



SIERRA POINTE *Living*

December, 2011

Top 10 Reasons to Smile From Mark Stibich, Ph.D., former About.com Guide

Sierra Pointe Residents



Joan New



Bill Urbowicz



Kari Urbowicz



Col. T. L. Keal



Alex Barnes



Rose Barnes



Jim Melone

Smiling is a great way to make yourself stand out while helping your body to function better. Smile to improve your health, your stress level, and your attractiveness. Smiling is just one fun way to live longer.

1. Smiling Makes Us Attractive. We are drawn to people who smile. There is an attraction factor. We want to know a smiling person and figure out what is so good. Frowns, scowls and grimaces all push people away – but a smile draws them in.

2. Smiling Changes Our Mood. Next time you are feeling down, try putting on a smile. There's a good chance your mood will change for the better. Smiling can trick the body into helping you change your mood.

3. Smiling Is Contagious. When someone is smiling they light up the room, change the moods of others, and make things happier. A smiling person brings happiness with them. Smile lots and you will draw people to you.

4. Smiling Relieves Stress. Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down, and overwhelmed. When you are stressed, take time to put on a smile. The stress should be reduced and you'll be better able to take action.

5. Smiling Boosts Your Immune System. Smiling helps the immune system to work better. When you smile, immune function improves possibly because you are more relaxed. Prevent the flu and colds by smiling.

6. Smiling Lowers Your Blood Pressure. When you smile, there is a measurable reduction in your blood pressure. Give it a try if you have a blood pressure monitor at home. Sit for a few minutes, take a reading. Then smile for a minute and take another reading while still smiling. Do you notice a difference?

7. Smiling Releases Endorphins, Natural Pain Killers and Serotonin. Studies have shown that smiling releases endorphins, natural pain killers, and serotonin. Together these three make us feel good. Smiling is a natural drug.

8. Smiling Lifts the Face and Makes You Look Younger. The muscles we use to smile lift the face, making a person appear younger. Don't go for a face lift, just try smiling your way through the day – you'll look younger and feel better.

9. Smiling Makes You Seem Successful. Smiling people appear more confident, are more likely to be promoted, and more likely to be approached. Put on a smile at meetings and appointments and people will react to you differently.

10. Smiling Helps You Stay Positive. Try this test: Smile. Now try to think of something negative without losing the smile. It's hard. When we smile our body is sending the rest of us a message that "Life is Good!" Stay away from depression, stress and worry by smiling.

Source and full reprint:
<http://longevity.about.com/od/lifelongbeauty/tp/smiling.htm>

POINTE *Of* VIEW



"My wife and I watched Sierra Pointe being built and dismissed the idea of ever venturing into retirement living. We were sure that living in our own house was the only way to go. Well,

before long, the upkeep and maintenance became more than we could manage at our age. After touring several communities, it was apparent that Sierra Pointe was the best by far. I have since lost my wife, but I have found many things to catch my interest – the welcome committee, Wii bowling and golf, exercise classes and ROMEOS, the men's group. This comfortable lifestyle of care free living can't be beat!"

~ *Murry Block*

Resident of 2 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



Baked Brie Recipe

This will be the most popular dish at your Holiday Party. You might want to make two!

INGREDIENTS

- 1 large sheet of puff pastry dough or 1 tube of refrigerated crescent dinner rolls
- 1 round or wedge of Brie cheese (do not remove rind)
- Raspberry Jam, or other sweet jam
- Brown sugar
- 1/4 cup of maple syrup

PREPARATION

1. Preheat oven to 350 degrees F.
2. On a stick-free cookie sheet, lay out the puff pastry or the crescent rolls flat; put brie round or wedge on top.
3. Spread jam on brie, fold dough over top, cutting off excess dough. Drizzle maple syrup and place a handful of brown sugar on top.
4. Bake at 350° for 25-30 minutes, pastry should be golden brown. Let cool for 10 minutes before serving. Serve with crackers and apple slices.

Caring Healthcare from Caren



Caren Rische, Assisted Living Director

This month's topic is *Holiday Blues*. As we come upon the holidays, we long for days gone by when our kids were little & fun was had by all. Now that we are aging, there may be memories of those who are now gone, families who may be away, or illnesses we now have to cope with. Sometimes the over commercialization of the past few years makes matters worse. There are many strategies recommended to cope

with the holiday blues. Using these suggestions will help to prevent or lessen those feelings of sadness and help to restore the joy of the season.



Volunteers Needed



NO ALCOHOL



1. Don't isolate yourself. If you can't be with family, invite some close friends over to share the holidays or better yet invite some new friends. Plan a trip, try a bus tour, go to the casino or join a church group.

2. Volunteer your time. Helping others is a great way to forget your own troubles. You will feel great about yourself as well.

3. Many seniors develop alcohol dependence after retirement or loss of a loved one. Alcohol is a depressant and will intensify those feelings of sadness. Avoid alcohol.

4. Overspending will cause worry over bills after the holidays are over. So set a budget and don't forget to get a little something for yourself too.

5. Don't deny your feelings of sadness. Very often just being able to share your feelings with someone can help. Seek help if you can't shake it off.

6. While not denying your feelings, more importantly, don't dwell on them. Is the glass half full or half empty? Write down your blessings.

7. Get enough rest, eat right, exercise. These things make everyone feel better!

8. Get more sunshine; these blues are often associated with lack of sun (Vitamin D), so get out of the house, and read in a sunny spot or talk with friends while walking.

9. Don't expect your holidays to be just as they were when you or your children were young. You aren't the same as when you were a child, so the holidays can't stay the same either. Embrace your newfound freedom and friends. Create new ways to celebrate now!

Sierra Pointe Celebrates Veterans Day with residents!



Front row: Larry Lewinger, Herm Davis, Bill Urbowicz, Richard Yates
Back row: Sam Morantz, John Paine, Gerson Fabe and Sydney Gould



Fran Cohen

Autumn Open House Fun for Residents and Families



Daughter Beth Johns with mom Jayne Zumbrunnen



Dan Fern with Mom Lilo Fern



Fancy Food Galore!



Edie and Nat Marcus with daughter Lauree



Sierra Pointe

Scottsdale's Finest Luxury
Rental Retirement Community

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

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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



Senior Snowbirds Act Now before it's too late!

If you are considering Sierra Pointe this season you need to act now before it's too late. For as little as **\$109/night** (plus tax, 60-day minimum lease) guest residents receive a fully furnished luxury guest suite plus: gourmet meals, "chauffeured"



Pinnacle Dining Room at Sierra Pointe

transportation, housekeeping once per week, exercise facilities, heated swimming pool and Jacuzzi, library and 20-seat big screen theater and an abundance of social activities! You won't find a more luxurious retirement resort in Scottsdale. Call now before it's too late. Better yet, stop in and see for yourself!