



SIERRA POINTE *Living*

April, 2011

April is National Humor Month!

National Humor Month was founded in 1976 by best-selling humorist Larry Wilde, Director of The Carmel Institute of Humor. It is designed to heighten public awareness on how the joy and therapeutic value of laughter can improve health, boost morale, increase communication skills and enrich the quality of one's life.

Humor is the Best Medicine

Experts at Hebrew SeniorLife say that humor-often in the form of a good, hearty laugh-can help the mind and body in several ways by:

1. Relieving physical tension and stress;
2. Boosting the immune system, including reducing stress hormones and increasing the activity of immune cells and infection-fighting antibodies;
3. Releasing endorphins, the body's natural feel-good chemicals; and
4. Improving blood flow and the function of blood vessels, reducing the risk of heart attack and stroke.
5. In fact, a recent Vanderbilt University study showed that 15 minutes of laughing can burn up to 50 calories!

You don't have to be able to tell a joke or funny story well to benefit from a healthy sense of humor. HSL experts suggest the following ways to maintain your sense of humor:

1. Avoid jokes that depend on stereotypes and denigration of others;
2. Learn to laugh at your own foibles before you point out someone else's;
3. Watch a funny movie or television show regularly;
4. Tell a good joke if you want to; if no one laughs, that's their problem.

While scientists continue to study the health benefits of humor, studies have shown that we are 30 times more likely to laugh when we're with other people. People who laugh a lot, researchers say, may just have a strong connection to the people around them, which, in itself, may have health benefits, including an improved quality of life. So, go ahead and have a good laugh.

Sources:

www.todaysseniors.com/humor/funny_cartoon_pictures/funny_cartoons/Got_a_mouse.html
www.larrywilde.com/month.htm
www.hebrewseniorlife.org/hsl-resources-humor



"Okay your father managed to get a mouse. Now how do we use it?"

POINTE *Of* VIEW



"I can only say there isn't anything I don't like! I immediately felt at home

here. I soon realized that I was feeling something I hadn't felt in a long time - contentment. All of my prior worries like being alone simply disappeared!"

~ *Margaret Hoffman*
18 month resident of Sierra Pointe



Sierra Pointe

Scottsdale's Finest Luxury
Rental Retirement Community

Independent Living

Seven floorplans starting at
\$2,925/month

Assisted Living

Three floorplans starting at
\$3,790/month

CHEF'S Corner

JESSE SARRES



Grapefruit Vinaigrette

Try this easy salad dressing which is just right for the freshness of early spring.

YIELD: Makes about 1 cup

INGREDIENTS

- ¼ cup fresh squeezed grapefruit juice
- ¼ cup champagne vinegar
- 2 tablespoons honey
- 2 teaspoon Dijon mustard
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- ¾ cup olive oil

PREPARATION

Whisk together grapefruit juice, vinegar, honey, Dijon mustard, salt, and pepper. Gradually whisk in olive oil until well blended. Serve over your favorite field greens.

Short Term Visitor Packages

Starting at **\$99** / night

Furnished + Meals
(60 day minimum)



What exactly is a Senior Move Manager?

A Senior Move Manager is a professional who specializes in assisting older adults and their families with the emotional and physical aspects of relocation and/or "aging in place."

Although specific services vary, most Senior Move Managers can help with some or all of the following:

- Developing an overall move or "age in place" plan
- Organizing, sorting and downsizing
- Customized floor plans
- Arranging for the profitable disposal of unwanted items through auction, estate sale, buy-out, consignment, donation, or a combination of the above
- Interviewing, scheduling and overseeing movers
- Arranging shipments and storage
- Supervise and oversight of professional packing
- Unpacking and setting up the new home
- Related services, such as cleaning, waste removal, shopping, senior escort, assisting with selection of a realtor and helping prepare the home to be sold.

"Moving can be very stressful, especially for a Senior from their home of many years with all those memories and possessions that they have built up over a life time. We can downsize/pack/unpack you in one day and it will feel like home" says Debbie Meyer on the board of director with the National Association of Senior Move Managers and owner of Moving You Simply in Phoenix.

According to Jim Miller of Savvysenior.org, "to help you get packed-up and move, another specialty service you should know about is "senior move managers." These are organizers who assist older people with the challenges of relocating and can minimize the stress of this major transition by doing most of the work for you. They can help you pare down your belongings, decide what to take and what to dispose of, recommend charities for donations and help sell your unwanted items. They also get estimates from moving companies, oversee the movers, arrange the move date, supervise the packing and unpacking, have the house cleaned and just about anything you need related to your move. Costs vary depending on the services and size of the move, but you can expect to pay between \$1,000 and \$5,000, not including the cost of movers.

To locate a senior move manager visit the National Association of Senior Move Managers website at nasmm.com or call 877-606-2766. But before you hire one, be sure you ask for references from previous clients and check them. Also find out how many moves they have actually managed, and get a written list of services and fees. And make sure they're insured and bonded.

http://www.heraldextra.com/momclick/recipes/article_d202e37e-4e70-11e0-bba2-001cc4c03286.html
<http://www.nasmm.org/faqs/faqs.html>

ACTIVITY HIGHLIGHTS

April 2011

You are cordially invited to join us for any or all of the listed events. Availability on a first-come, first-served basis. For more information or reservations, please call 480-767-9800, ext. 105.

Sunday, April 3rd

2:00 p.m.

Rhys Bowen Book Signing

Meet award winning mystery author Rhys Bowen and receive a "free" signed copy of "Murphy's Law".

Reservations are required and 2 canned good donation for St. Vincent DePaul.

Monday, April 11th

3:00 p.m.-4:00 p.m.

The Brain Fit Toolkit Program

"Time Tool: Autobiography"

A healthy brain can learn, remember, smile and sleep well at any age. Come and learn some easy tools to help keep your brain healthy and resilient while having fun!

Thursday, April 14th

10:45 a.m.-11:30 a.m.

Book Club

"Dreams From My Father" By Barack Obama

Come and discuss the memoir of President Obama written as he was preparing to launch his political career.

Friday, April 8th

2:00 p.m.-3:30 p.m.

Polymer Clay Jewelry Making Class

A project will be worked on and completed by class end. All materials will be supplied and your finished product will be ready within 7-10 days. All skill levels welcome.

Saturday, April 23rd

4:00 p.m.-5:30 p.m.

Social with Les Koel

Come enjoy hors d'oeuvres, drinks and great music.

Les Koel plays all over the valley for numerous events and parties.

Sunday, April 10th

2:00 p.m. Cost \$10.00, Deadline 4/6/11

Young Sounds of Arizona Concert at the Musical Instrument Museum

Young Sounds of Arizona was founded in 1971 to provide further training, performing opportunities and artistic growth for Valley musicians ages 14 to 19. Come and hear this amazing group of hardworking young musicians.

For a complete list go to www.sierrapointe.com and click on "upcoming events".

Some of the 85 friendly staff you'll see at Sierra Pointe!



Hosting one of the many social gatherings
from left to right: Barb - Food and Beverage Director,
Tracy - Executive Director, Anna - Life Enrichment Director



Janet - Concierge



Mandy - Business Office Manager



Sierra Pointe

Scottsdale's Finest Luxury
Rental Retirement Community

14500 N. Frank Lloyd Wright Blvd.
Scottsdale, AZ 85260

PRSR STD
US POSTAGE
PAID
SIERRA
POINTE



(Loop 101 to Raintree, one mile
east to Frank Lloyd Wright)



14500 N Frank Lloyd Wright Blvd.
480-767-9800

Managed by Sierra Pointe Management, LLC



Book Signing

Sunday, April 3rd at 2:00 p.m.



Rhys Bowen

Meet award winning mystery author Rhys Bowen and hear her story on "Fact and Fiction; The Historical Sleuth". Afterwards, receive a "free" signed copy of "Murphy's Law" the story of Molly Murphy, an Irish immigrant

finding herself in deep trouble on Ellis Island, in the early 20th century New York.

Light refreshments. Reservations are required. To participate please bring a "2 canned good" donation for St. Vincent DePaul. Co-sponsored by **The Poisoned Pen** bookstore and **Homewatch Caregivers**.

