

# SCOTTSDALE SHADOWS

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## NEWSLETTER

**Giants vs. Cubs**

Scottsdale Stadium

**St. Patricks Day Breakfast**

**Sunday A'Fair**

**BBQ By The Pool**

Pool 1 Free Event!

THE HEALTH BENEFITS OF

**HUGGING**

## FROM THE GENERAL MANAGER'S DESK

**B**y the time you read this, RCI will have held its annual meeting and installed its new Delegates, Alternates and Officers. I want to reiterate the fact that all of those who serve on the RCI and respective Regime Boards of Directors do so voluntarily and without compensation. The assumed responsibilities for maintaining their respective Regimes, as well as our Community, which is more complicated and taxing than you can imagine. As General Manager, I have a front row seat to the effort, and time expended. With that in mind, the fact that each one who serves will inevitably be subject to criticism, sometimes badgering, and most often a lack of appreciation; I extend my thanks and that of the RCI staff for your efforts in making our Community an enviable and comfortable home. I could also extend my condolences, for I know too well the trials and tribulations that will befall most, from calls in the middle of the night to having to make unpopular decisions, and then having to deal with the controversy and sometimes acrimony that accompanies Board membership. I wish you well during your respective tenures and extend to you whatever help I may be able to provide as you seek to accommodate the changing needs of our Community and its residents.

### Southwest Gas:

You may have noticed that South West Gas is still on property, on the West side. While there is no completion date as yet, I suspect we are entering the final phase of their retrofit. Our roadway looks somewhat like a patchwork quilt; however, we have been assured that when all is said and done and the job is completed the roadway will be returned to the condition that existed prior to its commencement.

### Regime I:

The question of RCI's potential contribution to Regime I in connection with its garage repair, particularly the shared South wall, is still under consideration with the hope that a resolution will be reached within the next few weeks. When the Regime decides to commence work on its deck, there will inevitably be some inconvenience suffered at Pool I, particularly the upper deck that will have to be removed so that the entire deck may be waterproofed properly. We will keep you informed of dates and work to be done and how it may affect our residents.

## Staff Column

### **Administration Office:**

General Manager: Roger Friedman  
Controller: Ann Marsh  
Accountant: Leslie Thornton  
Office Receptionist: Linda Donahue  
480-994-0443

### **Maintenance:**

Supervisor: Benito Higareda  
Coordinator: Nadia Mendoza  
480-994-2067  
Coordinator: Lorrie Stoffel  
480-994-2080

### **Custodial:**

Supervisor: Raul Medrano  
480-994-2065

### **Landscaping:**

Supervisor: Jesus Morphin

### **Community Services:**

Supervisor: Steve Cook  
480-994-1590

### **Activities/Records & Registration**

Supervisor: Ramiro Wong  
480-994-2073  
Coordinator: Lori Hammond  
480-994-2063  
Volunteer Line:  
480-994-2092

Front Cover Photo by Nadia Mendoza

## RCI BOARD OF DIRECTORS

President: Mike Caponetto

Vice-President: Robert Howes

Secretary/Treasurer: Charles Thomas

**Regime I:**

We replaced, in the upper lake pump-house, an inefficient piece of equipment that because of wear and tear required replacement every 2 years with an electronically based substitute. This will save a significant amount of electrical usage, and made the pump-house more efficient. Because it uses less energy, APS will provide a rebate for some of the cost for the replacement. In addition, all the existing electrical wiring was removed making the installation much cleaner.

**Web Site:**

Many of our Residents may not realize that we have a very extensive website that not only contains useful and up-to-date information, but also has links to many of the hotels, airlines, city, county and State, as well as hundreds of other sites, as well as photos, movies and all of the various documents, insurance policies and Rules and Regulations pertaining to the Community. The monthly newsletter is posted on the site that is updated, at least weekly. If you have not done so already, please visit our website at [www.scottsdale Shadows Arizona.com](http://www.scottsdale Shadows Arizona.com) You will be surprised at how much you can learn about us from our Web Page.

**(AED) Defibrillator**

As I mentioned in the last newsletter, we acquired a Cardiac Science (AED) Defibrillator. It is available for use in an emergency only by personnel who have been trained in both CPR and its use. Such training took place on February 24<sup>th</sup>, at which time 16 employees were trained and are now certified. Just in case you are unfamiliar with what this piece of equipment does, it is deployed to Save A Life. In the event of *sudden cardiac*

*arrest*, the heart has stopped and the individual (at that juncture is dead). If the heart can be started again within, I believe it is up to 6-8 minutes from the time of the onset, the victim can most likely be saved. This does not mean that there might not be lasting effects depending on how quickly the person is attended to. However without this device combined with the administration of CPR (Cardio Pulmonary Resuscitation), the individual has no chance of survival. We hope it is never necessary to deploy the AED, but it will be available for use by our trained staff, if and when the occasion arises. The device speaks to the operator and states (very clearly) what is to be done, in what order and even sets the pace and counts for chest compression (CPR). It tests itself every night so that if deployed, it will perform the task it was designed for.

**In Closing:**

We are halfway through our fiscal year and RCI is within its budget. We have had some unexpected expenses, as is always the case, however we appear to be headed in the right direction of sound fiscal policy. It takes a certain amount of expense and employee attention to maintain our Community and I must commend, once again, our staff and those serving on the various Boards of Directors for joining in making certain that we are not too detrimentally affected by the state of our economy. As has been stated many times, we are a little city, with all of the problems inherent in such a large Community. We, who serve and govern, are facing many challenges because of the changing nature of the Shadows, however, I believe that we have met these challenges successfully, so far, and we intend to continue to do so. Most of our residents are considerate and appreciate the Community in which we live. There are, however those



who seem to thrive on criticism and controversy. I would ask that you show patience, restraint and consideration when dealing with Board Members and staff, for without their efforts we would have no Community. I have mentioned this before and do so again because, as mentioned earlier I have a front row seat, to almost all that goes on in and around the Shadows, and I see how unfounded criticism and rumor negatively affects all of us.

As we are headed for the spring and summer months and the temperatures heat up, I would ask that rhetoric and tempers cool down. We all do our best to accommodate everyone's needs, however there are only so many hours per work day and sometimes we get so busy that it is impossible to satisfy everyone's inquiries, suggestions and criticisms. Much goes on here on a daily basis so that if anyone individually feels they are being ignored, I can assure you that it is not intentional. Try again at a later time and I am certain that you will be accommodated. With that request, I will wish you, until next time, Health, Happiness, Peace, Prosperity and Comfort in your home at the Shadows.

Sincerely,  
Roger M. Friedman/GM



Gunther von Hagens'

# BODY WORLDS

The Original Exhibition of Real Human Bodies

## Tuesday, March 22nd, 2011



Arizona Science Center

\$30 Covers entrance/exhibit/transportation

Bus Departs at 10:30AM

Time subject to change

Please Call The Activities Office To Register

# Movies of the Month

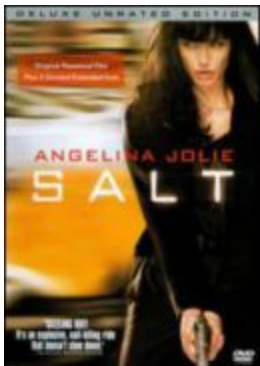
Friday at 12 Noon

March 4



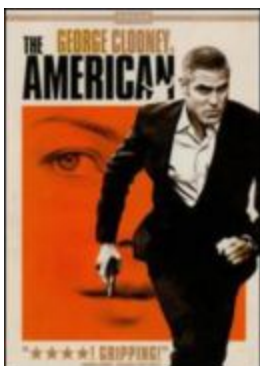
***You Again*** running time 105 minutes **PG** **Starring: Kristen Bell, & Odette Yustman.** A high-powered PR professional discovers that her brother is about to marry the woman who made her high school life a living hell in this comedy starring Kristen Bell and Odette Yustman. Back in her teens, Marni (Bell) was a little awkward. These days she's a successful career woman, but the memories of being tormented by popular cheerleader Joanna (Yustman) still make her break into a cold sweat.

March 11th



***Salt*** running time 91 minutes **PG-13** **Starring: Angelina Jolie & Liev Schreiber.** Dedicated CIA officer Evelyn Salt, who is accused by a defector of being a Russian spy. With each attempt Salt makes to prove her innocence, her mentor, Winter (Liev Schreiber), only grows more suspicious of her true motivations. The longer she eludes capture by ambitious CIA agent Peabody (Chiwetel Ejiofor), the higher the stakes get.

March 25th



***The American*** running time 105 minutes **R** **Starring: George Clooney** In the aftermath of a job gone awry, an American hitman retreats to the Italian countryside, where he befriends a local priest and strikes up an unexpected romance while awaiting the details of his next assignment. Jack (George Clooney) is lucky to be alive after his Swedish assignment went sour, and he knows that it's only a matter of time before his luck runs out.

## *Events in March*

### **Giants vs. Cubs**

**When:** Tuesday, March 1st

**Where:** Scottsdale Stadium

**Time:** 12:15 PM

**Cost:** \$30 (limited seats)

### **Sunday A' Fair (Concert)**

**When:** Sunday (s) March 6th & 27th

**Where:** Civic Center

**Time:** Bus Departs 12 Noon

**Cost:** Free

### **St. Patrick's Day Breakfast**

**When:** Thursday, March 17th

**Where:** Lounge

**Time:** 10 AM

**Cost:** \$1

### **Movie at Ultraluxe**

**When:** Thursday, March 17th

**Where:** Pavillions

**Time:** TBA

**Cost:** Special Invitation Only!!

# Art All Around Us

*Phoenix Art Museum*

## **FALL SEASON**

Tuesday, April 5th, 2011

10:30 AM Navajo Rm.

**Topic:** *Two artistic personalities emerged during the 17th Century. First was the great Flemish Catholic artist, Peter Paul Rubens (1577-1640), who painted religious paintings for the aristocrats such as Maria de Medici who became queen of France when she married King Henry IV of France. The second is the greatest Dutch genre painter, Jan (Johannes) Vermeer (1632-1675) who painted scenes of contemporary life for the middle class in Protestant Netherlands.*

*Come join us as docent, Cal Salta, examines the paintings and tells us the stories of the lives of these two great Baroque artists.*



# The Classified



**Century 21**

**Arizona Foothills**

33765 N. Scottsdale Rd., Bldg. B.

Suite 130 Scottsdale, AZ 85266

Business (480) 889-2151

Fax (480) 889-2961



**ALYSE LAUREN**

Cell - (480) 559-4995

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Priced At Market & Lovely! Why Wait  
On Short Sales/Lender Owned With  
Gorgeous Buys Like These!**

**Priced At**

*Proud Resident  
Of  
The Shadows.*

**For Sale:**     2BR/2BA Penthouse, Mountain Views & Lovely Fountain - Great Buy - Just Move-In! New A/C Custom Stone Flooring.

Spacious, Rare & Lovely 1,369 Sq. Ft. Plan With Separate D.R. / Den/ Media Room - Private Laundry - Nice Views!

**For Lease:**     Luxuriously & Tastefully Remodeled 1,530 Sq. Ft. Penthouse - Northern Exposure, Mountain and Golf Course Views, Plantation shutters - Hurry!

# The Classifieds

## **FOR RENT**

*Bldg. 24 or 28*

**(Both)**

**2BR / 1BA, 1st Floor Corner**  
*Newly Renovated, Washer/Dryer*

**Unfurnished \$840.00**

**Furnished \$930.00**

**Call:**

**1-613-722-0290**

**1-613-899-0086**

**Both Units Available**

**April 1st, 2011**

## **COMFORCARE Senior Services Non-Medical Homecare Services**

Supporting Independence, Dignity,  
 and Quality of Life.

Assistance with all needs including:

- Bathing & Dressing
- Transportation
- Companion Services
- Medication Set-up by a Nurse
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*Hourly or Live-In Services Available  
 Bonded & Insured*

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 Scottsdale, AZ 85260

**480-998-0668**

## **McGREGOR "TOURNEY" GOLF SET**

A great set of clubs in like new  
 condition. Full set of irons  
 3 through 9 - P. Wedge,  
 classic putter, 1 - 3 - 4. Woods.  
 Classic Golf bag - Golf Cart.  
 Buy now **ONLY \$79.**

**480-941-4986**

## **BEDMART**

*Mattress Specialist  
 Specializing in adjustable beds and  
 regular beds, sleep problems. See me.  
 We have the answers.*

**Scottsdale Shadows Residents  
 bring in this coupon for  
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**Except Wednesdays & Thursdays**  
 Not including Temperspedic or sale items

**Ronald Siegel**

*Certified Sleep Consultant*

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9180 E. Indian Bend Scottsdale, AZ 85250



## **Ella Cohen**

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 Screened / Certified Employees*

**24/7 Emergency Services**  
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- Water & Sewage Extraction
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- Fire Damage, clean up & repair

**Complete Renovations**  
**602-791-8886**

- Kitchen & Bathroom remodeling
- Carpet, Tile, Wood Flooring
- Odor Removal
- Painting

## **Your Home - Your Schedule**

Whether you are looking for  
 someone to help you or a loved  
 one a few hours a week or need  
 more comprehensive assistance,  
 Home Instead can help.

- Bathing
- Light Housekeeping
- Meal Preparation
- Incontinence
- Medication Reminders
- Incidental Transportation
- Shopping and Errands
- A Few Hours...to Live-In Care
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CAREGivers® FBI Fingerprinted,  
 Drug Tested, Fully Trained,  
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Call for a free,  
 no-obligation appointment:  
**480.991.3959**

Assisting in Scottsdale  
 since 1997



www.homeinstead.com/greaterphoenix

## **Professional Therapeutic Massage**

Sharon Reynolds is a licensed massage therapist and a certified neuromuscular therapist for 25 years. She integrates four different techniques in her massage. Swedish, Accupressure, Reflexology, and Neuromuscular. For relief of stress, chronic pain, excretes toxins, increases circulation and leaves you feeling VERY RELAXED mentally and physically.

*Please call for your appointment*

**602-201-3084**

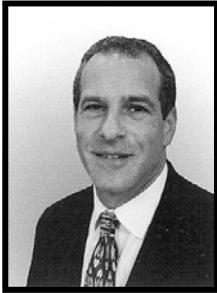
Someone will get back to you in ten minutes.

Thank you for your patience. Tuesday through Saturday. 9am to 8 pm.

**1 Hour Therapeutic Massage \$55**

# The Classifieds

## How much is your home really worth in today's market?



**Gene Ross**  
Associate Broker

Can't find a qualified buyer? Tired of lowball offers? There are better approaches and strategies. Call me for a **Free** comparative market analysis and evaluation of your property.

**Fact is, I've negotiated many of the highest prices paid for Scottsdale Shadows condos in the last year.**

Right now I'm representing several buyers, sellers, investors, and renters to satisfy their real estate needs. How can I help you? Call me today for your Free consultation.

Office Phone: **480-994-0800**

Cell Phone: **602-908-1111**

E-mail: **gene4azhomes@cox.net**



## "Honest Answer + Plain Talk Only" From Abe Stolberg Associate Broker Realty One Group

Area resident and area specialist at Scottsdale Shadows since 1989. Over 460 closed transactions with 34 years of EXPERIENCE in the Real Estate Industry. Always there for all of my friends and Neighbors at Scottsdale Shadows. Call me with any questions or a Free Market Analysis, anytime.

**Home Office: 480-946-7470 Cell 480-510-7003 E/Mail - abestolberg@cox.net**

*I Am A Full Service Real Estate Broker*

**Recent Sales:** Bldng. 32 #408 - 2 BR, 2BA 1,200 SQ.FT.

**For Sale Now:** Bldng. 32 #301 Navajo Model. 2BR, 2BA + Den-Pristine Condition 1,369 SQ. FT. Screened in balcony - shows beautiful! - Call me for your private showing now! MLS# 4518424 - Not a Short Sale!

Bldng. 29#507 Santa Clara Model - Views, views & more views - Outstanding condo 3BR, 3BA, 2130 SQ. FT. - Call me to show. You'll Love It! MLS# 4537069. Not a short sale. Priced to sell.

**There are 39 Listings available at Scottsdale Shadows starting at \$43,750.00 to \$375,000.00 - Call for information.**

# The Classifieds



Hourly & Live-in Care Light Housekeeping, Hygiene, Family Respite, Shopping, Hospital Recovery, Lunch & Movie Friend  
*Qualified & Compassionate Caregivers*

**All Levels of Care**  
Call for a Free Appointment  
**(480) 951-4083**  
[www.Ineedanangel.org](http://www.Ineedanangel.org)

## For Sale or Rent

Bldg. #25  
2BR / 2BA, 1,200 SF on 2nd floor, 2 parking spots, wood floors, tile, fans, new paint.  
Beautiful Furniture

*Sale Price: \$133,000*  
*Rent: \$1,050 year lease*

Call Mike  
**602-375-8337**

## Scottsdale Academy For Caregivers P.L.L.C

[www.academyforcaregivers.com](http://www.academyforcaregivers.com)

36 Years of Experience in Medical Related Services.

- \*CPR&FIRST AID TRAINING
- \*CLASSES AND TRAINING FOR CAREGIVERS
- \*HOURLY AND 24 HOURS OF CARE & HELP TO INFORM YOU AT YOUR OWN RESIDENCE
- \*FINANCIAL AID AVAILABLE

**For more information, please call OLGA at: 480-252-8218**

**Need A Ride To**  
The Airport, Doctor, Shopping, etc.....

**Call Sunny Raymond**  
**480-990-1039** (Bldg. 24)

**Excellent, Safe, Driver**  
**Reasonable Rates!**

## Carmen Lewis

Certified Caregiver.  
Resident of the Shadows.  
Excellent References!

**Home: 480-874-1557**  
**Cell: 480-221-3961**



- Meal Preparation
- Housekeeping
- Laundry Assistance
- Transportation
- Bathing & Dressing
- Companionship
- Respite Care
- Much Much More

*Our experienced & compassionate caregivers are here to help*

**Free In-Home Assessments**

**(480) 264-5252**

[www.valleyofthesunhomecare.com](http://www.valleyofthesunhomecare.com)

Mention this ad for a resident discount

**Hello, my name is Mike Konenko.**  
**I am your Scottsdale Handyman. I have lived and worked in Scottsdale for 36 years. Please call me if you need.....!**

- Kitchen and bathroom remodeling
- Plumbing repairs and installation
- Leak and water damage repairs
- Painting & wall texturing
- Electrical
- Flooring - Carpet/Ceramic
- Tile/Laminate/Wood
- Sales and Installation

Small jobs welcome. References available from Scottsdale Shadows Residents.

**Please call me at 480-220-8966**

## Reasonable Rates.

Excellent References.  
Honest & Friendly.  
Transport to and from airport (Safe Driver),  
Shopping, Excellent Cook,  
Doctors Appointments, etc.  
1 hour minimum.  
Short notice OK.

**Steve Lackoff**  
**Resident/Owner**  
**(602) 369-9524**

# The Classifieds



Liz Hembree  
DPR Realty

## TAKING SERVICE IN REAL ESTATE TO A NEW LEVEL

**“You Will Be Lucky To Live At Scottsdale Shadows”**



Here are condos ready to move-in:



No Short Sales or Bank owned! Sellers entertaining offers!

**2BR/2BA - Fabulous upgraded remodel, Also for lease - - 1,200 SF**

**2BR / 1.75BA open floor plan - - 1,380 SF**

**2BR/2BA - Penthouse - end unit - - 1,530 SF**

**2BR/2BA - Tennis court views - Large Patio - - 1,250 SF**

**3BR/3BA - On the 6th green, NE McDowell views, private end unit - 2,130 SF**

Call Me Anytime To See!! - **Elizabeth Hembree**  
Agent **DPR Realty, LLC**  
**602-570-9788** [Qehembree@aol.com](mailto:Qehembree@aol.com)

Experienced Medical Professional past 30 years,  
Specialize in Downtown Scottsdale  
Your Neighbor on Camelback, 12 years!

## Saturday Golf Tournament



**Date:** Saturday, March 26th

**Time:** Meet in the Lounge at 8:30 AM

**Cost:** Free

(Bagels & Coffee will be served for Breakfast)

Winners determined on most points & low individual score (medalist)  
Individuals or teams welcomed Cut-Off date is March 24th  
Sign-Up in the Activities Office.

### SHADOWS NEWS AD DISCLAIMER

The Advertisers in this Newsletter are neither solicited nor endorsed by RCI or any of the Regimes (HOA) encompassing the Community known as Scottsdale Shadows. Neither RCI, nor any of the Regimes (HOA) comprising Scottsdale Shadows, assume any responsibility of any nature whatsoever in connection with the retention of any advertiser herein by any Homeowner, Renter, or other Resident who may, as a result of these advertisements, retain their services. No endorsement shall be hereby implied or assumed by reason of the advertising or its content, and the hiring, retention, or otherwise by anyone of any advertiser herein shall be at his, her, or their own risk. In addition, should there be any advertisement in this Newsletter involving the rental or sale of any unit within Scottsdale Shadows, such advertisement and its contents solely represent the advertisement of either the broker, agent or unit owner, whichever the case may be. Neither RCI, nor any of the Regimes I-VII advertises, sells or rents any unit located within Scottsdale Shadows. All sales or rentals are conducted through either brokers, agents or directly with the owner of the unit in question, and neither RCI nor Regimes I-VII have any connection with same except to make certain that all Community (RCI and Regime) rules are fully complied with.

**CALL  
602-955-5333**

**MAGIC Steam**

Carpet Upholstery • Grout • Stone Cleaning  
Dry Foam Carpet Cleaning



## **Now the Magic is in the Foam!**

### ***Specially-formulated cleaner breaks dirt's bond to carpeting.***

Our new Dry Foam Carpet Care and Upholstery Cleaner uses anionic surfactant encapsulation technology to break soil away from carpet fibers and keep it in suspension until vacuumed away. The foam leaves no sticky residue and has a fresh, pleasant scent.



- Our carpet shampoo leaves no residue and contains no optical brighteners
- CRI Approved
- Protects and prolongs the life of your carpet
- Delivers superb re-soiling performance
- Carpets dry in 30-90 min
- Promotes a cleaner, healthier future



# Coming in April

## Renaissance Fair



**When:** April 3rd

**Where:** Apache Junction

**Time:** Bus Departs 10:30AM

**Cost:** \$25  
(covers entrance/bus)

**Cut-Off:** March 28th

## BBQ - Farewell Winter Residents.



**When:** Saturday, April 9th

**Where:** Pool 1

**Time:** Starts @ 1PM

**Cost:** \$5 residents \$20non-residents.

We will have a band, TBA at a later date.

## Revlon



**When:** Tuesday, April 19th

**Where:** Phoenix

**Time:** 11 AM

**Cost:** \$6

Sign-Up is Required before event date.  
Lunch will be, on your own, before Revlon.

## Mazatzal Ca-



**When:** Thursday, April 28th

**Where:** Payson

**Time:** Bus departs @ 8:30AM

**Cost:** \$1 (Covers part of bus drivers tip)

When signing up please bring your players card, if not we will need your Driver's License.



# **BBQ - Farewell To Winter Residents**

**Saturday, April 9th**

**Location: Pool 1 / Cost: \$5 / Time: 1 PM / Band TBA**

More information to be announced at a later time. Sign-up in the Activities Office.



# Regime News

**Regime I** - Nothing to Report.

**Regime II** - Nothing to Report.

**Regime III** - Tuesday, March 29th. Navajo 7 PM.

**Regime IV** - Nothing to Report.

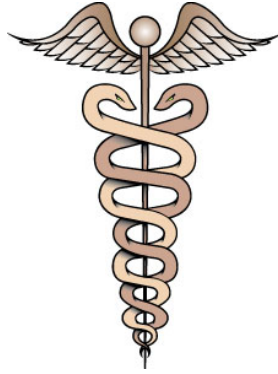
**Regime V** - Tuesday, March 8th. Navajo 7 PM.

**Regime VI** - Nothing to Report.

**Regime VII** - Thursday, March 17th. Navajo 7 PM.

The Health Benefits of:

# Hugging



Lots of us take our mental and physical health seriously and we try to improve our daily lives with exercise, a good diet, even supplements.

But there's one simple treatment that is often overlooked – and it's been shown through scientific studies to be an effective way to keep our heart and mental health on target. What is this magic bullet?

The power of the simple hug.

In fact, studies show that folks who are regularly hugged by their close friends and family have reduced heart rates, lower blood pressure, increased nerve activity and more upbeat moods. A survey of successful marriages even showed that hugging and touching (not sexual intercourse), were the key factors in keeping the relationship long-lasting.

A recent Canadian study shows that an affectionate cuddle is more beneficial in bringing up positive emotions and improving our frame mind than regularly visiting the church. Another study showed that people who got regular hugs were twice as likely to describe their mental health as “first rate.”

Plus, a loving hug in the morning, researchers say, can keep you buoyant throughout the day. Just a brief hug or 10 minutes of handholding with a romantic partner greatly reduces the harmful physical effects of stress. Loving contact before a tough day at work "could carry over and protect you throughout the day," says psychologist Karen Greven with the School of Medicine at the University of North Carolina-Chapel Hill who conducted the study.

In her study, 100 adults with spouses or long-term partners were told to hold hands while view-

ing a pleasant 10-minute video. They were then asked to hug for 20 seconds. Another group of 85 rested quietly without their partners.

After the ten minutes, the study's participants were asked to speak for few minutes about a recent event that made them angry or stressed out. Research has shown that just asking people to talk about stressful events drives up heart rate and blood pressure.

But here's what the researchers discovered about the power of the hug:

- Blood pressure soared in the no-contact people. Their systolic (upper) reading jumped 24 points, more than double the rise for huggers, and their diastolic (lower) also rose significantly higher.
- Heart rate increased 10 beats a minute for those without contact compared with five beats a minute for huggers.
- Both men and women were seen to have higher levels of oxytocin after the hug.
- People in loving relationships were found to have higher levels of the hormone than others.

- All women had reduced levels of cortisol following the hug, as well as reporting the blood pressure benefits.

But this isn't the first time scientists have recorded the power of hand holding

and hugging. It turns out we're "hard-wired" to thrive as social animals. Tiffany Field of the Touch Research Institute at the University of Miami Medical School said her research also showed hugs lower the output of cortisol, a stress hormone. When cortisol dips, there's a surge of two "feel good" brain chemicals, serotonin and dopamine.

Unlike in other cultures, Americans aren't particularly "touchy-feely" in public, Field says. Her studies in U.S. and Parisian cafes show that French couples spend about three times as much time touching as Americans.

But maybe it's time to change our approach to hugging. If you have any doubts that hugging is

**But this isn't the first time scientists have recorded the power of hand holding and hugging. It turns out we're "hard-wired" to thrive as social animals...**



worth the tender effort, this might convince you to reach out and pull a loved one closer:

Top Ten Benefits of Hugging

1. Costs nothing
2. Boosts your immune system
3. Builds self-esteem
4. Fosters self-acceptance
5. Alleviates tension
6. Helps curb appetite
7. Saves heat
8. Is portable
9. Requires no special setting or equipment
10. Feels great

By Robin Westen

From: Third Age "Health and Wellness"

Robin Westen in Third Age's medical reporter. Check her updates daily. She is the author of "The Big Book of Relationship Quizzes." ◆

ART ROOM SHOW & SALE

The "Fostering The Arts" group of artists will be hosting a preview of their art on Friday, March 25th, from 3:00 PM to 6:00 PM and on Saturday, March 26th, from 11:00 AM to 1:00 PM

We extend a warm welcome & invitation to all residents & their guests to come meet the artists, enjoy some refreshments, and delight in the various styles and mediums of art created in the Scottsdale Shadows Art Room by the newly formed "Fostering the Arts" community of artists.

Stop by and check us out!



BBQ By Pool 1!!

Saturday, March 12th 2011

FREE

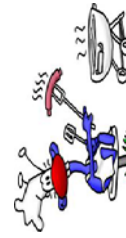
12:00~2:00 PM (or until supplies last)

Menu: Hot Dogs, Chips, Soda

Bring A Side Dish To Share (with your own serving utensil)

Please sign-up in Activities Office. Cut-off date is Wednesday, March 9th.

Caricature Artist will be there.  
**FREE! No Charge.**  
Tips are appreciated!



# Community Board

Pool 1 - 5AM - 11PM

Pool 2 - 6AM - 10PM

Pool 3 - 7AM - 10PM

## Library

Hours  
6:30 AM  
to  
10 PM

## REMINDER:

NO REFUNDS WILL BE GIVEN  
ON ANY EVENT, ONCE EVENT HAS  
BEEN PAID FOR BY RCI.

Please understand that once we pay for an event we, RCI, do not get  
the money back. We cannot be responsible for refunds.

Thank you for your understanding.

RCI has Free Notary Services.

**Please CALL for an appointment**  
**Lori Hammond 480-994-2063**

*Records and Registration*

## **Pool Aerobics**

**Instructor Bobbie Levine**

**POOL 1 7 days a week Starts @ 10 AM**



## What's happening...

Perhaps you have noticed a certain level of activity in the Art Room these days. Under the banner of "Fostering the Arts at the Scottsdale Shadows", a group of artists of all ages and skill levels, from experienced to beginner, are meeting on an informal basis Thursday mornings at 9:30. The group meets for presentations, workshops, art discussions and to exchange information on Art happenings in and around the valley. In addition to these activities, periodic field trips are planned. Notices regarding the upcoming sessions or events are

posted on the Art Room door.

The Art Room is open to all Scottsdale Shadow residents looking to pursue their interest in art whatever the medium or skill level. The room is available from 8am to 10pm, Sunday through Monday. When not in use the room is locked for security reasons. The key must be signed out and returned to the Guard Shack each time you wish to use the room. It is the responsibility of the last person using the room to kindly shut off the lights, coffee maker and lock the door before returning the key.

Newer artists are asked to be mindful of current artists' "set ups". Open easels and tables are available and are labelled as such. All artists are encouraged to bring in their own supplies and art materials. There is space to store the supplies you are currently using, but it is limited.

We are now fortunate to have resource materials in the form of art books and magazines. These are available for use in the Art Room only.

The Art Room is in need of any and all art supplies. Donations of unwanted framed art, painting and drawing supplies or any other art materials that you are no longer using are greatly appreciated. Your donated items can be labelled and dropped off in the art room during regular hours of operation.

Coming together collectively to enjoy and enhance each other's artistic possibilities is now a reality.

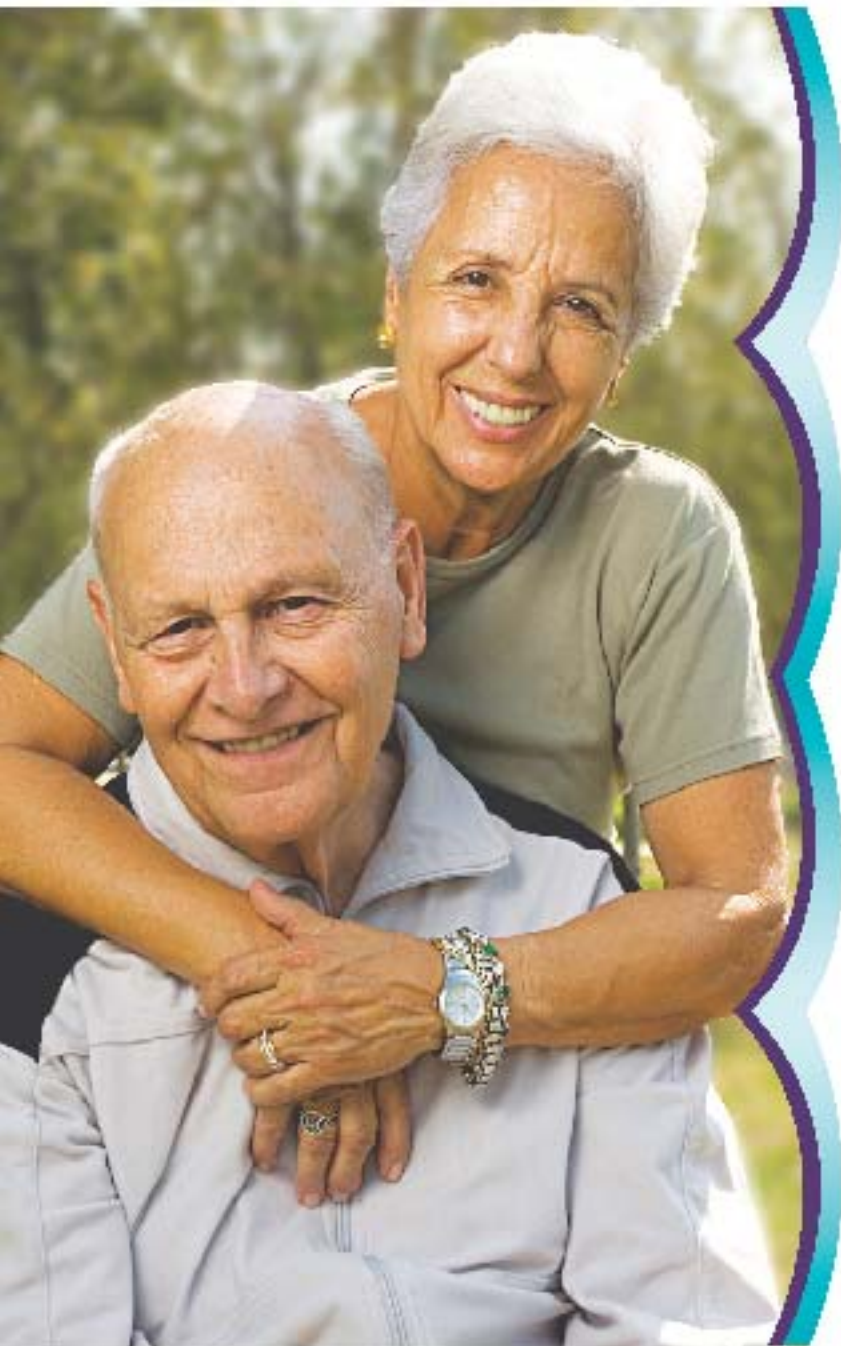
March 2011

# Scottsdale Shadows

March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Activities</b> Lori Hammond 994-2063	Pool Aerobics 7 Days a Week 10 AM Pool I <i>Bobby Levine</i> <i>Instructor</i>	1 Art All Around Us 10:30 AM Navajo Cubs vs. Giants Bus Departs 12:15PM	2 Game Day @ 12 Noon	3 Knit Wits @ 10 AM	4 Movie Day @ 12PM <i>You Again</i> PG 105 Minutes	5
6 Sunday A ' Fair Bus Departs 12 Noon	7 Monday Night Bridge	8 Regime V 7 PM Navajo	9 Game Day @ 12 Noon	10 Knit Wits @ 10 AM Bingo @ 7 PM	11 Movie Day @ 12PM <i>Salt</i> PG-13 91 Minutes	12 BBQ By Pool I 12-2PM Or while supplies last
13	14 Monday Night Bridge	15 Bodyworld Bus departs 10:30AM	16 Game Day @ 12 Noon	17 Knit Wits @ 10 AM St. Patrick's Breakfast 10 AM Lounge Regime VII 7 PM Navajo	18	19
20	21 Monday Night Bridge	22 Regime III 7 PM Navajo	23 Game Day @ 12 Noon	24 Knit Wits @ 10 AM Bingo @ 7 PM	25 Movie Day @ 12PM <i>The American</i> R 105 Minutes	26 Golf Tournament 8:30 AM
27 Sunday A ' Fair Bus Departs 12 Noon	28 Birthday Social 12 Noon Monday Night Bridge	29	30 Game Day @ 12 Noon	31		
<b>Activities</b>			<b>RCI</b>			<b>Activities</b>

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