



# SIERRA POINTE *Living*

August, 2011

## “See” the Importance of Eye Health



sun may contribute to the formation of cataracts and age-related macular degeneration. When outdoors, wear sunglasses to protect your eyes from the sun’s damaging rays. Look for sunglasses that block at least 98 percent of both UVB and UVA rays. Contact lenses with UV protection guard the cornea of the eye from the sun’s rays, but sunglasses are still needed to protect the surrounding eye tissue. And while you wouldn’t ordinarily forget your sunglasses on a hot sunny day at the beach, remember they just as important in the winter. Even though the sun’s rays do not feel as intense in the colder months, they are still strong enough to cause eye damage.

August is National Eye Exam Month, so what better time to remind ourselves of the importance of vision care? If you haven’t had an eye exam recently, now would be a great time to make an appointment with an eye care professional– either an ophthalmologist or an optometrist. Routine check-ups are vital in preventing eye disease and detecting visual impairment. During an eye exam, the doctor performs a series of tests to check for problems such as cataracts and glaucoma, as well as to assess whether there is a need for glasses or contacts.

### How often should I have my eyes checked?

As you get older, it is advised to have a baseline exam at age 40 and then have exams every two to four years through age 64. Seniors age 65 and older should have a complete eye exam every one to two years. More frequent exams may be necessary for people with a higher risk for eye disease including anyone with a family history of eye disease, African Americans over the age of 40, diabetes patients, and anyone with a personal history of eye injury.

### How can I prevent eye disease and injury?

Don those shades. The ultraviolet rays of the

Wear goggles. Over one million people are afflicted with preventable eye injuries each year. Wearing properly fitted protective eye-wear (look for the “ANSI Z87.1” safety standard rating on the frame or lens) protects eyes from flying fragments, dust particles, sparks, fumes, chemical splashes, and ultraviolet and infrared radiation encountered at work or at home. Eye protection is important when doing things such as mowing the lawn, using power tools, performing car repairs, and playing certain sports, such as racquetball.

Eat healthy. Eat a well-balanced diet being sure to get the recommended daily allowance of Vitamin A, which is essential to eye health. Vitamin A is found in foods such as carrots, spinach, sweet potatoes, and turnip greens.

Farmers' Almanac Staff | Monday, August 11th, 2008 | From: Healthy Living

## POINTE *Of* VIEW



“Living at Sierra Pointe is like living at a gorgeous resort hotel. The

personnel are exceptionally nice and fellow residents are warm and friendly. This community has provided me with the opportunity to make great new friends even now!”

~ *Helen Sher*  
Resident of two years



### *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



## Cashew Basil Pesto

*As basil is usually thriving in August, here is a great way to add it to your menu. It can be used as a dip for pita or a marinade for chicken, go ahead and get creative.*

### INGREDIENTS

- 1 cup fresh basil leaves
- 3 garlic cloves, roughly chopped
- 1/2 cup cashews
- 1/2 cup parmesan cheese
- 1/2 cup extra virgin olive oil

### PREPARATION

1. In a food processor, finely chop basil, garlic, cashews and cheese.
2. Slowly drizzle in olive oil. (Use amount that will make to desired consistency).
3. Season to taste with salt and pepper.

## Assisted Living The Other Lifestyle Choice at Sierra Pointe



*Assisted Living Lobby*

Sierra Pointe offers two distinct communities: one for Independent Living and the other for Assisted Living. The Assisted Living Federation of America defines "assisted living as a long-term care option that combines housing, support services and health care, as needed. Assisted living is designed for individuals who require assistance with everyday activities such as meals, medication management or assistance, bathing, dressing and transportation. Some residents may have memory disorders including Alzheimer's, or they may need help with mobility, incontinence or other challenges. Residents are assessed upon move in, or any time there is a change in condition. The assessment is used to develop an Individualized Service Plan."

Sierra Pointe's assisted living is fully licensed and offers three different floor plans residents can choose from (two studio designs and a one-bedroom). Floor plans range from 427 to 494 square feet. When residents need help with Activities of Daily Living, our capable and experienced staff provides these services in a positive, caring and safe environment. All-electric assisted living retirement apartments include individual climate control, kitchenette with refrigerator/freezer and microwave. Also included in each apartment are step-in showers with handrails and wheelchair access.



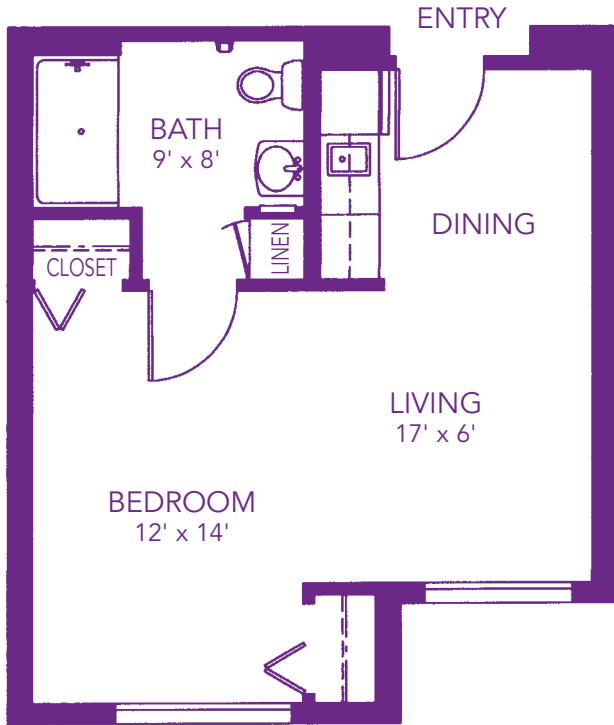
*Assisted Living Dining Room*

Monthly rental rates start at \$3,790 and include three meals plus snacks per day, weekly housekeeping and linen service, utilities and cable television. Exercise wellness programs, social and recreational activities and scheduled transportation are also provided. Our emergency call system is located in all assisted living apartments for immediate response. For moderate additional charges, residents can select extra services that they may require such as medication management, assistance with bathing, dressing or grooming, cognitive reminders, additional housekeeping, and off-site escorts.



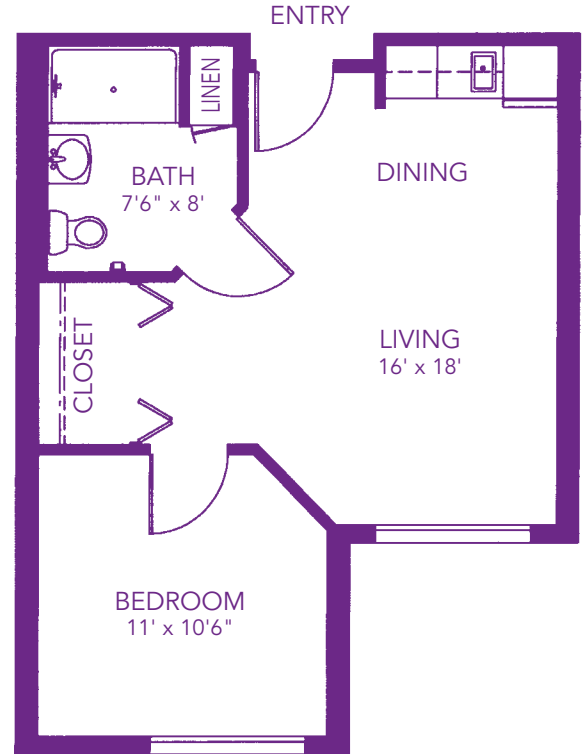
*Sun Room Recreation Area*

# Sierra Pointe Assisted Living Floor Plans



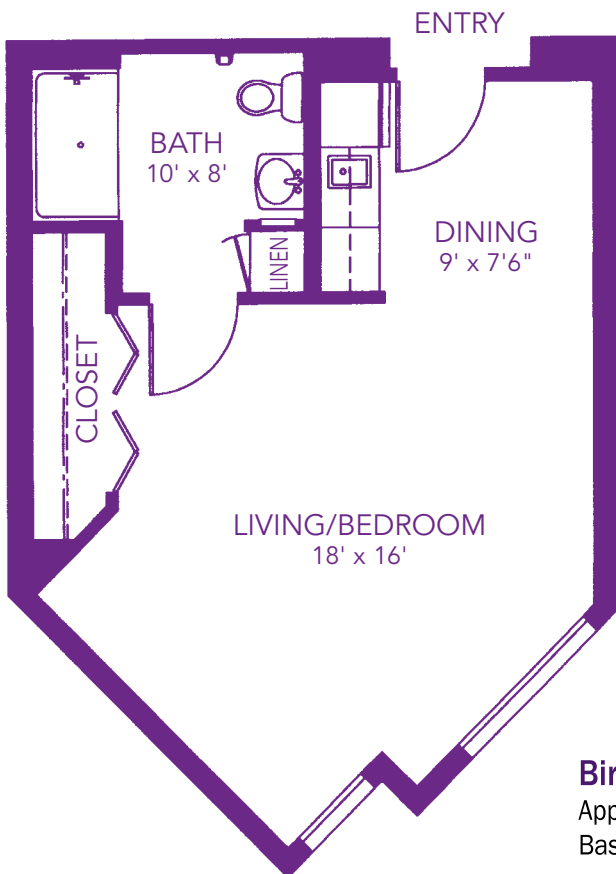
## Aspen - Studio

Approximately 427 Livable Square Feet  
Base Rent: \$3,790 - \$3,920 per month



## Cedar - One Bedroom

Approximately 494 Livable Square Feet  
Base Rent: \$4,230 - \$4,410 per month



## Birch Model - Studio

Approximately 465 Livable Square Feet  
Base Rent: \$3,920 per month



## Meet Caren Rische, LPN Assisted Living Director

Originally from Northern Illinois where she was born and raised, Caren received her LPN from the College of Lake County. She has an extensive background in Dementia and Alzheimer's disease. She has been working with the elderly for nearly 30 years where her passion now lies. Her work experience includes holding the position of Executive Director for an Assisted Living and Memory Care Center, and opening the first Dementia Unit in her county in 1994.



# 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



## Complimentary Tour and a Lunch

Come see what resort retirement is like at Sierra Pointe.



### Complimentary Certificate

This certificate entitles the bearer and one guest to lunch at  
Sierra Pointe in the Pinnacle Dining Room  
(excludes alcoholic beverages).

Tour and Reservations are required. Call: 480-767-9800

Offer expires 8-30-11