



SIERRA POINTE *Living*

January, 2012

One Luxurious Community—Two Distinctive Lifestyles

Independent Living

- Independence in a secure environment
- Concierge services 24/7
- 30 Gourmet meals/month + weekday continental breakfast
- Weekly housekeeping and linen change
- Full kitchens with washer & dryer inside your apartment
- Wide variety of activities
- Luxurious 20 seat movie theater
- Chauffeured transportation
- Bright, airy floor plans - all with patios or balconies
- Gated, covered parking
- Beauty Salon/barber shop
- Emergency response system with pendant
- Expanded basic cable TV
- Heated swimming pool and Jacuzzi
- Small pets allowed

Assisted Living

- Intimate homelike atmosphere
- Licensed Nurse with 24/7 Certified Caregivers
- 3 Gourmet meals per day + snacks
- Weekly housekeeping and laundry
- Kitchenette refrigerator/freezer and microwave
- Wide variety of activities
- Star Dust movie theater
- Chauffeured transportation
- Bright, airy floor plans with private bathrooms
- Individual walk-in showers with a seat
- Beauty Salon/barber shop
- Emergency response system with pendant
- Expanded basic cable TV
- Swimming with assistance
- Small pets allowed

Sierra Pointe, Scottsdale's over-55 luxury rental retirement community offers spacious studio, one and two bedroom apartment homes for Independent Living and Assisted Living.

The grandeur of Sierra Pointe is impossible to ignore. Visitors never fail to comment on the "Ritz Carlton feel" or the "five-star resort look." However, the beauty of the community goes much deeper than the elegant décor, the impeccable cleanliness and the spectacular Mountain View. Putting all that aside, there is much more to the value of living at Sierra Pointe. Many older adults that still live in their own homes lack the stimulating activities available to them here at Sierra Pointe.

Our activities are diverse and we are committed to a well-rounded, stimulating program. Sierra Pointe is like a

cruise ship that doesn't leave port. Anticipation grows each month as the new activity calendar arrives. On-site performances, socials, educational classes, speakers, bridge and our chef prepared gourmet meals in the Pinnacle Dining Room, are only a few highlights to consider. Off-site cultural events such as the Ballet, live theatre in downtown Phoenix, museums, lunches/dinners out, day trips, trips to the casino and much more are also scheduled.

Now is the time to make good on the promise you made to yourself years ago - to enjoy a simplified yet full lifestyle. We invite you to come see Sierra Pointe for yourself. Spend a half hour with us touring and afterward enjoy a complimentary lunch for two in our elegant Pinnacle dining room. We know you will be impressed.

POINTE *Of* VIEW



"I have been fortunate to live at Sierra Pointe for the last 11 years. Prior to that I was a widow living in Sun City West and life in my own home had become pretty lonely. At the urging of my children, I

found Sierra Pointe and have never looked back! I am an active member of our Welcome Committee which gives me the opportunity to continue to meet new people and make new friends. Sierra Pointe is a true community and I am happy to call it my home."

~ *Helen Padnick*

*Welcome Committee Member
and Resident of 11 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



Chinese Chicken Salad

Try this refreshing salad for the New Year.

INGREDIENTS

- 3/4 cup vegetable oil
- 5 tablespoons seasoned rice vinegar
- 3 teaspoons soy sauce
- 3 (3 ounce) packages chicken flavored ramen noodles
- 1 large head cabbage, shredded
- 1 head iceberg lettuce - rinsed, dried, and shredded
- 1 bunch green onions, chopped
- 12 ounces canned chicken, drained
- 1 cup toasted and sliced almonds
- 3 tablespoons chopped fresh cilantro

PREPARATION

1. In a saucepan over medium heat, whisk together the vegetable oil, rice vinegar, soy sauce and ramen noodle flavor packets. Bring dressing to the point of boiling, remove from heat and refrigerate until chilled.
2. In a large bowl, combine the cabbage, lettuce, green onions, broken noodles, chicken and almonds.
3. Pour dressing over salad and toss to coat. Sprinkle with fresh cilantro and serve.

Caring Healthcare from Caren



Caren Rische, Assisted Living Director

Happy New Year everyone! This month's subject is heart disease. Coronary artery disease (CAD) is the most common type of heart disease. CAD happens when the arteries that supply blood to the heart muscle become hardened and narrowed. This buildup is called atherosclerosis and usually is caused by high cholesterol. As it builds, less blood can flow through the arteries. This can lead to chest pain (angina) or a heart attack. Another name for a heart attack is MI (Myocardial Infarction). Most heart attacks happen when a blood clot suddenly cuts off the heart's blood supply, causing permanent heart damage. CHF (Congestive Heart Failure) is another disease. With CHF the heart is not pumping strongly enough, thus unable to move fluid to and from the heart. Swollen feet and shortness of breath are common symptoms. Has your heart ever skipped a beat? Sometimes it really does if you have an arrhythmia. Many factors can affect your heart's rhythm, such as a prior heart attack, blood chemistry imbalances or abnormal hormone levels. Some substances or medicines may also cause arrhythmias. Contributing factors to all of these problems are: too much salt and fat and not enough greens in the diet, lack of exercise, hypertension, and heredity. Ignoring these diseases can be dangerous, so be sure to take your doctor's advice and medications.

Sierra Pointe Holiday Dance Party



**Marilyn Evins
and Edith Marcus**



**Judith Bauersfeld and
Bernie Goldman**

**Bidi Finkelstein
and Gerson Fabe**



**Dorothy Biaett
and Nat Herring**



Some of Sierra Pointe's Finest Amenities!



Complimentary Transportation



On-site Beauty Salon



3rd Floor Library



Camelback Bistro and Lounge



Outdoor Heated Swimming Pool and Jacuzzi



20-seat Movie Theater



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 Lunch Come see what resort retirement is like at Sierra Pointe.

Complimentary Meal 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 2-29-12



Pinnacle Dining Room at Sierra Pointe