



SIERRA POINTE *Living*

June, 2011

National Safety Month

Slips, Trips and Falls



Falls are one of the leading causes of unintentional injuries in the United States, accounting for nearly 8.6 million* visits to the emergency room.

The number of fall deaths among adults 65 or older is 4 times the number of fall deaths among all other age groups.

Here are some fall-proofing tips:

- Clean up all spills immediately
- Stay off freshly mopped floors
- Secure electrical and phone cords out of traffic areas
- Remove small throw rugs or use non-skid mats
- Keep frequently used items in easily reachable areas
- Wear shoes with good support and slip resistant soles
- Arrange furniture to provide open walking pathways
- Keep drawers and cabinet doors closed at all times
- Remove tripping hazards (paper, boxes, books, clothes, toys, shoes)

- from stairs and walkways
- Install handrails on all staircases on both sides
- Ensure adequate lighting both indoors and outdoors
- Remove debris from exterior walkways
- Never stand on a chair, table or other surface on wheels

Additional Suggestions:

Exercise, such as brisk walking, tai chi and yoga, helps reduce falls by improving strength and balance. Stay hydrated while exercising and consult with your physician before starting an exercise program.

Some medicines, combination of medicines or other combinations (sun, alcohol, etc.) can make you drowsy or light-headed, which can lead to a fall. Have a doctor or pharmacist review all of your medications.

Have your vision checked regularly by an eye doctor. Poor vision can greatly increase your chance of falling. Regularly take measures to identify and eliminate fall hazards at work and home.

Pay attention to where you are going. Distractions can lead to a slip, trip or fall due to a step, crack or hole in the ground.

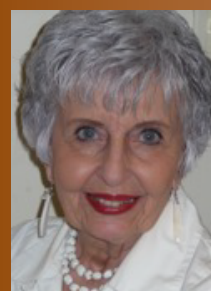
Be aware of your surroundings at all times. Falls can happen in any location, even in familiar areas.

Source:

National Safety Council nsc.org/nsm

*According to Injury Facts 2011 edition, based on 2008 data

POINTE *Of* VIEW



“As a new resident, Sierra Pointe has provided me with the opportunity to make new

friends and new beginnings. The activities have encouraged me to explore and enjoy well planned life adventures. I am happy that my expectations of living here were surpassed due to management and staff’s commitment to excellence.”

~ Arlene Blake
Sierra Pointe resident of 8 months.



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



Strawberry Balsamic Jam

INGREDIENTS

- 8 cups washed and hulled strawberries (about 1 1/2 lbs), halved if large
- 5 cups sugar
- 1/2 tsp unsalted butter
- 5 tbsps balsamic vinegar

PREPARATION

1. Pour strawberries into a large, deep, heavy pot and bring to a boil over medium heat. Once boiling, add the sugar and stir until it is completely dissolved. Add the butter and decrease heat to a simmer for 40 minutes, until thickened to a loose, soft jam. Stir in the balsamic vinegar.

2. Bring 3 pint jars and their bands to a boil in a large pot of water fitted with a rack. Boil for 10 minutes. Remove the jars with tongs. Simmer lids in a small pan of water, to soften the rubberized flange. When the jars are dry but hot, use a slotted spoon to fill the jars with strawberries, leaving 1/2 to 3/4 inch of headspace. Wipe the rims, set on the lids and screw on the bands fingertip tight.

3. Place the jars on the rack in the pot and cover by at least 3 inches of water. Cover the pot and boil the jars for 15 minutes. Remove the cover and after about 5 minutes, remove the jars. Rest the jars for 6 hours. Check the seals and store in a cool, dark place for up to a year.

Top 10 Funny Father's Day Quotes



10. "A father is a guy who has snapshots in his wallet where his money used to be."

– Unknown

9. "Small boy's definition of Father's Day: It's just like Mother's Day only you don't spend so much." – Unknown

8. "When I was a kid, I said to my father one afternoon, 'Daddy, will you take me to the zoo?' He answered, 'If the zoo wants you, let them come and get you.'" – Jerry Lewis

7. "My father taught me to work; he did not teach me to love it." – Abraham Lincoln

6. "By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong." – Charles Wadsworth

5. "A father is a man who expects his children to be as good as he meant to be."

– Carol Coats

4. "To be a successful father...there's one absolute rule: when you have a kid, don't look at it for the first two years." – Ernest Hemingway

3. "What a dreadful thing it must be to have a dull father." – Mary Mapes Dodge

2. "When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years." – Mark Twain

1. "My father used to play with my brother and me in the yard. Mother would come out and say, "You're tearing up the grass." "We're not raising grass," Dad would reply. "We're raising boys." – Harmon Killebrew

Source: Source: <http://hubpages.com/hub/Top-10-Funny-Fathers-Day-Quotes>

Sierra Pointe Visitor Package



For as little as \$99/night plus tax enjoy all the luxury our residents experience everyday. Whether you choose a 1 or 2 bedroom fully furnished apartment you'll receive: gourmet meals, housekeeping once per week, access to exercise facilities, heated swimming pool & Jacuzzi, 20-seat big screen movie theater & library. You'll also have access to "chauffeured" transportation and an abundance of social activities! You won't find a more luxurious resort in Scottsdale with gourmet meals for this price. Certain restrictions apply.

ACTIVITY HIGHLIGHTS

June 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 call 480-767-9800, ext. 105.

Monday, June 13th

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

Speaker: Phyllis Strupp, Brain Fitness Coach
Brainfit Toolkit

Emotional Tool: Language

Learn how to keep your brain fit and young and use the different tools that you already possess to do this.

Saturday, June 18th

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

Speaker Congressman David Schweikert

Sunday, June 19th

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

John and Suzie perform favorites
Saxophonist John Renner who has performed with bands such as the Beach Boys, brings his Vegas show to us. Enjoy musical favorites from multiple eras and genres.

Thursday, June 23rd

Depart 9:30 a.m.

Ringling Bros and Barnum & Bailey Circus
Cost is \$15.00, Sign up deadline is Friday, June 10th

Saturday, June 25th

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

Les Koel Social

Valley Favorite Les Koel performs, light refreshments/hors d'oeuvres served.

Friday, June 24th

7:30 p.m.-8:30 p.m.

Music Appreciation w/Mr. Fish
Humor and Music

Listen and learn about groups such as the Andrews Sisters

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



A group of happy residents on a trip to the Verde Canyon Railroad



Irma Gottlieb, Nat Herring, Dorothy Biaett, and Phyllis Harold enjoying mint juleps during a recent happy hour with staff in the Camelback Bistro



Paula Karchmer playing piano for welcome committee rehearsal.



Joan Kritz enjoying refreshments at book signing



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



The first 100 days of Freshman Congressman David Schweikert

Saturday, June 18th, 3:00p.m. – 4:00.p.m



Sierra Pointe is hosting Congressman David Schweikert for a presentation on his first 100 days in office. David was heralded by The Arizona Republic for his work serving Arizonans in both the state legislature and as a former Treasurer. David is serving his first term in the US House of Representatives representing Arizona's 5th district. Enjoy light

*refreshments while listening to David. **Reservations Required.** Complimentary Valet Parking.*