



## FAST FORWARD

### Newest Food Concept on Campus

Fast Forward (formerly named The Bistro) offers retro-themed 3-step meals and daily specials. All meals are \$8.50 including chips, soup of the day and a drink. Choose a style (wrap, salad, sandwich), choose your flavor profile then optional add-ons. The photo above is the 'Push Play' sandwich with added Swiss, Arugula and Ranch.

### HOT NEWS

- Glencroft Living
- Employees of the Month
- The Wall is Gone!
- Resident Resource Guide

### New Handbook

A new resident handbook is now released. This book has the latest details regarding policies, procedures, how to request services and much more. If you need an additional copy, stop by the Community Support Center.

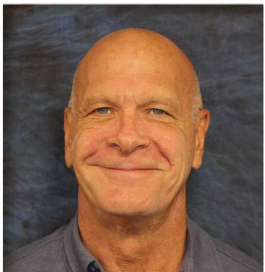
### GCA Birthdays

Live entertainment, yummy cupcakes and coffee! Everyone is welcome to come to Towers Dining 2:30pm on Jan 31st to celebrate campus birthdays and anniversaries.



# January 2023

## Employees of the Month



**Mark Hamilton**  
Campus

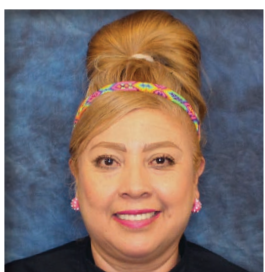
**“Mark is very helpful with our exercise classes and other needs we have had here on campus”**

**“Mark is very friendly - helps us in fitness classes”**



**Michael Oropeza**  
Assisted Living

**Resident family member made contact to say how thankful they were of Michael reacting so quickly to a resident's medical emergency. Their POA shared that his speediness of care is what saved that resident's life.**



**Maria Rivera**  
Providence Place

**“Maria volunteers to fulfill and change her schedule to cover the AM cook position. After the position was abandoned, she has led the PP meal service to continue with the consistency of high standards and with no disruption of service to PP residents since October”**

# CAMPUS UPDATES

## Glencroft Living

Reminiscing to the early 1970's, a young Glencroft Senior Living locally produced a publication known as the Communicator. As the campus continued to grow beyond just Court 1, the needs grew. The communicator was replaced by The Informer being Activities focused. The Informer has evolved immensely trying to balance between news, administrative announcements, resident articles and activities events. The format has fallen out of favor trying to answer all of these demands and we've decided to use the inspiring name of Glencroft Living. The vision is a publication that keeps our residents informed regarding campus

events, announcements, staff recognition and introducing new residents to tell their story; your life at Glencroft. We believe we can help fuel our community culture while keeping you well informed. Glencroft Living will be available the first Tuesday of every month. This magazine is an "opt-in" publication to save cost by only printing the amount of copies that are actively requested. With the help of the Resident Reps (huge thank you), this very first edition is being distributed campus wide while future editions will only be delivered to residents that have opted in via their local Resident Representative.

### THE WALL IS GONE!

Henry's Restaurant & Grill located in the Villa Towne Center has undergone many changes since bringing Lish Vazquez aboard as the Director of Dining Services. Many residents have expressed disdain towards "the wall" in Henry's placed at

the service counter feeling that it made it difficult to request service or be noticed by staff. Lish shares that not only does removal of the wall help open up the room aesthetically and culturally, it's also a safety concern of hers to have something

impede staff from serving our residents or noticing an emergency situation. The openness helps staff serve residents more effectively and Lish celebrated this change by personally taking a sledge hammer to the wall during lunch service!



## FAST FORWARD

Located at Towers Dining not only does Fast Forward have premium hot/cold sandwiches, wraps and salads, specials are now being offered as well as pizza! Specials occur Monday through Friday. Past specials have included examples such as: Teriyaki Chicken with Peppers over Rice Noodles; Philly Cheesesteak sandwich; Tomato Grilled Cheese served with chips, daily soup and a drink. Fast Forward has ALSO started serving pizzas including: DVD BBQ Chicken, Blue-Ray Buffalo Chicken, VHS Peppy Pepperoni and the Cassette All Veggie pizza.

## COPPER CLUB

Connected to Henry's Restaurant & Grill, Copper Club has received a big upgrade now serving specialty coffees, frescas and smoothies. New menu items include Buffalo Chicken Loaded Fries, the "Frisky Brisky", "Greek Greek" and the "Paco Taco". Visit the Copper Club to learn more about what's behind these creative names and meet

Marina running the counter. Copper Club also now accepts your Glencroft Meal Plan for food items. You can also order Henry's items and use the space for a quiet peaceful meal area as an extension of Henry's.

## TOWERS DINING

Towers is releasing an updated Always Available Menu and ZoLife menu unique from the Henry's ZoLife items. Lish Vazquez, Director of Dining Services, wants to promote the idea of "swap outs". Do you have certain seasonings, sides or proteins you can't eat? Towers is now offering three "Zoeify" entree swap options if you would like to swap out the main entree from the meal plan for NO CHANGE IN PRICE. Everything on the ZoLife Menu is \$8.50 with no additional charges for substitutions. Do you miss the Towers Salad Bar? COVID caused a lot of damage in many ways and one thing that was lost was the Towers Salad Bar. We will soon introduce a "table-side salad station". For the table, dining staff will bring you enough lettuce and toppings (up to 8) for the amount of guests sitting at the table for a small salad bar production. This is hygienically safer than an open access salad bar, while offering all the options for only \$8.50 per person including soup and dessert.

## DINNER CLUB

Dinner club's next stop is the renowned Long Horn Steak House on January 17th. Sign up begins January 9th. You must sign up in person at the Activities Center and are allowed a plus

one. The buses only have room for two wheelchairs/scooters depending on their size. Loading time is 4:15 pm in front of security.

## FOOD PANTRY

The Food Pantry takes place in the Auditorium every 2nd and 4th Wednesday of the month from 7:30AM to 9:30AM to take your pick from the selection. Please be courteous to others and only take two of each items of food per household.

## EMPLOYEE RECOGNITION

Don't forget to nominate an employee for their outstanding service for Employee of the Month! Nomination ballots and boxes can be found at Providence Place reception, the Concierge, Towers and the HR/Accounting office. Winners will be posted monthly.

## RESIDENT GUIDE

Do you ever lose track of the many brochures and pamphlets for campus information? I know I do! If you're like me and feel that information like hours, phone numbers and general FAQ answers and easily accessible, we have the answer! Starting January 2023, the Resident Resource Guide will cover everything that you need from business hours across campus, scheduling services, knowing what services are available, phone numbers for all dining venues, the TV channel guide, GTV4 program schedule and much more. We want this guide to be as useful as possible and as accessible as possible. As it grows, all information in this guide will also reflect at [glencroftliving.com](http://glencroftliving.com)



# ACTIVITIES

Clubs and group activities  
can be found on the back  
page

THESE ACTIVITIES SPAN THE MONTH. IF NO DATE IS SPECIFIED, THE EVENT RECURS WEEKLY

## MONDAY

**Tulip Patch Hours**  
9:30am - 12:30pm  
**Marketplace Hours**  
9am - 1pm

## TUESDAY

**Tulip Patch Hours**  
9:30am - 3:30pm  
**Thrift Store Hours**  
9am - 3pm  
**GCA Meeting**  
1/3, 3:30pm  
AUD/GTV4  
**GCA Birthday/Ann.**  
1/31 2:30pm  
TD  
**Dinner Club**  
1/17, Long Horn

## WEDNESDAY

**Tulip Patch Hours**  
9:30am - 12:30pm  
**Marketplace Hours**  
9am - 1pm  
**Thrift Store Hours**  
9am - 3pm  
**Movie Selection Meeting**  
1/18, 1:15pm, CL  
**Food Pantry**  
11th/25th, 7:30am, AUD  
**GTV Tip Top Trivia**  
10am, GTV4  
**Wed. Night Movie**  
6pm, AUD

## THURSDAY

**Tulip Patch Hours**  
9:30am - 3:30pm  
**Thrift Store Hours**  
9am - 3pm  
**GTV Live Bingo**  
10am, GTV4

## FRIDAY

**Tulip Patch Hours**  
9:30am - 12:30pm  
**Marketplace Hours**  
9:30am - 3:30pm  
**Ascent Audiology**  
1pm - 5pm, UR  
**Live Entertainment**  
6pm, AUD

## SATURDAY

**Tulip Patch Hours**  
9:30am - 12:30pm  
**Saturday Bingo**  
1:30pm, AC

## SUNDAY

**COF Sunday Service**  
10am, AUD/GTV4

AC = Activity Center; AUD = Auditorium; CL = Crossings Lounge; GTV4 = Channel 4; UR = University Room



Marilyn  
Belanger

# HAVE YOU MET

**“I think God put me here [at Glencroft]. I thank Him all the time for Him allowing me to be here... My son visits me on campus and tells me, ‘I wish I had your life.’ ”**

Have you met Marilyn Belanger? She likes being an early bird saying that it's the best part of the day. She was born in Omaha, Nebraska. She recalls the last time she was in Nebraska, she experience 90" of snow! Her father worked for the post office and her mother was a homemaker. Her parents were fortunate to provide Marilyn two brothers and one sister. Her

grandfather was the principal of the school she attended and also director the children's choir. Marilyn was active in the choir and recalls performing for many funerals as a part of their service. Marilyn met her husband in Omaha while working as a surgical technician at a children's hospital. She had a good friend, Carol, that was int he same Air Force band as

Ron, (Marilyn's husband) and invited Ron along as a blind date. Ron proposed to Marilyn on their third date and went on to be married for 58 years. After the proposal, he had to leave for two weeks with his Air Force band leaving Marilyn doubtful of his seriousness in his proposal. When he returned to two weeks later, he called her at the hospital and reassured her,

"I am serious". She responded to him, "I guess we're engaged!" Marilyn carries no regrets with such a fast-paced marriage start because she was confident in the strength of their love. In the Air Force band, he played the oboe and taught violin. After getting married, they lived in Nebraska for 12 years before then moving to Germany with their three children. She feels fortunate that her grandparents spoke German and this helped her in transitioning to life in

he was able to move toward becoming an Orthodox priest. Her daughter-in-law worked in Providence Place as a CNA and recommended they move to Glencroft since Ron had become sick in 2016 and home maintenance had grown difficult. Ron passed in 2018 leaving Marilyn with a void that needed a new focus. She found her strength in her faith to support her. She began to practice independent studies, but found that she really enjoyed

**Marilyn Belanger**  
*Have You Met*

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**"Glencroft is a community. It's helpful. I have a lot of friends and try to help in return... It's a sense of community and feels like a big family."**

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Germany and one of her children attended school in Germany. "I loved it there", she states. They lived there years '69 - '73 before then moving to Virginia with the military. In Virginia, Marilyn worked as a volunteer at a local dental clinic. After another four years, Ron retired then buying a house in Phoenix bringing their family to Arizona. Marilyn has always been active in the church being involved in the choir. Through her life she's adapted her beliefs from Lutheran to General Protestant then finally Catholic which is was Ron's faith. In time, they found the Orthodox faith which allows an Orthodox priest to be married. Ron and his parents always had intent on Ron becoming a priest. Being already married,

the atmosphere and fellowship of attending church with others of the same faith. This was one of the hardest times of her life losing her husband of 58 years. Living at Glencroft, she was able to find a supportive community and friends to help give her an independent strength. She started working as a volunteer with Activities and works at the Activities desk to this day. She contributes to the Tell Tillie newsletter and likes to participate in exercise classes in the Performance Center. She likes to attend Activities programs in the Auditorium and listening to classical music. She has goals through Zoelife inviting the lifestyle into her routine; participating in the fitness classes and spiritual services.



# GOING ZOE

Linda Crandall has been enrolled with Zoelife for six weeks to fight the symptoms of neuropathy. She's always been physically active until she unfortunately had a fall July of 2021 resulting in a spine injury that started her battle against neuropathy. Within a couple months of the injury, she could no longer walk and lost her balance entirely. Linda explains that neuropathy's usual behavior is associated with a very gradual digression of balance and strength, but her case was a bit different. When

she found Zoelife, she was already at the point of having lost all hope, but she's was determined to keep optimism.

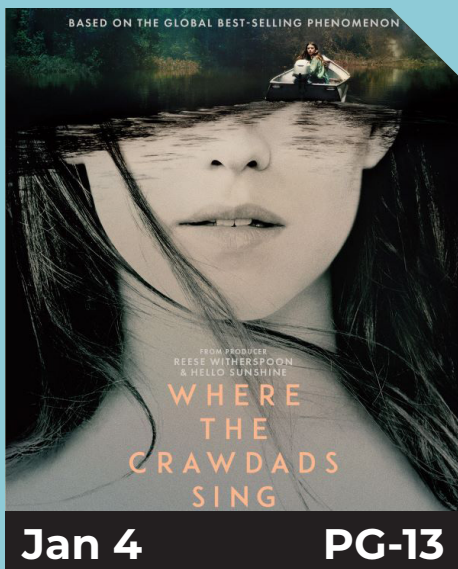
***"I'm so glad I did it,  
I really really am"***

"I lost hope about driving or walking so I had plans to get a scooter. So, at least I can move around campus", Linda says. She hadn't left the house much because she couldn't without assistance. Her mobility was very limited with difficulty doing

household activities or chores. "I couldn't stand without holding onto something." Since starting Zoelife, she's thrown away her plans for a new scooter and has set a goal to start driving again and getting around campus without assistance. After six weeks of hard dedication, she can walk to the auditorium unassisted. She likes to use the pain management "magic box" as part of Zoelife's neuropathy program. She felt like she was ready to quit after the first week, but found her motivation to continue and stick it through. Between the magic box and ice baths, she's gained significant mobility improvements. She likes to volunteer in the Activity Center and play cards and is actively involved with the Glencroft Resident Reps. She missed early appointments because of her struggle to find assistance to the performance center, but now that she can walk unassisted, she can make all her performance center visits and continue to get stronger every day.







"Where the Crawdads Sing" is a coming-of-age story of a young girl raised by the marshlands of the south in the 1950s. When the town hotshot is found dead, and inexplicably linked to Kya, the Marsh Girl is the prime suspect in his murder case.

# WEDNESDAY NIGHT MOVIES

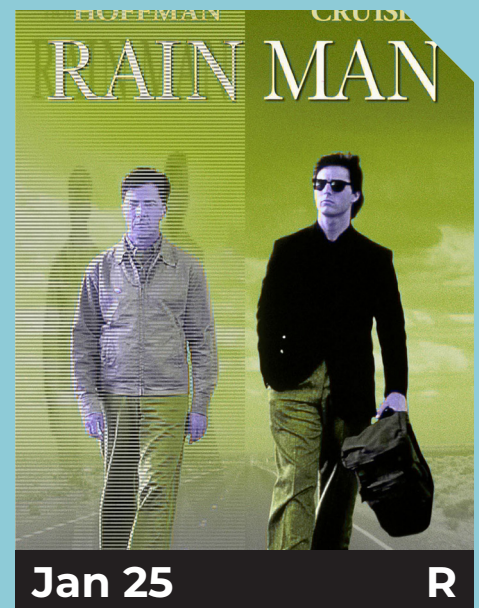
6PM - AUDITORIUM



Moulin Rouge is a 1952 British drama film, written and directed by John Huston, based on the 1950 novel by Pierre La Mure, and produced by John and James Woolf. The film follows artist Henri de Toulouse-Lautrec in 19th-century Paris's bohemian subculture in and around the Moulin Rouge, a burlesque palace.



After two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in.



Charles Sanford "Charlie" Babbitt is a self-centered Los Angeles-based automobile dealer/hustler/bookie who is at war with his own life.



**Dean Ratzman**  
**January 6<sup>th</sup>**

# FRIDAY NIGHT EVENTS

**6PM - AUDITORIUM**

Dean is a smooth and talented solo performer. He can easily replace a band, since he performs on piano, trumpet, trombone, and sings. He plays '40s Swing, Big Band, Jazz Standards, 50's, 60's and 70's Jazz, Blues, Rock and Soul hits of Great American Artists. Dean does patriotic and holiday music, as well.



**Dean Ratzman**  
**January 13<sup>th</sup>**

Come test your luck as Ross & Foss host Glencroft's favorite pastime, Bingo!

Be sure to grab your friends and sit at the table with your lucky number. The games begin at 6pm in the auditorium.



**Marlin's Trio**  
**January 20<sup>th</sup>**

Please welcome back a campus favorite The Marlin Zimmerman Trio! This three-piece band will be sure to a pep in your step with their Polka stylings of familiar songs.



**Café Flutes**  
**January 27<sup>th</sup>**

CAFE (Central Arizona Flute Ensemble) is a seven-member flute choir that enriches, enlightens, and inspires central Arizona residents by presenting interactive concerts and educational programs that showcase the full range of instruments in the flute family.



Schedules susceptible to change and break periods. Please check with Activities Center for latest schedules

## FITNESS

### Assisted & SIP Swimming

Tues, 11AM, IP

### Arthritic Women's Water Exercise

Mon, Wed & Fri, 1PM, IP

### Guided Walkin' Workout

Tues & Thurs 8:30am Amphitheater

### Performance Center

Mon-Fri, 8AM-3PM

(M-F CLOSED FOR LUNCH 12-1PM)

### PIP Swimming (Private Class)

Tues, 10AM, IP

### Swimming Pool

Sun - Sat, 6AM-8PM, IP

### Women & Men's Water Exercise

Mon-Fri, 8-9AM, IP

Mon & Thurs, 5-6PM, IP

### Yoga (GTV4)

Tues, 7AM / Thurs, 4PM

### Zoe Fitness (GTV4)

Mon & Sat, 7AM / Wed, 4PM

### Zoe Flow (GTV4)

Mon & Sat, 4PM / Thurs, 7AM

## GROUPS

### Ceramics

Wed, 9AM-11PM, CR

2<sup>nd</sup> Thurs, 1PM-3PM, CR

### Glencroft Quilters

Thurs, 12-3PM, QS

### Saturday Bingo

1st & 3rd Saturdays, 1:30pm, AC

### Needle Crafters

Fri, 1PM, CL

### Wood Carvers

Fri, 8:30-10:30AM, CR

### Evan Oswald's Writing Group

Fri, 10AM, CL

### Glencroft Singers

Mon, 2:50PM, AUD

### Movie Selection Group

3<sup>rd</sup> Wed, 1PM, CCL

### PA Keystone Klub

2nd Thursdays, 10am CL

### Friends of Bill W

Thursday 3PM, Quilt Studio

## GAMES

### Bingo (GTV4)

Thurs, 10AM

### Bridge

Tues, 2PM, CL

### Bunco

Mon, 1:00 PM, AC

### Carpetball

Sat, 10AM, AC (On Break)

### Dominoes

Tues 5PM, CL

### Five Crowns

Wed, 1PM, AC

### Hand & Foot

Tues & Fri, 1PM, AC

### Live Trivia (GTV4)

Wed, 10AM

### Mah-Jongg

Thurs, 1PM, AC

### Ping Pong

Sat, 8AM-12PM, MC

### Wii Bowling (open)

Sat, 8-10AM, CL

### Eucher

Fri, 2PM, T2SL (On Break)

## SPIRITUAL LIFE

### 2<sup>nd</sup> Sunday

Monthly (Oct-April, not Dec)

2<sup>nd</sup> Sunday, 5PM, AUD & GTV4

### Catholic Mass

Sunday, 9AM, T2AL

### Community of Faith Worship

Sunday, 10-11AM, AUD & GTV4

## SHOPPING

### CERAMICS

Daily: 843.697.7044 • Villas case

### GCA MARKETPLACE

Groceries and toiletries

Mon, Wed, Fri, 9AM-1PM

1<sup>st</sup> & 3<sup>rd</sup> Saturdays, 9AM-1PM

**THRIFT SHOP** 9AM-3PM

## DINING

### FAST FORWARD 623.847.3085

Monday-Friday

Breakfast: 7:30AM-9AM

Lunch: 10:30AM-2PM

### HENRY'S

623.847.3111

Monday-Sunday

Breakfast 7AM-10AM,

Lunch/Dinner 11AM-6PM

### TOWERS

623.847.3055

Breakfast: 7-9AM

Lunch: 11AM-1PM,

Dinner: 4:30-6PM

## LEGEND

AC Activities Center

AUD Auditorium

CC Copper Club

CL Crossing Lounge

CSC Community Support Center

CR Crossings Craft Room

GTV4 Channel 4

HP Henry's Patio (indoors)

IP Indoor Pool

MC Movement Center

PC Performance Center

QS Quilt Studio

T2SL Towers 2nd Floor South Lobby

TDR Towers Dining Room

TA Towers Amphitheater

UR University Room

WC Wellness Center

## QUICK DIAL

Accounting 623.847.3065

Activities 623.847.3081

Chaplain 623.847.3115

CSC 623.847.3084 / 3006

Concierge 623.847.3038

Corporate 623.939.9475

Glencroft @ Home 623.203.3084

IT Help Desk 623.847.3155

Performance Center 623.930.5697

Security 602.768.1659 / 6578

Spiritual Life 623.847.3066





# ***VIRTUAL REALITY TOURNAMENT***

**STARTS JANUARY 11TH**  
**REGISTER IN THE PERFORMANCE CENTER**