

STROLL[®]

Desert Mountain

MEET YOUR
NEIGHBORS

+

GOLF TIPS

Mastering the
Short Game

RESIDENT RECIPES

Korean Bulgogi Tacos

CAR TALK

Crime-Fighting Cycle



THE LANGTRY FAMILY

PHOTOGRAPHY BY DAVID LEE AT PAPARAZZO FILM

DELIVERING NEIGHBORHOOD CONNECTIONS



strollmag.com

Delivering Neighborhood Connections
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IMPORTANT PHONE NUMBERS

EMERGENCY

911 Emergency—Police/Fire/Medical
480-312-5000 Police (non-emergency)
480-312-8911 Fire Department
480-264-2881 Ambulance
602-253-3334 Poison Control Center
480-894-1625 Snake Removal
480-312-1111 City of Scottsdale

HOSPITALS

480-324-7000 HonorHealth
480-624-6001 Mayo Clinic

OTHER

602-371-7171 APS/Power Out
602-271-4277 Gas / Emergency
480-271-4277 Water (City of Scottsdale)
480-312-5600 Trash (City of Scottsdale)
623-594-1000 Cox Communications
800-531-5000 DirecTV
800-686-2388 Dish Network
602-506-7387 Dog Licensing
480-312-7323 Scottsdale Libraries

COMMUNITY CONTACTS

480-595-4000 Desert Mountain Club, Inc.
480-635-5600 Desert Mountain HOA
480-635-5630 Main Gate

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Interned at prestigious
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**Elaina Volpe,
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Dr. Nelson's first book *Coated With Fur: A Vet's Life* celebrates the deep bond between humans and animals. Set in a veterinary practice, the book chronicles Kris' triumphs and trials as a young woman owning her first animal hospital. Experience each day as she did, from the joy of saving a dog's leg to the agony of losing a long-term patient. Marvel at what it took to untangle a snake stuck in a doorway, scaring the society ladies in the waiting room.



Desert Fairways 1

4 BD | 4.5 BA | 3,664 SF | \$2,879,000

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UPCOMING EVENTS

**THE CURE FOR FOMO
 (FEAR OF MISSING OUT)**



STROLL Magazine recently participated in a joint event in Silverleaf with Brook Choulet, M.D., and Lindsay Benjamin, Esq.

HERE'S WHAT YOU MISSED

- Cuban cigars with Al Molina
- Hors d'oeuvres at an Old Town art gallery
- A famous heart surgeon sharing a life-and-death adventure
- Sunset at Raven's View while sipping wine
- Pickleball at The Village in DC Ranch
- A jazz concert at the Hilton Resort
- A gathering of professionals at a Silverleaf estate

HERE'S WHY YOU MISSED OUT

We didn't have your email address.

HERE'S HOW TO FIX THAT

Email rizza@n2co.com and say, "Put me on the VIP email list, please." Do it before you forget, and we'll see you at the next event!

Every month from October through May, Stroll Magazine hosts VIPS Social Events for Desert Mountain and Paradise Valley residents.



MONTHLY MEMBER SPOTLIGHT



Choulet Wellness: Scottsdale Concierge Psychiatry & Therapy

Meet **Lindsay Benjamin, Esq.**, and **Brook Choulet, M.D.**, the co-founders of Scottsdale Professionals Collective, a curated community of Scottsdale's best professionals. Let's get to know them better.

Beyond the law firm or private practice, how do you engage with the local community? Are there any local causes or initiatives you're particularly passionate about?

Brook: I am passionate about building networks and connecting others in our community. I genuinely enjoy meeting other small business owners who provide exceptional care and professional services to our neighbors. This passion is what led Lindsay and me to co-found Scottsdale Professionals Collective. Building a community with like-minded professionals can positively impact each other by providing support and resources while striving towards personal and professional development.



Benjamin Legal: Divorce & Family Law

Lindsay: Besides collaborating with other professionals, as Brook discussed, I have always been extremely passionate about animal adoption and rescue. My family

started People Saving Pets, a non-profit focused on funding various animal rescue groups in Arizona to help fund their rescue programs, promote spay and neuter efforts, and meet animal welfare needs across our state.

Being an attorney or physician requires a delicate balance between work and personal life. How do you both maintain that balance?

Lindsay: I continually strive to focus on work while I am at work and then dedicate my time to my family when I am at home. Of course, that is not *always* possible, but having this self-imposed rule forces me to remain efficient with my time while at the office so I can present with my family as soon as I get home.

Brook: When striking a good balance between my personal and professional life, I find that I feel truly content and happy in my daily life, regardless of stressors or challenges that may arise. I am best able to maintain that balance through having a structured schedule with discrete work hours, which allows me to prioritize things that bring me joy outside of that time.

For more information on Scottsdale Professionals Collective, visit scottsdaleprofessionalscollective.com.



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- **Brook Choulet, M.D.** | Founder, Choulet Wellness: Scottsdale Concierge Psychiatry & Therapy | chouletwellness.com

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