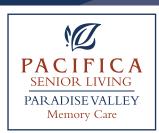
Pacifica Tidings



October-November 2017







A Note from the Executive Director

Greetings,

Happy Fall!! It's been a long hot summer and I'm sure most will agree we're all happy fall is on the way.

Just a little reminder to all, please remember to change out your loved ones summer clothes to warmer clothes for winter.

Our flu/pneumonia clinic is just around the corner, you will be receiving information on the dates soon, we will need an acceptance or decline for all. We have some great entertainment and activities planned for the next upcoming months, as always families are invited to attend. I hope to see you all soon.

Cindy Gilbert Sr. Executive Director

Who am I?



To find out turn to the last page!

Welcome to Our Community

James Ham
Helen Sullivan
Vivian Poloney
Anne Rodgers
Rosaria Sparta
Nelle Terry
John Malandro

Activities & Special Events

On The Go...

The "On the Go..." Program at Pacifica Senior Living Paradise Valley is an innovative program that provides our residents with the means to get out and enjoy their favorite hobby or special activity. Each package cost includes: Transportation, licensed accompany staff, entrance fees (if any) or anything that they may want on Breakfast Club or Dessert Club.

Upcoming special events/ spotlight entertainment during October & November 2017

Lunch & Learn October

Date: 10.17.17 Time: 12-1:30 R.S.V.P: 10.15.17 Location: A.R. Topic: Speaking on stages of aging. Jenn Ramirez & **Brandon White**

Lunch & Learn November

Date: 11.21.17 Time: 12-1:30 R.S.V.P: 11.19.17 Location: A.R. Topic: Healthcare at it's best.

Todd Armstrong Sante Healthcare

Spotlight Entertainment:

October 10-4-17 1:30pm Peter Davis Performance 7-17-17 1:30 pm

Joel De La Houssaye Performance

10-25-17 1:30pm Gary the Singing Cowboy And his horse Dusty

November:

11-1-17 1:30pm **Darren Weston**

Performance

11-12-17 1:30 pm

Bob Dozak Accordion Performance

11-21-17 1:30pm Karen's Critters Petting Zoo

October- Japanese Friendship Garden Date: 10-19-17

Time: 9:00AM Rsvp by: 10-16-17

Halloween Trick or Treat - Children from **Kindercare** 10-27-17 1:30PM

October- Family Feast Date: 10-26-17 Time: 11:30 AM Rsvp by: 10-19-17



^{*} All On the Go outings listed above and on the Activity Calendar must meet the minimum number of attendees and is subject to cancelation or change.



Memorable Moments











Birthdays

Residents:

October

10-1 -Gerolima Torre

10-3 Tillia Van Zandt

10-13 Fred Gutierrez

10-17 Maria Valasquez

10-19 Ruth Wang

10-23 Donald Morris

10-23 James Hamm

10-25 Lila Cadwell

10-29 Hamilton McRae

10-31 Carol Sowers

10-31 Delphine Wenk

November

11-1 AnnaMae Carnahan

11-04 Marilyn Kistner

11-05 Isabelle Hackman

11-06 Melva Scott

11-25Yvonne Kerlin



Staff:

October

10-6 Joseph Bucciferro 10-9 Deborah Eungard 10-18 Sue Copenhafer

November

11-10 Patricia Conteh

11-11 Sisko Borges

11-11 Honesty Zendejas

11-21 Guillene Neema

11-21 Brian Todeschi

11-25 Haidelene Moselina

A Note from the Activities Director

Dear Families of Residence,

My name is Michelle Engberg. I am the new Activities Director here at Pacifica Senior Living. Holiday season is coming so we will be having a lot of fun themed events and outings once the weather gets a little cooler. Let me emphasize how excited I am to provide an assortment of monthly activities for the residents and also family members are always welcome! I would love to be able to meet you all during your visits and get to know you.

Sincerely, Michelle Engberg Activities Director



Do you know someone who is looking for a great place to live?

Do you know someone who's unhappy with the home they're living in now?

How about someone you'd love as a neighbor?

If your referral moves in you'll receive **\$200!**

(Maybe you could take your referral to lunch as a big Thank You!)



16621 North 38th St. Phoenix, AZ 85032 602-832-7290 www.PacificaParadiseValley.com License # AL6981C

Health & Fitness by

Chair Yoga



Balloon Volley



Dancing



Parachute



Fitness Activities

Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you in many ways including:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental wellbeing.

We enjoy many different types of exercise some of which are Chair Exercise, Yoga, Dancercise, Meditation, Walking Club, Sit N' Stretch, Ball Toss, Balloon Volley, Parachute Play & More! We like to keep things new and fresh so we don't get bored.

Spiritual Activities

- Joyful Noise
- Ministry with Pastor John
- Spiritual Readings Weekly
- Bi-weekly Mass at Saint Joan of Arc

<u>I am Jean Anderson</u>

Jean Anderson was born August 18, 1925 in Wisconsin. She then moved to Minnesota and got her nursing degree and began her career as a full time nurse. The mother of four children and eight Grand children love's to spend her days, golfing, reading, and spending her time with family and friends.



Management Team

Sr. Executive Director Cindy Gilbert

Community Relations Director Sue Copenhefer

> **Program Director** Amanda Pascucci

Food & Beverage Director Dave Slechta

Maintenance Director Shawn Foley

Business Office Manager Azatui Khorsikyan

> **Activities Director** Michelle Engberg



Pacifica Senior Living is committed to supporting our communities, residents, and the families we serve.

We strive to create a lifestyle of independence, security, and peace of mind.

It is through our dedicated and caring team members that our culture is exemplified in service, accountability, teamwork and compassion.

The right choice. The right time. Welcome Home!







16621 N. 38th Street Phoenix, AZ 85032 (602) 787-0800 www.pacificaseniorliving.com



Welcome Home!