

REACHING OUT to friends of ROYAL OAKS

April/May 2011

A Former Westbrook Village Resident Tells Her Story

Joanne Baran is a lively Royal Oaks resident who lived in Westbrook Village with her husband, Mike, before choosing to live the maintenance-free, carefree lifestyle at Royal Oaks. Joanne and Mike live in a beautiful apartment in Royal Oaks' independent living part of the campus.



They enjoy gracious dining, housekeeping, transportation, laundry, wellness, and fitness services, along with a myriad of social activities that would leave even the most active of retirees tuckered out on some days.

They participate in numerous clubs here, including an informal social group called The Rowdies, a large group of former Westbrook Village homeowners who continue to enjoy each other's company

as Royal Oaks residents. Like most people, they hoped never to have to use the assisted living or health care center on the Royal Oaks campus, but were thankful for those parts of the community, "just in case."

Well, "just in case" did happen. As a writer for our in-house newsletter, Joanne wanted to tell her story. Thankfully, her health scare has a very happy ending, and Joanne is once again dashing off other residents' happy stories about life at Royal Oaks.

I'm the biggest fan of all

By Joanne Baran

Some of you have at one time or another written a fan letter to a movie star, a rock star, a senator, or representative, or maybe even the president of the U.S. I am about to write a fan letter to a place. This fan letter is about our health care center or ROYAL RETREAT as it is formally known.

On December 8, 2010, I was rushed to intensive care at Banner Boswell Hospital where I spent a week. I was so weak that I could not walk, and had to be helped to even stand. It was determined by the hospital staff that I should begin rehabilitation immediately, either at their facility or one of my choice. Naturally, I opted to return to Royal Oaks.

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The Biggest Fan continued from pg. 1

The Royal Oaks van arrived, the driver came to my room and took me by wheelchair to the van where I was lifted, fastened in, and on my way. It is very difficult to convey the feelings that I had when the van stopped at health care and I was pushed toward the lobby. The best way to describe it, it was like "coming home."

Friendly Faces

Upon entering the room that had been prepared for me, I could see I had a roommate, and she was someone I knew. It was Bernyce Ruehman. I'm not sure if she was glad to see me, but I was happy to see her.

The first day in health care I was impressed by the nurses and their aides and that continued during the whole three weeks that I lived there. Not once did I hear any staff member speak rudely to any patient. Believe me, people who are ill can be very demanding; they forget about the other patients that need care too and are centered only on themselves. The staff cares for each patient 24/7 and are always alert to any special needs.

They make sure you are at meals and, of course, keep you informed of the myriad of activities available. One of the perks you may not know about is the spa shower/baths. They are heavenly! The whole philosophy seems to be to get everyone moving. Over and over the mantra was, "move it, or lose it." Two days after my arrival they had a belt around my middle and had me walking with an attendant down the hall. After two days the belt was taken away and I was on my own with a four-wheel walker. It was truly a happy moment for me, because I began to see a light at the end of the tunnel.

Your Care Team Really Cares

Representatives of the various departments in health care held a staff meeting with Mike and me to talk about my progress and what was ahead.

I discovered at this meeting that they keep track of your food and beverage intake after every meal. A staff member puts the data into the computer and Jose in Food Service



Joanne and nurse
Lynnae Morison

gets a print out and keeps a record. That way they can be sure you are balancing your meals, not loading up on one item, and, at the same time making sure you have enough liquid and do not become dehydrated.

Another thing we learned at this meeting was that probably in about a week or so if my progress continued I would be permitted a five-day pass to return to my apartment. If, after the five days, I was able to manage, I would be released from health care.

One thing I haven't mentioned is the rehab program which is benefiting so many residents. I also went each morning after breakfast to an exercise class conducted by Socorro McMillen. She is an expert at getting people moving and has such a pleasant joking manner about goofs and their accomplishments. Even though I am now in my apartment, I still go each morning back to health care for the exercise class because it gets all those body parts moving.

Hats off to Royal Oaks, its founders, and all those who provide us with the very best.

Want Terra Cotta Walls? No Problem!

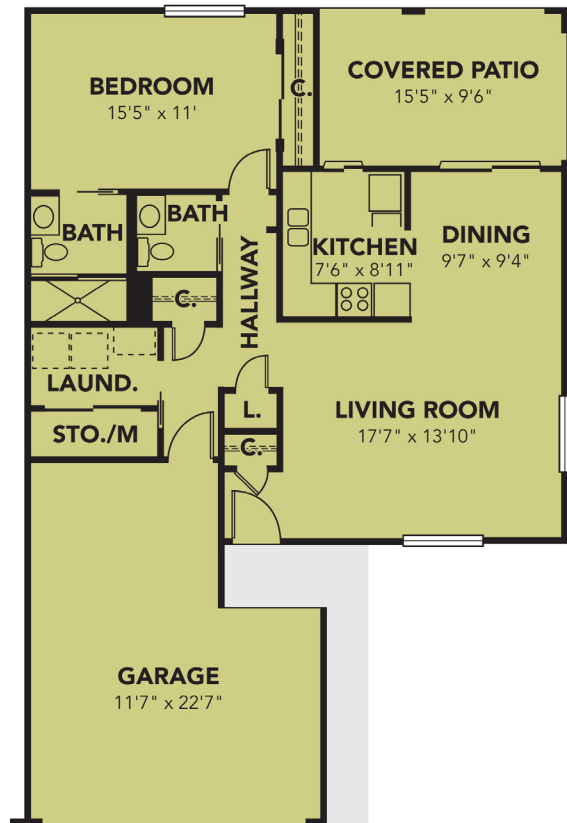
A new Arizona room with French doors enhances our Paloverde floor plan—a perfect place to entertain. A Ponderosa boasts of cherry kitchen cabinets with ample storage, including a full-length pantry to stash endless photo albums. Plank floors throughout shine brightly in our Cholla garden home. Plantation shutters let in the beautiful sunlight in our Mimosa apartment. Crown molding sets off the striking wall color in our 1456 sq. ft. Magnolia. The setting sun warms the tile in the screened-in patios, creating a cozy place to sit during the cool spring evenings.

If you haven't seen our completely renovated apartments and garden homes, we invite you to take a tour. Our refurbishing staff has been busy enlarging closets, knocking down walls, installing solar tubes, and countless other enhancements to make the homes at Royal Oaks a completely personal experience. But don't worry—our on-staff interior designer works with you in our Design Studio to make the selection process a fun one.

"Incoming residents are having a lot of fun with cabinet and granite selection and choosing paint colors," says Debi Haldiman. "As an interior designer, I ask them to bring in an upholstery sample, a



New residents Sam and Marilyn Borah with Debi



pillow from their sofa or a sham from their bed—and we go to town to choose the right colors and finishes that create the home that works for them."

This month's floor plan spotlight is our Saguaro Garden Home. A roomy 916 sq. ft. with one bedroom, this floor plan has been popular with many couples, but the one bathroom presented a challenge. Our facilities department came up with an ingenious way to add a ½ bath and expand the closet space in this coveted plan.

If you would like to see this enhanced model, or any of our available homes, call the Marketing Department at 623-815-4132.

Resident Extraordinaire: Joan Sullivan

Line dancing queen. **Check.** Boutique merchandiser. **Check.** Snazzy dresser. **Check.** Tireless volunteer. **Check.** Auctioneer. **Check.** Contagious laugher. **Check.**

Once you run into Joan Sullivan, you don't forget her. She and her husband, Ed (yes, Ed Sullivan lives at Royal Oaks!), moved in five years ago and they are the poster children for active retirees. They run our internal auction house, Joan buys merchandise for the Boutique, Ed is a frequent flyer in the Evergreen Fitness Center, pumping iron and canoodling with the trainers, and Joan bounces



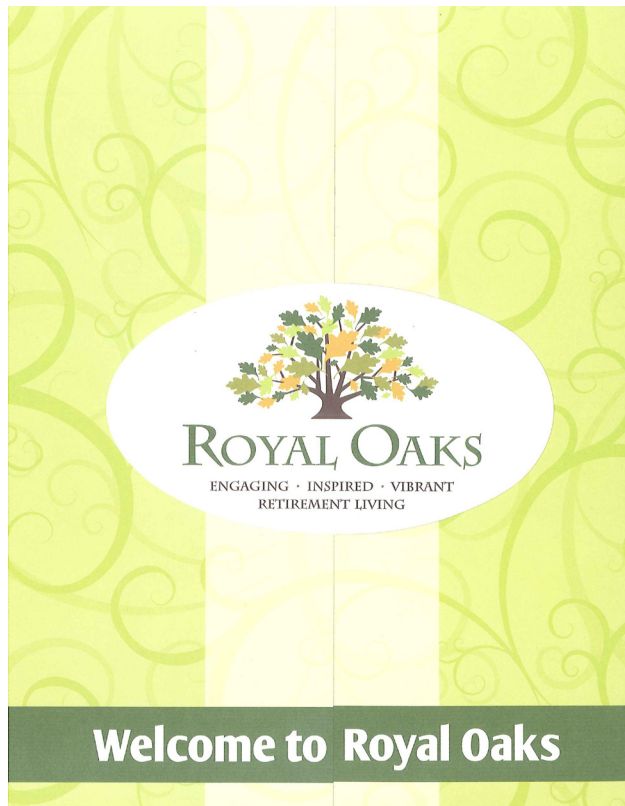
around in water aerobics, stopping just long enough to call out, "can't talk now, got to dry off and get to yoga."

Formerly the Guest Relations Manager at Coors Brewery in Golden, Colorado, Joan has a personality and smile that lights

up our lobby where she often is caught enticing buyers into the Boutique.

(Editor's note: she caught me today and I'm now the proud owner of a beautiful new scarf that I couldn't live without).

If you're lucky enough to run into Joan on your next visit, get her to teach you some fancy dance moves—or at least pick up a shiny bauble in her Boutique. Whatever you do, you can betcha that you'll enjoy just getting the opportunity to meet this little bundle of energy.



Take this quiz

How many garden homes does Royal Oaks have? What are the names of our on-site physicians? What dental clinic recently opened offices within Royal Oaks? What is the top menu item in our new fine dining restaurant, The Arbors? How many years has our CEO, Kendra Eberhart, worked at Royal Oaks?

These questions and many others you may have can be found in our new marketing package. Floor plans of our 21 different homes and apartments, along with pricing information, is included. If you would like one mailed to you, contact the Marketing Department at 623-815-4132 or marketing@royalooks.com.



Royal Oaks Marketing Department www.royalooks.com
10015 W. Royal Oak Road Sun City, AZ 85351 623.815.4132