

# SPLENDIDO SPIRIT

Volume 2 Issue 7

## *Every Day Brings New Things!*

*By: Karen Kol, Director of Sales and Marketing*

Each day, I experience a new surprise at Splendido. Construction of our wonderful community is progressing beyond what I could have imagined. It won't be long until the main building starts to go vertical! These are special times, and I will never forget them.



*Pictured above is an aerial view of Splendido. As you can see, construction is well under way!*

We are very excited to announce that our website, [www.splendidotucson.com](http://www.splendidotucson.com), has a new look and features the latest construction information and aerial photos. Whenever possible, we will be updating the website to give you a "bird's eye" view of the progress. Let us know what you think about the new website.

For those of you who haven't heard my latest presentation, I want to share with you what a future depositor told me. He

said, "For people who think they are not ready, tell them that it is better to be five years too early than five minutes too late." Maybe you can share this advice with your "fence-sitting" friends.

Phase 1 is currently more than 80% sold out, and we're more than 30% sold out of both phases. Please join me in thanking our staff,

who have gone beyond the call of duty to achieve these phenomenal results. We are proud of all that we have accomplished in such a short period of time. Not only have we sold many Terrace and Villa Homes, but more importantly, we have attracted wonderful people, like yourselves, who will make this a very special place to live.


## *Lezlie's Latest*

*By: Lezlie Kelly, Design Coordinator, Splendido*

to make sure you receive the finishes you want, time is of the essence when it comes to finalizing your selections. There have been unfortunate situations when people have wanted to make changes and it's too late. It may seem too early to make these choices, but it is important that we accomplish what needs to be done when we meet. Rest assured, you'll be glad that everything has been completed in your new beautiful home!

I am often asked, "Why do I need to finalize my selections so early?" In order to keep the construction project moving along, and in order

## Introducing Cara Baldwin, Director of Dining Services, Mather LifeWays



Cara brings nearly two decades of experience in catering, hotel, and restaurant food service to Splendido. Prior to moving to the Midwest, she was Food Service Director of a large CCRC in the Northeast, and held corporate director positions overseeing the operations of 35 to 45+ senior living communities. Cara has also owned and operated a bed-and-breakfast and started her career in food service as a cook at a Vermont country inn.

Cara will be using her expertise to plan meals for Marbella, our club-style restaurant, and for our more intimate café, terrace, lounge, and private dining venues. No matter what you're in the mood for, Cara's culinary staff will be able to serve up an option to suit your tastes.

## The ABCs to Better ZZZs

*By: Reed Engel, Director of Wellness Strategies, Mather LifeWays*

Do you wake up in the morning feeling refreshed and ready to tackle the day, or do you feel like you need to get the number of the truck that ran over you in the middle of the night? If the latter rings true, you're not alone, as 36% of adults experience sleep issues.

Poor sleep, whether it's just fitful sleep, the inability to fall asleep or stay asleep, can take a toll on our health, work productivity, relationships, safety, and overall quality of life.

The following provides you with a few things you may have wanted to know about sleep, but were too tired to ask.

### *About sleep...*

There are two stages of the sleep cycle: Non-REM (rapid eye movement) is the deep, dreamless sleep in which heart rate, breathing, and brain activity slow down. REM sleep is characterized by deep muscle relaxation and vivid dreaming, during which time heart rate and breathing speed up. These two cycles alternate four to six times per night.

Sleep is considered important because it is thought to help us take previously learned information and turn it into more useful units, improving our memory.

Frequently cited sleep issues include 1) insomnia, or the inability to sleep, which is the most common sleep problem; 2) sleep deprivation, or an accumulated lack of sleep; 3) sleep apnea, which is characterized by snoring and interrupted breathing; and 4) narcolepsy, or suddenly falling asleep during waking hours.

### *Improving your sleep habits...*

The good news is that there are many things you can do to enhance your ability to sleep well:

- First, try to establish a regular bedtime. This regulates your internal body clock.
- Second, avoid napping, particularly prolonged naps, as this may upset the natural rhythm you're trying to establish.
- Third, get physical! Exercise can help wear you out and allow you to sleep better, as long as it's not too close to bedtime.
- Fourth, stay away from caffeine, nicotine, and alcohol. Caffeine and nicotine are stimulants, which will keep you awake. Alcohol may initially make you drowsy, but it can cause you to wake up earlier than you wish.

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# Is Home Health Care the Answer?

## A Personal Perspective

By: Bruce Rosenblatt, Senior Director of Sales & Marketing

From time to time we hear people say, “I’m not interested in moving to a retirement community. I’m going to take my chances, stay in my home, and arrange for home health services should I need help.”

Recently, I had the opportunity to observe home health service first-hand. My father-in-law had major heart surgery and was discharged to our home. We soon realized that it was nearly impossible to manage the type of care he needed. Cooking, bathing, driving, shopping, medical appointments, and housekeeping were chores we had to do for my father-in-law. I hate to admit it, but socializing with him also became a chore. My wife and I thought that a home health care nurse would be the answer, but we found out that this option also presented issues.

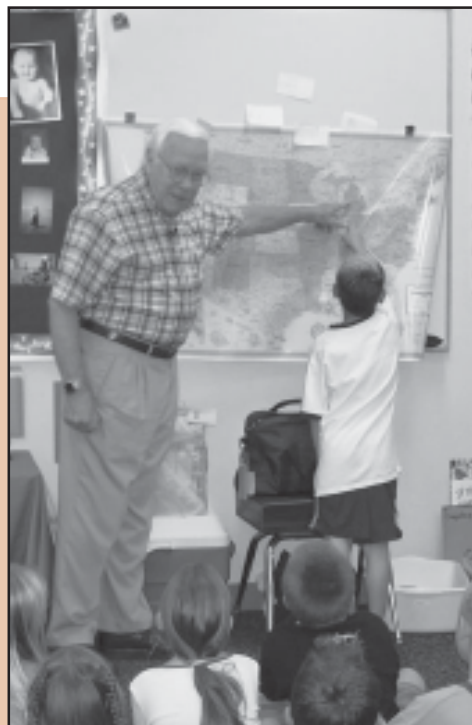
My father-in-law would await the arrival of the nurse. While some of the nurses were very nice and came on time, some days a nurse came late and other days not at all. The same nurse rarely showed up, which required that my father-in-law

answer the same basic questions about his health over and over again. Lastly, it was inconvenient that a nurse was unavailable evenings, weekends, and holidays.

Financially, Medicare paid for only two weeks of my father-in-law’s home health care, which became an issue because he required care beyond this timeframe.

So, should the topic of care in retirement come up, you can remind your family and friends that “taking their chances” is not a solid plan for their future health care needs. Home health care is not a long-term answer — it’s a band-aid at best. In the future, home health care will experience major staffing issues, as people are aging at a faster rate than home health care nurses are being trained.

Fortunately, my father-in-law was able to return to his home, and we all put this learning experience behind us. But I know that if he lived anywhere close to Tucson, he’d be moving to Splendido.



## Grandparents Day Fun at Painted Sky Elementary!

General John Wickham (pictured at far left) and Bill Martens (pictured at left) along with eleven other Charter Members, visited Painted Sky Elementary on September 13, 2005 in honor of Grandparents Day. Our Charter Members spoke to the elementary school students about their wonderful life experiences.

## *Sleep, continued...*

- Fifth, manage your medications. Some of them may be designed as non-drowsy formulas and can interfere with your sleep habits. Talk with your doctor and/or pharmacist and learn how and when the medications work in your body.
- Sixth, stress less! If you work on time management and some relaxation techniques, your problems are less likely to keep you up at night.

Convinced that it's going to take more to get you sawing logs? There are some additional things you can try before you go to bed, including enjoying a good soak in the tub and avoiding heavy meals before bedtime.

Once you're in bed, make sure your mattress is comfortable, the room temperature is just right, and extra light and noise are kept to a minimum. Finally, get into your best sleep position and relax. Clear your mind and let go of work or other challenges that can make you tense – most of them can wait till tomorrow.

Here's to a refreshing night's sleep and plenty of ZZZs!

*Source: Searle Good Morning's Sleep Education Program*

## Spotlight on Copper Card Business Participant:

### Chantilly Tea Room & Gift Boutique

Enjoy the charm and grace of an elegant English tea room right here in Tucson.

From an early age, owner Tamara Read loved to visit tea rooms and collect tea cups and vintage items. She decided to turn her hobby into a career when she built the uniquely-shaped, mauve-colored tea room that sits on the east side of Oracle Road, just north of River Road. The Chantilly Tea Room also has a beautiful patio for outdoor seating. Located at 5185 N. Genematas Drive, you can visit Tuesday through Saturday for lunch and afternoon tea. Reservations are recommended. Call (520) 622-3303 for details and times.

Splendido Copper Card Members may purchase one lunch entrée and get a second lunch entrée of equal or lesser value for half-price. For a fun outing this winter, why not ask a friend to join you for lunch at the Chantilly Tea Room?

For more information on the Copper Card program, please contact Monnie Applegate at (520) 229-9217.

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