks with Com for Care   SL <b>7</b></p> <p><b>10:00</b> ● Tai Chi for Balance with Marti   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:30</b> ● Tribal Rhythms with Andrew   MP</p> <p><b>3:30</b> ● Current Events Discussion with Jill   SL</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● Strength &amp; Stretch with Rita   MP <b>8</b></p> <p><b>10:30</b> ● Cardio Kickboxing with Jill   MP</p> <p><b>1:00</b> ● Pokeno   BL</p> <p><b>2:00</b> ● Rummikub Club   GR</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:30</b> ● Phoenix Children's Hospital Donation Presentation</p> <p><b>3:15</b> ● Chocolate Meditation   MP</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>9:00</b> ● M.I.M. Guided Tour Musical Performers   OT <b>9</b></p> <p><b>9:30</b> ● Core Conditioning with Rebecca   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>1:00</b> ● Paradise Valley Mall   OT</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:15</b> ● Andara Ace's Volleyball Match   DR</p> <p><b>4:00</b> ● Happy Hour with Rip James   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>
<p><b>8:30</b> ● Local Churches   OT <b>10</b></p> <p><b>9:30</b> ● Body Balance with Rebecca   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>1:30</b> ● Walmart &amp; Target   OT</p> <p><b>2:00</b> ● Bridge Club   MP</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:30</b> ● Mexican Train   DC</p> <p><b>3:30</b> ● Putting Challenge with Rebecca   DR</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● MASSAGE THERAPIST AVAILABLE FOR APPTS. <b>11</b></p> <p><b>10:00</b> ● Strength &amp; Stretch with Rita   MP</p> <p><b>10:45</b> ● Choir Practice with Rebecca &amp; Daniel   DR</p> <p><b>12:30</b> ● Wii Bowling Practice   MP</p> <p><b>12:30</b> ● Canasta Club   GR</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Shop: Fry's, Marshalls &amp; Home Depot   OT</p> <p><b>3:00</b> ● Table Talk with Rabbi Levi   SL</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>10:00</b> ● Mobile Allergy Testing <b>12</b></p> <p><b>10:00</b> ● Stretch Bands &amp; Cardio with Jill   MP</p> <p><b>11:00</b> ● Aqua Aerobics with Jody   PL</p> <p><b>12:30</b> ● Mahjong Club   MP</p> <p><b>1:00</b> ● Switch Bingo   BL</p> <p><b>2:00</b> ● Safeway, Walgreens &amp; Dollar Store   OT</p> <p><b>3:00</b> ● Name That Tune with Rebecca   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:30</b> ● Catholic Communion with St. Bernard's   SL <b>13</b></p> <p><b>10:00</b> ● Muscle Strengthening with Team Select Home Care   MP</p> <p><b>10:30</b> ● Yoga for Flexibility with Amy   MP</p> <p><b>1:00</b> ● Brain Bingo   BL</p> <p><b>2:15</b> ● Ladder Ball Competition   DR</p> <p><b>3:15</b> ● Current Events Discussion with Jill   SL</p> <p><b>4:00</b> ● Happy Hour with Laura Fial   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>FLAG DAY</b> <b>14</b></p> <p><b>9:00</b> ● Blood Pressure Checks with Com for Care   SL</p> <p><b>10:00</b> ● Tai Chi for Balance with Marti   MP</p> <p><b>10:00</b> ● Total Elegance Jewelry Store   JP</p> <p><b>10:45</b> ● Beginners' Wii Bowling   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>3:00</b> ● Father's Day Root Beer Floats &amp; Putting   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● Strength &amp; Stretch with Rita   MP <b>15</b></p> <p><b>10:30</b> ● Cardio Kickboxing with Jill   MP</p> <p><b>1:00</b> ● Pokeno   BL</p> <p><b>1:30</b> ● Nourishing Lavendar Sugar Scrub with Waypoint   MP</p> <p><b>2:00</b> ● Rummikub Club   GR</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>5:15</b> ● Shabbat Dinner at Smile on Seniors   OT</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>9:30</b> ● Core Conditioning with Rebecca   MP <b>16</b></p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:15</b> ● Andara Ace's Volleyball Match   DR</p> <p><b>2:15</b> ● Pool Tournament   BL</p> <p><b>2:30</b> ● Goodwill, Michael's, Hobby Lobby   OT</p> <p><b>4:00</b> ● Happy Hour with Dave Karl   JP</p> <p><b>6:45</b> ● Fountain Hills Theater: "Ashes to Ashes"   OT</p> <p><b>7:00</b> ● Feature Film   CG</p>
<p><b>FATHER'S DAY</b> <b>17</b></p> <p><b>8:30</b> ● Local Churches   OT</p> <p><b>9:30</b> ● Body Balance with Rebecca   MP</p> <p><b>11:00</b> ● Father's Day Brunch   DR</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>1:30</b> ● Walmart &amp; Target   OT</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:00</b> ● Bridge Club   MP</p> <p><b>2:30</b> ● Mexican Train   DC</p> <p><b>3:30</b> ● Trivia Challenge with Rebecca   DC</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● MASSAGE THERAPIST AVAILABLE FOR APPTS. <b>18</b></p> <p><b>10:00</b> ● Strength &amp; Stretch with Rita   MP</p> <p><b>10:45</b> ● Choir Practice with Rebecca &amp; Daniel   DR</p> <p><b>12:30</b> ● Wii Bowling Practice   MP</p> <p><b>12:30</b> ● Canasta Club   GR</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Shop: Fry's, Marshalls &amp; Home Depot   OT</p> <p><b>3:00</b> ● "Art All Around Us" with the Phx Art Museum   CG</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>10:00</b> ● Stretch Bands &amp; Cardio with Jill   MP <b>19</b></p> <p><b>10:45</b> ● Art with Sheila   AS</p> <p><b>11:00</b> ● Aqua Aerobics with Jody   PL</p> <p><b>12:30</b> ● Mahjong Club   MP</p> <p><b>1:00</b> ● Switch Bingo   BL</p> <p><b>2:00</b> ● Safeway, Walgreens &amp; Dollar Store   OT</p> <p><b>3:00</b> ● Name That Tune with Rebecca   JP</p> <p><b>4:00</b> ● Resident Council Meeting</p> <p><b>4:00</b> ● Birthday Bash with DJ Jamee Soulez   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:30</b> ● Catholic Communion with St. Bernard's   SL <b>20</b></p> <p><b>10:00</b> ● Muscle Strengthening with Team Select Home Care   MP</p> <p><b>10:30</b> ● Yoga for Flexibility with Amy   MP</p> <p><b>12:30</b> ● Walker Tuneups with SMES   LBY</p> <p><b>1:00</b> ● Brain Bingo   BL</p> <p><b>2:30</b> ● Intro to Sign Language   MP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>SUMMER BEGINS</b> <b>21</b></p> <p><b>9:00</b> ● Blood Pressure Checks with Com for Care   SL</p> <p><b>10:00</b> ● Tai Chi for Balance with Marti   MP</p> <p><b>11:00</b> ● Casino Arizona   OT</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:30</b> ● Fred Astaire Dance Studio Class   MP</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● Strength &amp; Stretch with Rita   MP <b>22</b></p> <p><b>10:30</b> ● Cardio Kickboxing with Jill   MP</p> <p><b>11:00</b> ● Book Club   SL</p> <p><b>1:00</b> ● Pokeno   BL</p> <p><b>2:00</b> ● Rummikub Club   GR</p> <p><b>2:15</b> ● Know the 10 Signs with the Alzheimer's Association   CG</p> <p><b>3:15</b> ● Number Mind Benders   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>9:00</b> ● Mystery Drive with Mike   OT <b>23</b></p> <p><b>9:30</b> ● Core Conditioning with Rebecca   MP</p> <p><b>12:00</b> ● The Longest Day Carnival   DR</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>3:00</b> ● Trivia Challenge with Rebecca   DC</p> <p><b>7:00</b> ● Feature Film   CG</p>
<p><b>8:30</b> ● Local Churches   OT <b>24</b></p> <p><b>9:30</b> ● Body Balance with Rebecca   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>1:30</b> ● Walmart &amp; Target   OT</p> <p><b>2:00</b> ● Bridge Club   MP</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:30</b> ● Mexican Train   DC</p> <p><b>3:30</b> ● Putting Challenge with Rebecca   DR</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● MASSAGE THERAPIST AVAILABLE FOR APPTS. <b>25</b></p> <p><b>10:00</b> ● Strength &amp; Stretch with Rita   MP</p> <p><b>10:45</b> ● Choir Practice with Rebecca &amp; Daniel   DR</p> <p><b>12:30</b> ● Wii Bowling Practice   MP</p> <p><b>12:30</b> ● Canasta Club   GR</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Shop: Fry's, Marshalls &amp; Home Depot   OT</p> <p><b>3:00</b> ● 10 in 60   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>10:00</b> ● Stretch Bands &amp; Cardio with Jill   MP <b>26</b></p> <p><b>10:45</b> ● Art with Sheila   AS</p> <p><b>11:00</b> ● Aqua Aerobics with Jody   PL</p> <p><b>12:30</b> ● Mahjong Club   MP</p> <p><b>1:00</b> ● Switch Bingo   BL</p> <p><b>2:00</b> ● Safeway, Walgreens &amp; Dollar Store   OT</p> <p><b>3:00</b> ● Name That Tune with Rebecca   JP</p> <p><b>4:00</b> ● Dinner at P.F. Chang's   OT</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:30</b> ● Catholic Communion with St. Bernard's   SL <b>27</b></p> <p><b>10:00</b> ● Muscle Strengthening with Team Select Home Care   MP</p> <p><b>10:30</b> ● Yoga for Flexibility with Amy   MP</p> <p><b>1:00</b> ● Brain Bingo   BL</p> <p><b>2:00</b> ● Town Hall Meeting   DR</p> <p><b>3:00</b> ● Science Lab   DC</p> <p><b>4:00</b> ● Happy Hour with Hal Martin   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p>	<p><b>9:00</b> ● Blood Pressure Checks with Com for Care   SL <b>28</b></p> <p><b>10:00</b> ● Tai Chi for Balance with Marti   MP</p> <p><b>10:45</b> ● Beginners' Wii Bowling   MP</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:00</b> ● Neighborhood Brain Food Potluck   JP</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>10:00</b> ● Strength &amp; Stretch with Rita   MP <b>29</b></p> <p><b>10:30</b> ● Cardio Kickboxing with Jill   MP</p> <p><b>1:00</b> ● Pokeno   BL</p> <p><b>2:00</b> ● Tech Sessions with Smile on Seniors</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:00</b> ● Rummikub Club   GR</p> <p><b>2:30</b> ● Scavenger Walk About</p> <p><b>5:00</b> ● Sunset Social   JP</p> <p><b>5:30</b> ● Shabbat Dinner   DR</p> <p><b>7:00</b> ● Feature Film   CG</p>	<p><b>9:30</b> ● Core Conditioning with Rebecca   MP <b>30</b></p> <p><b>10:30</b> ● Phx. Science Center Planetarium &amp; Lunch   OT</p> <p><b>1:00</b> ● Two Buck Bingo   BL</p> <p><b>2:00</b> ● Feature Film   CG</p> <p><b>2:15</b> ● Andara Ace's Volleyball Match   DR</p> <p><b>4:00</b> ● Happy Hour with Scott and Suzie   JP</p> <p><b>7:00</b> ● Feature Film   CG</p>



## EVENT RECAP



Andara's models pose after a fashion show with Taylor Marie's.



Picnic at Fountain Park in Fountain Hills

## WELCOME HOME, *new residents!*

- Edna and Robert Nenad
- Anita Gordon
- Al and Trisha Ingallinera
- Robert and Laura Chiapetta
- Bernice Longazel
- Raymond McGuirk

## IT'S OUR PLEASURE TO SERVE YOU ... *word from your executive director*

### CELEBRATING OUR FATHERS

As the only daughter in my family, I can unequivocally say that my father has had great influence in my life. He is the reason in many cases why I think the way I think and expect what I expect. Women have come a long way in many aspects as the world continues to evolve and be ever so open-minded, but (and now here's a bold statement), for a whole bunch of years prior, it is our fathers who were paving the way as the providers and pillars of the family. This could be a lengthy discussion for which there is not space to do here. My own father, even in challenging times, I knew was my pillar, the one man who would always be there for me, right when (I) needed it, but most of all, to love me. That's what fathers do. — K



Executive Director, Kristen, with her father and brother

## THIS MONTH'S *heart hero*

HOSPITALITY, EXCELLENCE,  
APPRECIATION,  
RESPECT, TEAMWORK

SANDY is the Associate you wish you could stamp out multiples of. It is through her undeniable, unquashable spirit and commitment to providing the best service that has earned her this month's honor as HEART Hero of the month. Sandy is never without a smile or a kind word. She is caring and applies great consideration and thoughtfulness in all she pursues. Sandy is also one of our longest standing employees, celebrating her 5 year anniversary this month! We could not be more proud of Sandy and her contributions, and we feel blessed to have her as a member of the "A" Team!

Congratulations, Sandy!

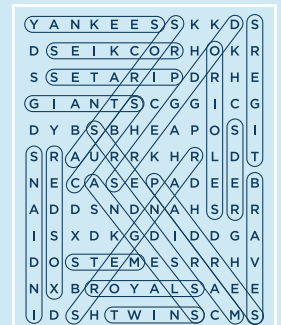


Sandy Rose

## MANAGEMENT TEAM

Kristen Rickard-Urraro, *Executive Director*  
Jill Taylor, *Director of Resident Programs*  
Linda Conlon, *Director of Resident Services*  
Deborah Barth, *Business Office Manager*  
Lyndon Roberts, *Dining Services Director*  
Mark Cunningham, *Dining Room Manager*  
Anthony Rivera, *Director of Plant Operations*  
Tiffany Volkenant, *Health and Wellness Director*

TRAIN  
YOUR  
BRAIN  
*solution*



SENIOR  
LIFESTYLE  
your life, your style