



# SIERRA POINTE *Living*

February, 2011

## February is National Friendship Month. Seven Tips for Making New Friends:

By an eHow Contributor

**1. Show up.** Just as Woody Allen said that “Eighty percent of success is showing up,” a big part of friendship is showing up. Whenever you have the chance to see other people, take it. Go to the party. Stop by someone’s desk. Make the effort. Also, the mere exposure effect describes the fact that repeated exposure makes you like someone better – and makes that person like you better, too. You’re much more likely to become friends with someone if you see him or her often.

**2. Join a group.** Being part of a natural group, where you have common interests and are brought together automatically, is the easiest way to make friends: starting a new job, taking a class, having a baby, joining a congregation, or moving to a new neighborhood are great opportunities to join a group. If those situations aren’t an option, try to find a different group to join. Get a dog, for example. Or pursue a hobby more seriously. An added advantage to making friends through a group is that you can strengthen your friendships to several people at once .

**3. Form a group.** If you can’t find an existing group to join, start a group based around something that interests you. Studies show that each common interest between people boosts the chances of a lasting relationship, and also brings about a 2% increase in life satisfaction.

**4. Say nice things about other people.** It’s a kind way to behave; also,

studies show that because of the psychological phenomenon of spontaneous trait transference, people unintentionally transfer to you the traits you ascribe to other people. So if you tell Jean that Pat is arrogant, unconsciously Jean associates that quality with you. On the other hand, if you say that Pat is hilarious, you’ll be linked to that quality.

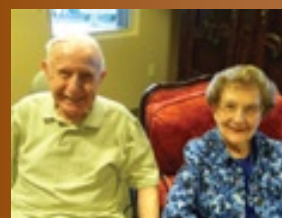
**5. Set a target.** This strategy sounds very calculating, but it has really worked for me. When I enter a situation where I meet a new set of people, I set myself the goal of making three new friends. This seems artificial, but somehow, this shift makes me behave differently, it makes me more open to people, it prompts me to make the effort to say more than a perfunctory hello.

**6. Make an effort to smile.** Big surprise, studies show that the amount of time you smile during a conversation has a direct effect on how friendly you’re perceived to be. In fact, people who can’t smile due to facial paralysis have trouble with relationships.

**7. Make friends with friends-of-friends.** “Triadic closure” is the term for the fact that people tend to befriend the friends of their friends. So friends-of-friends is an excellent place to start if you’re trying to expand your circle.

[http://www.happiness-project.com/happiness\\_project/2009/02/friendship-seven-tips-for-making-new-friends.html](http://www.happiness-project.com/happiness_project/2009/02/friendship-seven-tips-for-making-new-friends.html)

## POINTE *Of* VIEW



“We are very happy with life at Sierra Pointe! Not only is

the location ideal but our apartment overlooks a courtyard with a beautiful fountain. The staff is pleasant, concerned and compassionate and fellow residents are friendly and warm. Sierra Pointe provides transportation with reliable drivers, all the upkeep we no longer wish to do and many opportunities to lead an active lifestyle.”

~ *Herb and Marcia Silber*  
*Sierra Pointe Residents of 3 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



## Easy Rhubarb Crumble

Try this super easy recipe utilizing fresh rhubarb. One of few foods that is usually seasonal in February.

### INGREDIENTS

- 1lb rhubarb, fresh
- 5oz strawberries, fresh
- 2 tbsp sugar
- 1/2 tsp cinnamon
- 1/4 c. orange juice
- 2 oz flour
- 2 oz oats
- 2 oz butter

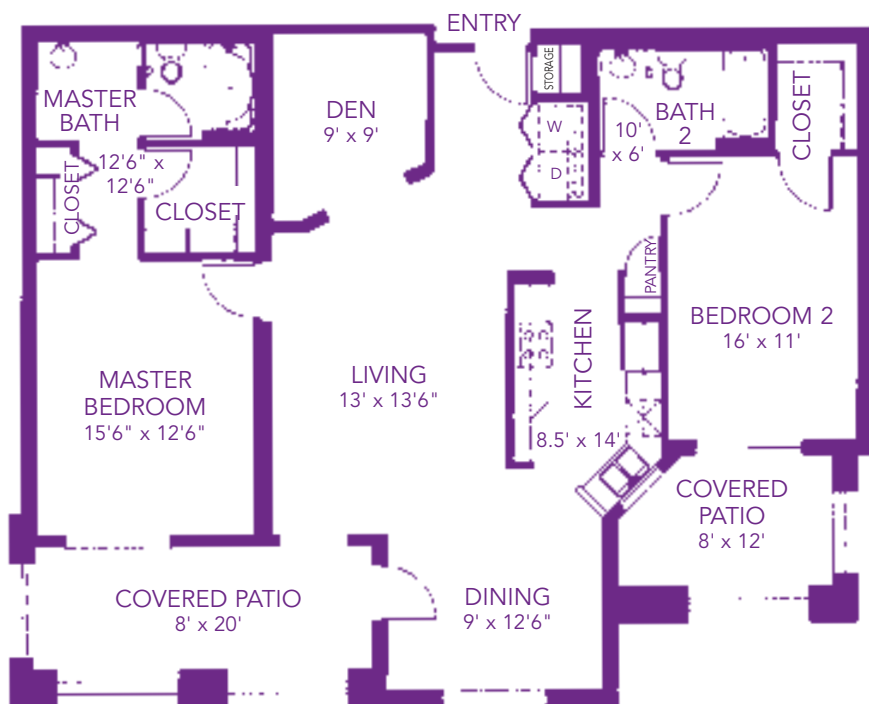
### DIRECTIONS

1. Preheat oven to 350°F
2. Wash & slice the rhubarb and strawberries.
3. Toss the rhubarb with the strawberries, sugar, cinnamon and orange juice. Tip into a 1 quart dish.
4. Make the crumble. Combine the flour and oats in a bowl and mix in the butter.
5. Sprinkle the crumble over the fruit.
6. Bake for 40-45 minutes. Let stand 10 minutes. Enjoy on its own or with ice cream.

Yield 4 Servings

# Featured floor plan: Sierra

Approximately 1,455 sq. ft. (Excluding covered patio)  
2 bedroom, 2 bath plus den



Resort living at Sierra Pointe includes seven luxury apartment home options. The “Sierra” is our largest floor plan. All plans are:

- Bright, spacious with 9’ ceilings and large Thermo pane windows
- Generously-sized patios and balconies with spectacular scenic and mountain views
- Light, airy kitchens with electric appliances that include refrigerator, freezer, selfcleaning oven, dishwasher, microwave and disposal
- Washer and dryer
- Cable television, phone jacks and data ports in every room
- Safety features that include an emergency response system in bedrooms and bathrooms, smoke detectors and fire sprinklers
- Individually-controlled cooling and heating systems

## Sierra Pointe Visitor Package

For as little as \$125/night plus tax enjoy all the luxury our residents experience everyday. Choose a 1 or 2 bedroom fully furnished apartment and receive: gourmet meals, housekeeping once per week, access to exercise facilities, heated swimming pool & Jacuzzi, 20-seat movie theater & library. You’ll also have access to “chauffeured” transportation and an abundance of social activities! You won’t find a more luxurious, friendly resort retirement community in Scottsdale with a better “Visitor Package.” Call 480-767-9800 for details.

# ACTIVITY HIGHLIGHTS

February 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 reservations, please call 480-767-9800, ext. 105.

## **Sunday, February 13<sup>th</sup>**

4:00 p.m.-5:00 p.m. Activity Room  
"Double Play" Flute and Tuba Duo Perform  
Celebrating their 22nd year performing together, this duo features unique musical arrangements accompanied by humor and historical commentary.

## **Saturday, February 19<sup>th</sup>**

3:00 p.m. Camelback Bistro  
Afternoon Tea and Floral Arrangement Demonstration

## **Monday, February 21<sup>st</sup>**

3:00 p.m.  
Phoenix Art Museum Presents Docent Marie Stewart bringing us "The Italian Renaissance"  
This slide show will go into one of the most famous and productive periods in art history which boasts such artists as Michelangelo, Leonardo da Vinci, Donatello and Raphael.

For a complete list go to [www.sierrapointe.com](http://www.sierrapointe.com) and click on "upcoming events".

## **Sunday, February 27<sup>th</sup>**

Depart at 12:30 p.m..  
Phoenix Symphony-Cirque de la Symphonie  
Amazing acrobats, contortionists, jugglers and strongmen perform to the backdrop of classical masterpieces and popular contemporary music! Complimentary roundtrip transportation from Sierra Pointe.  
Tickets are \$66.00, RSVP by Friday 2/18/11

## **Monday, February 28<sup>th</sup>**

3:00 p.m. - 4:00 p.m.  
Assisteo presents "How to Speak to Your Doctor and Get Your Questions Answered"



## **Coming March 5<sup>th</sup>**

American Professional Golfer, Betsy King, will speak about her life on the PGA tour, character traits of a Champion, and living a life of significance. Join us at 2:00 in our Activity room for the opportunity to meet this true professional!  
Complimentary brunch at 1:00.  
Reservations required.

## New Years Celebration at Sierra Pointe



Don Simmons  
celebrating the New Year!



Annette Kimelman and son  
Ted Kimelman



Marilyn Bernard, Pearl Graiver,  
Annette Kimelman and Shirley Itkin  
welcoming in the New Year



# Sierra Pointe

Scottsdale's Finest Luxury  
Rental Retirement Community

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

PRSR STD  
US POSTAGE  
**PAID**  
PHOENIX AZ  
PERMIT NO.5514



(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



## Afternoon Tea and Floral Arrangement Demonstration



**Saturday, February 19th**

**3:00p.m.**

**3rd floor Camelback Bistro**



*Back by popular demand Cheryl Richardson will be demonstrating two different floral arrangement styles. The first, a practical arrangement, can be used day-to-day in your own home using flowers bought from a grocery store. The second, will be for the more daring floral arranger. This arrangement will include flowers such as orchids, rubidium and other tropical flowers. Both arrangements will be raffled off at the end of the afternoon. Tea, tea sandwiches, and sweet treats will be served with an accompanying harpist playing for your enjoyment. Reservations required.*