



TRAVEL

Scottsdale/Phoenix, Arizona

ARID LANDSCAPE STILL OFFERS LOVELY VIEWS



by Jan Ross,
Staff Writer

Saguaro cactus reached spiny arms to the dark

blue Arizona sky as we exited the Phoenix airport. The green cactus, the golden sand and the grayish brown mountains in the distance in every direction were beautiful sights we would become used to during our two-week visit out West.

The incredible, luxurious Westin Kierland in Scottsdale is like a gorgeous oasis in the middle of that arid but lovely landscape. In the early evening, we headed to the fire pit at Dreamweaver's Canyon to enjoy the Scottish bagpipes played beside the lake reflecting the setting sun. This nightly ceremony pays homage to the contributions Scottish immigrants made to the development of Arizona and is incredibly moving.

When you're ready for dinner, check out Deseo. Sit at the bar overlooking the kitchen. You will marvel at the incredible skill of the chefs who take great pride in



While in Scottsdale, plan to take a tour of Taliesin West, Frank Lloyd Wright's architectural masterpiece.

not only making delicious food but making it look as appetizing as possible. A massage, yoga class and healthy-eating class at the Agave Spa at the resort, combined with time spent in our private cabana by the adult pool, made this the perfect resort.

While in Scottsdale, plan to take a tour of Taliesin West, Frank Lloyd

Wright's architectural masterpiece. Although he created it originally as a winter home, Wright invited students to come and study there, then expanded the buildings into the sprawling complex you can tour in about 90 minutes today. After your tour, head into Phoenix for lunch at Cibo, a charming neighborhood restaurant, but leave room for dinner at Wine

cabana room had a shady patio with comfortable furniture and was just a few steps from the pool, as was the restaurant Zuzu, where we enjoyed comfort food such as tomato soup and grilled cheese.

Scottsdale/Phoenix has plenty of activities to offer, from horseback riding to hiking the many desert trails to Southwest dining at a variety of fine restaurants.

Me, Dine Me at the Southwest Bistro at the Hyatt Regency in Scottsdale. Seated at the bar overlooking the demonstration kitchen and interacting with the culinary team, you will have an incomparable four-course culinary experience complete with tequila and wine pairings of the Southwest.

For a unique experience, spend a few days at the historic Hotel Valley Ho in Old Town Scottsdale. This redecorated and restored hotel from the 1960s takes retro chic to a new level and is a wonderful place to stay. Our

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Plan Ahead for Positive Medical Visits

Tips can minimize stress when keeping doctors' appointments

by Lisa M. Petsche, Staff Writer

When a relative you are caring for has a medical appointment, planning ahead is crucial, especially if the person has special health-care needs. Follow these tips to minimize stress and maximize success.

Before you go

- If accessible transportation is required, book it well in advance.
- Don't schedule anything else for that day.
- Call in advance to get direc-

tions and information about parking options. Also inquire about the accessibility of the premises in terms of parking, entrances and washrooms.

- Complete any forms received at a previous appointment or by mail.
- Review any literature you've been given about how to prepare for the appointment and what to expect.
- Ensure your relative wears layered, loose-fitting clothing and comfortable walking shoes.
- If the weather is inclement or you are anxious about parking, plan to take a taxi.

Make a list of everything you need to bring along. You may want to include:

- tickets for accessible transportation, disabled parking permit, parking pass or money for parking-lot fees;
- mobility aids;
- eyeglasses and hearing aids;
- extra incontinence pad or

brief;

- change of clothes and plastic bag for soiled garments;
- facial tissues;
- health insurance information;
- list of questions and concerns;
- paper and pen to record information and instructions;
- cell phone or coins for a pay phone; and
- reading material or other diversionary items.

Be sure to bring enough prescription and over-the-counter medications to cover the time you expect to be away. Bring an extra dose in case the wait is unusually long.

When you arrive

- Use the hand sanitizers at building and office entrances.
- If it's your first time in the building, orient yourself. Find out where washrooms are located and whether there's a cafeteria, coffee stand or kiosk for purchasing drinks and snacks. This knowledge will

be handy for future visits.

- Bring a list of all the patient's health conditions as well as medications taken, including over-the-counter products. Don't forget to note the dosage and frequency of each medication. If you don't have an up-to-date list, bring all medication containers in a clear bag.
- Bring along something in case you get hungry. Snacks are especially important if your relative is diabetic. If your appointment is near lunch time, pack a sandwich and drink for both of you. If your relative resides in a care facility, request a bag lunch a day in advance. Bring an apron or towel to protect their clothing, as well as wet wipes.
- Have health insurance information ready when you check in. Let the receptionist know of any special needs your relative may have – for example,

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