



# SIERRA POINTE *Living*

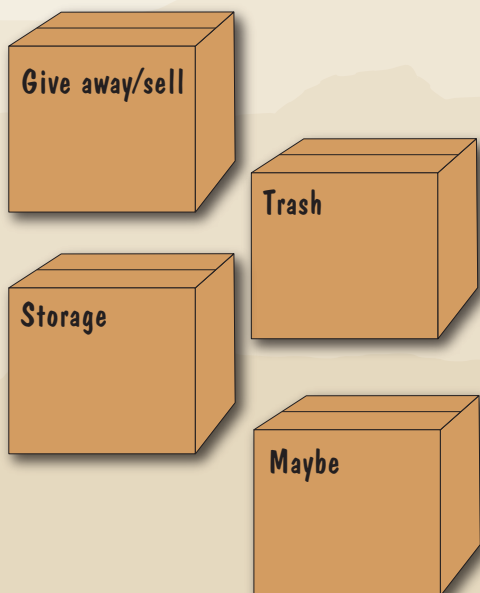
March, 2011

## How to Get Rid of Belongings, Declutter and Downsize

By an eHow Contributor

Whether moving to a smaller home or reorganizing to make more room in your current home, sorting through and downsizing a lifetime's worth of belongings is a daunting task. When items represent memories, people have a hard time differentiating between wants and needs. With a few handy hints and a little guidance, the process of organizing and downsizing can be easier and less stressful, and reducing clutter can help people breathe a little easier.

• **Sort belongings with the four-box method.** Mark four boxes "Give away/sell," "Storage," "Trash," and "Maybe." As you go through items, place them in the appropriate boxes. Use the "Maybe" box sparingly.



• **Sell items to earn a little extra moving or fun money.** Books, CDs, clothes, furniture and many other belongings can be sold online, in resale shops or at pawn shops. Selling items probably won't earn a lot of money, but a little extra cash can help.

• **Set goals.** Trying to tackle an entire house can be daunting, so setting small goals, such as a room a day, can help you get through the chaos and make order.

• **Consider belongings honestly.** It is important to think about whether you need a belonging or merely enjoy having it. If you genuinely love owning something, it's worth keeping, but if you merely like having it, think twice. Recycle old magazines and newspapers.

• **Remove items of clothing that haven't been worn in over a year.** After a year, clothing may no longer fit, and styles have changed.

• **Donate whatever you can.** Help the less fortunate by donating to Goodwill, the Salvation Army, or local charities.

By Amanda Rush, eHow Contributor

## POINTE *Of* VIEW



"When I was a new widow a little over 6 years ago, I lived in an apartment across the

street from Sierra Pointe. My daughter felt that I was too isolated and lonely and insisted I look at Sierra Pointe. I fell in love with it immediately and have been happy here ever since. I am involved in many activities and have a wonderful group of new friends. Being able to socialize on a daily basis is so important. Living here has been terrific!"

~ Gigi Tucker  
6 year 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



## Corned Beef Brisket Brine

*If you have never prepared your own Corned Beef for St. Patrick's Day, give it a try. It's fairly easy and this recipe is sure to please.*

### INGREDIENTS

- 5-8lb beef brisket, flat
- 6 cups cold water
- ¼ cup salt
- 1 teaspoon black pepper
- 2 teaspoons ground ginger
- 1 teaspoon ground cloves
- 2 bay leaves
- 1 tablespoon brown sugar
- ¼ teaspoon nutmeg
- ¼ teaspoon paprika
- 4 teaspoons minced garlic
- 1 tablespoon saltpeter dissolved in ½ cup warm water

### DIRECTIONS

Combine the ingredients listed above and pour over the brisket in a suitable sized container. Be sure it will fit in your refrigerator properly. Turn the brisket once a day for one to two weeks. Drain brisket. Simmer in pot full of water for one hour, then discard the water. Refill pot with water and cook for another three hours. Serve with horseradish.

## A Sierra Pointe Family



Local resident, Sheila Curwin and her mother Pearl Graiver visiting from New York recently sat down to talk about their experience with the Winter Visitor Package.

**Sheila Curwin and her mom Pearl Graiver, a "Winter Visitor" at Sierra Pointe**

**Sheila:** "I was drawn to the Winter Visitor package as a way to bring my mom closer to my family as well as let her try out retirement living. She had expressed an interest in this lifestyle but wasn't ready to make a full time commitment. Being able to have a trial run so to speak was very important. I chose to look at Sierra Pointe because of its excellent reputation and great location. I visited several properties but was drawn to the welcoming, inviting atmosphere at Sierra Pointe. There was lots going on and very evident that they took great pride in the property. I knew almost immediately, the environment would be perfect for my mom."

**Pearl:** "I had been coming to Arizona to visit in the winter but always stayed in an apartment complex. I wasn't exactly sure what a retirement community would be like. Sheila impressed upon me the importance of being able to socialize so I decided to give it a try. I found everyone from the residents to the staff to be friendly, warm and helpful. I am taking full advantage of the activities and appreciate the fact that I don't have to be alone. Being able to eat with others at dinner time has been especially pleasurable. Combine all of that with how close I am to my family and it has been an experience that exceeds my expectations!"

## Sierra Pointe Visitor Package



For as little as \$99/night plus tax you or a loved one can 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

March 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.

## **Saturday, March 12<sup>th</sup>**

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

Mister Ed Social,

Featuring the Arthur Murray Dancers

## **Saturday, March 12<sup>th</sup>**

depart from Sierra Pointe at 1:30 p.m.

Hale Centre Theatre Production of "Hello Dolly"

Tickets are \$20.00,

deadline is Friday, March 4th

## **Tuesday, March 29<sup>th</sup>**

10:00 a.m.

Seated Yoga Class

A relaxed yoga class combining seated and standing positions geared towards those with arthritis or other ailments. Our instructor, Nancy M. Martin, is Arthritis Foundation Certified and teaches all over the valley.

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

1:00 p.m.-2:00 p.m.

Classical Guitarist Jocelyn Celaya Performs

Jocelyn is a classical guitarist/vocalist nominated for the Grammy Awards under 7 different categories and has been featured on CNN, PBS and many more.

## **Wednesday, March 23<sup>rd</sup>**

9:30 a.m.-11:00 a.m.

Painting Class with Larry Charles

Step-by-step instructions on painting a variety of pictures from landscapes to fruit. All skill levels welcome!

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



Juggler - James Reid  
entertaining Sierra Pointe  
residents



Nat Herring at  
Chinese New Year  
Buffet



Phyllis Harold and  
Bridget Kalinowski  
enjoying Chinese  
New Year Celebration!



David Frost and Les Koel at Saturday social



# 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



## Guest Speaker

Sierra Pointe is pleased to present two-time LPGA Open Champion and 2007 Solheim Cup Captain, Betsy King, on Saturday, March 5th at 2:15 p.m.. Betsy will discuss her life on the LPGA tour, the character traits of a champion and her passion to make a difference in Africa. Complimentary brunch will be served prior to her appearance at 1:00 p.m. in our Pinnacle Dining Room. **Reservations are required.**



### Betsy King

Saturday, March 5th  
at 2:15 p.m.