



# The Graceful Connection

SEPTEMBER 2024



## Just a little fun around The Ranch Estates

### September Comes in Quietly

September comes in quietly at Stillmeadow. The gardens in the valley are in full bloom. Sunlight sifts through the canopy of the giant maples-as it has all summer.

And yet I go out one morning and know that summer is drifting up the hill in the soft blue haze. And I feel an urgency to gather in all the loveliness of the past blazing days and star-cool nights and keep them forever. But fall is here. Goldenrod is splashing color along the road and wild asters open their delicate amethyst petals. In the swamp, the first scarlet burns above the huckleberry bushes.

Days grow shorter now, and the first frost will come mid-month. Migrant birds leave according to their own mysterious schedule. Squirrels fling themselves from tree to tree in a burst of activity. Now that so much of the woodlands has been destroyed, I sometimes wonder just how many dwellers there are in my woods and swamps. Most of the deer have gone, and this is a sad loss.

There are many things to do before the long cold sets in, but it is so easy to put them off. For this is a dreaming time and a time to be thankful. I do not want to miss the beauty of moonlight dipping into the pond, or the smell of wild grapes by the gray stone fence, or the sound of a katydid singing the requiem of summer.



## Grace Signature Events



## Community Updates

August has been a big and busy month. We are very excited about our Total Brain Health Class growing so much! If you haven't tried it, join us.

I would like to welcome Dan McCabe as our new Communion Steward for our monthly communion service.

Our bus is back and we have a new driver to take you here and there. Stop by and introduce yourself to Mike in the transportation area.

There have been questions regarding happy hour and music. Please remember all events are subject to change.

Entertainment is not on a set day during the week. Please check for updated fliers at the front desk, in the elevators and on the boards.

We started a Fit & Fabulous Pool Class, led by Jason that is every Saturday at 1:00. This class will continue through October. If you are able to join them, we will see you at the pool. Splish Splash!!

## BIRTHDAYS

Nancy L. - 4th  
Yvonne S. - 6th  
Phyllis R. - 11th

Dorothy P. - 13th  
John D. - 18th  
Norge B. - 18th

Elfrieda M. - 21st  
Dorothea I. - 22nd

# E V E N T S

Welcome to September Events! It is time to celebrate National Assisted Living Week the week of September 8th, starting with Grandparents Day. Don't miss out on the fun The 9th through the 12th as we dress for and celebrate the 50's through the 80's. We will be sending out our Resident Survey's this month along with hosting the Flu Clinic. Lots of Music this month with Happy Hours and Wine and Cheese Day. We have a couple of lunch outings this month to places requested by a few residents. There will be a clothing vendor coming on the 20th to show and sell clothing. We will have a Luau Luncheon on the 17th from 11-1 in the restaurant. Watch for Wednesday Ice Cream Day's around 1:30 in the lobby. If you haven't been to a Total Brain health Class, give it a try. Most people truly enjoy it. The Phoenix Art Museum will be giving a presentation on Sept. 26th at 1:00 in the Media Room. Ken S. will be presenting on the 12th in the Media Room. Don't miss out!

# N E W S

September is a significant month in our community as we recognize both World Alzheimer's Month and National Assisted Living Week as our Featured Celebrations. This year's theme for National Assisted Living Week is "Inspiring Generations," a reminder of the lasting impact we have on each other across all ages. Throughout September, we'll raise awareness about Alzheimer's disease, emphasizing the importance of understanding and supporting those affected. Then, in line with the theme of Inspiring Generations, we'll celebrate the heart of our community during National Assisted Living Week—our residents, families, and dedicated team members—by visiting the decades of the a generation and celebrating with fun daily events centered on each decade. We will also be inviting you to share your wisdom to inspire and connect with future generations. Join us for a series of events and activities designed to educate, inspire, and bring us closer together as we honor the generations within our community.

## NEW RESIDENTS

Victoria S.  
Bruno P.

Cesar F.  
William W.



THE RANCH ESTATES  
AT SCOTTSDALE  
A GRACE MGMT COMMUNITY



## Fit & Fabulous Pool Class Saturday's at 1:00 p.m.

### MEET OUR TEAM

Sheila H. - Executive Director  
Jodi S. - Marketing Director  
Cristina B. - Business Office Manager  
Dave S. - Dining Services Director  
Zenaida C. - Wellness Director  
Arron H. - Maintenance Director

Ronda R. - Life Enrichment Director  
Venessa W. - Wellness Coordinator  
Mike P. - Transportation  
Rosie V. - Dining Supervisor  
Yaritza R. - Lead Housekeeper  
Paola L. - Hospitality Champion

**The Ranch Estates at Scottsdale**

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