

Pacifica Tidings



PACIFICA
SENIOR LIVING
PARADISE VALLEY
Memory Care

**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?



Welcome to Our Community

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

To find out turn to the last page!

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!)

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PARADISE VALLEY
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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

I am Jean Anderson

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!*



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

www.pacificaseniorliving.com

Pacifica Senior Living ~ Paradise Valley

- Beautiful Cottage Style Memory Care
- Enjoy peace of mind with 24/7 care
- Lifetime Loyalty Pricing, your rate never increases
- Housekeeping and Laundry Provided
- We have a beautiful courtyard that provides our residents the freedom and independence to enjoy Arizona's amazing outdoors in a secure environment.



Walking paths with Gazebo.



Fine Dining
Family Style



Private
Apartments

Welcome Home!