

Pacifica Tidings



November/ December
2017



A Note from the Executive Director



The holidays are the best time to capture precious moments from families and loved ones. At Pacifica Spring Valley, we try to make these precious moments possible for our loved ones.

We have our Family Potluck second Friday of every month. We also have our Annual Christmas Tree Decorating, at Town Square at 10am. Please RSVP at the desk.

Help us make the holidays brighter for our loved ones.

Sincerely,
Kelly

Who am I?

- My real name is **Samuel George Davis**
- I was born on December 8th, 1925
In Harlem, New York
- I was often billed as the "**Greatest Living Entertainer in the World**"
- I was known for my self-deprecating humor
- I was part of the "**Rat Pack**"
- They call me "**Smoky**"
- I dated a blond, Blue eyed, Swedish born actress named **May Britt**

(Answer on last page)

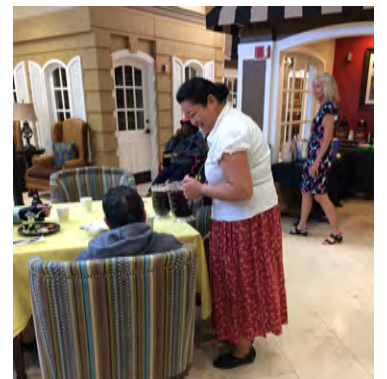
Welcome to Our Community

We warmly welcome our new additions to the Pacifica family:

**Diane P.
Bing Ming T.
Bonnie E.**

Welcome Aboard!!

Special Events & Memorable Moments



Health & Fitness by

The Health Benefits of Fish Oil

In the past 10 years, many Americans have turned to omega-3 fish oil supplements, which have benefits for healthy people and also those with hearts disease.

Omega-3 fish oil contains both docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA). Omega-3 fatty acids are essential nutrients that are important in preventing and managing heart disease.

Findings show omega-3 fatty acids may help to:

- Lower blood pressure
- Reduce triglycerides
- Slow the development of plaque in the arteries
- Reduce the chance of abnormal heart rhythm
- Reduce the likelihood heart attack and stroke
- Lessen the chance of sudden cardiac death in people with heart disease

The American Heart Association (AHA) recommends that everyone eats fish (particularly fatty, cold water fish) at least twice a week. Salmon, mackerel, herring, sardines, lake trout, and tuna are especially high in omega-3 fatty acids. While foods are your best bet for getting omega-3s in your diet, fish oil supplements are also available for those who do not like fish. The heart-healthy benefits of regular doses of fish oil supplements are unclear, so talk to your doctor to see if they're right for you. If you have heart disease or high triglyceride levels, you may need even more omega-3 fatty acids. Ask your doctor if you should take higher doses of fish oil supplements to get the omega-3s you need.



Birthdays



Eve O.—November 6th
Lee W.—November 7th
Margaret M.—November 18th
Carmina A.—November 29th
Frances S.—December 17th
Emilie F.—December 23rd
Juanita C.—December 29th

Spiritual Activities

Spirituality is important to many of our residents. We provide a wide-range of services to honor the different denominational beliefs we have within our community. There are two weekly services, and also visiting ministers who come to pray with and spend time with our residents.

Communion Service is every Thursday morning at 10 a.m.

Non-Denominational Services is every Sunday at 10 a.m.

Who Am I? (answer)

Sammy Davis Jr.
1925—1990



Management Team

Executive Director:

Kelly Malone

Resident Care Director:

Tina Anat

Business Office Director:

Alma Monterroso

Community Relations Director:

Michael Boyd

Dining Services Director:

Jana Lemus

Activities Director:

Carol Ligayo

Maintenance Director:

John Pittner



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!*



PACIFICA
SENIOR LIVING
SPRING VALLEY
Memory Care

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Welcome Home!