

Pacifica Tidings



VICTORIA COURT
PACIFICA SENIOR LIVING
Assisted Living and Memory Care
Adult Day Care

**NOVEMBER
2017**



A Note from the Executive Director

The holiday, festive season is upon us and we are so excited to end the year with a bang! On November 10th, we are hosting a Veteran's Thank you Breakfast with entertainment by Bill Reidy. We have invited our families, friends and the community to enjoy the morning with us at Victoria Court! Also, Chef Matt has a delicious Thanksgiving menu planned for those who are joining us that afternoon. On Saturday, December 9th, we are hosting our annual Holiday Bazaar! We will have our famous white elephant table, skin care and beauty vendors, Tupperware vendors, Handbag and Jewelry vendor as well as Victoria Court's popular Bake Sale Table! Also, this time of year brings more visits from the local schools and community organizations, church groups and the Girl Scouts. Our residents really enjoy this time of year and so do we! We strive to make everyday a wonderful one for our residents!

I look forward to sharing the festive season with you!

Rhoda Smith, AD, CDP

Who am I?



We strive to help prevent and treat Brain and Memory Challenges with Brain Performance Enhancement! We are at Victoria Court every Wednesday and Friday mornings to work with residents.

Welcome to Our Community

THOMAS M.



Activities & Special Events

ENTERTAINMENT

**NOVEMBER 7th
JOHN SCOTTI
(KEYBOARD & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

**NOVEMBER 10th
BILL REIDY
(GUITAR & SINGING)
1:30 - 2:30 pm
IN THE MAIN LOBBY**

**NOVEMBER 10th
MIKE DENARDO
(GUITAR & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

**NOVEMBER 21st
MIKE COLETTA
(GUITAR & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

**NOVEMBER 28th
BUD PISTACCHIO
(GUITAR & SINGING)
6:00- 7:00pm
IN THE LOWER LEVEL**

**NOVEMBER 29th
LUKE JACKSON
(DANCING & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

EVENTS

**NOVEMBER 10th
VETERAN'S DAY
THANK YOU BREAKFAST SOCIAL
9:00-11:00AM
IN THE FIREPLACE ROOM**

**NOVEMBER 15TH
FAMILY SUPPORT NIGHT
THEME: THANKSGIVING SOCIAL!
5:00-7:00pm
IN THE FIREPLACE ROOM**

(PLEASE RSVP BY NOVEMBER 13th)

**NOVEMBER 23RD
VICTORIA COURT'S
THANKSGIVING DINNER
12:00-1:00PM
IN THE MAIN DINING ROOM**

(PLEASE RSVP BY NOVEMBER 16th)

*Thank
You*

Memorable Moments



Birthdays

Happy Birthday to all of
our
Residents & Staff
celebrating birthdays in
the month of November

Resident Birthdays

Grace E. 11-1
Ellie B. 11-30

Staff Birthdays

Marjorie B. 11-6
Krystle L. 11-17



Who am I?



We are Mark and Bill of Brain In Play International.

Our Team of MDs, APRN-BCs, Scientists, Providers, and Advisors are dedicated to save and improve the lives of those we are privileged to serve.

A Note from the Activities Director

Hello Friends and Family,

I would like to Thank everyone who came to our Grandparent's Day BBQ in the courtyard on September 10, 2017...It was wonderful to see our residents and families spend quality time together.

The holiday season is now upon us...We are hosting the Thanksgiving Dinner on Thursday, November 23rd at noon. If you are planning on joining a resident that day, please RSVP by November 16th. There will be two complimentary dinners for each resident and an additional fee for any resident guest thereafter. We are also preparing for our annual Holiday Bazaar to be held on Saturday, December 9th from 9-3pm at Victoria Court. If you would like to be a vendor or donate baked goods, please let me know. I look forward to celebrating the festivities with everyone! ~~Rhoda Smith



Health & Fitness by

Jennifer Rossi, RN,RSD

New Flu Information for 2017-2018 from the CDC

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Getting vaccinated is the best way to protect yourself and your family from the flu.

People at High Risk from the Flu.

Anyone can get the flu and serious problems related to the flu can happen at any age, but some people are at high risk of developing serious flu-related complications if they get sick. This includes people 65 years and older, people of any age with certain chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, and young children.

What flu vaccines are recommended this season?

This season, **ONLY** injectable flu vaccines (flu shots) are recommended. Some flu shots protect against three flu viruses and some protect against four flu viruses.



Fitness Activities

Keep Moving

Exercise should be an important part of your day. We have two exercise programs daily. All exercise can be done right from your chair and we concentrate on all parts of your body for overall good fitness.

Exercise is
Sunday—Saturday
10:00am and 6:00pm
Lower Level

TAI CHI with BOB

NOVEMBER 13th and 27th
2:30-3:30pm

ZUMBA WITH ROBERTA

NOVEMBER 8th
1:30-2:15pm

TAP N TIME with BELLE

NOVEMBER 16th
10:30-11:30am

Spiritual Activities

Deacon Cote from St. Claire's Church will be here

Nov 16th & 30th
at 11:00pm

For Mass & Communion
(Lower Level)

Community Chaplain Mary Mattiace will be here

Nov 14th and 28th
at 10:30am

For Bible Study & Music
(Lower Level)

Netta Boudano and friends from the Legion of Mary will be here

Nov 7th and 21st
at 10:30am

For the Rosary
(Lower Level)

Options this season include:

Standard dose flu shots given into the muscle.

High-dose shots for older people.

Shots made adjuvant for older people.

Shots made with virus grown in cell culture.

Shots made using a vaccine production technology (recombinant vaccine) that does not require the use of flu virus.

Live attenuated influenza vaccine (LAIV) – or the nasal spray vaccine- is NOT recommended for use during the 2017-2018 season because of concerns about its effectiveness.



Management Team
Rhoda Smith, CDP
Interim Executive Director

Jennifer Rossi, R.N.
Resident Service Director

Michelle Florio
Business Office Manager

Kathy McGovern
Community Relations Director

Rhoda Smith, CDP
Activities Director

TBA
Environmental Services
Director

Matthew Giuseffi
Dining Services Director



*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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Welcome Home!