

Pacifica Tidings



VICTORIA COURT
PACIFICA SENIOR LIVING

Assisted Living and Memory Care
Adult Day Care

**MARCH
2018**



A Note from the Executive Director

Hello friends, family, and residents,

I hope everyone had a wonderful winter season! But I know that we are all looking forward to the warmer Spring weather. Speaking of Spring, we have several events coming up; on March 21st, we will be hosting a Family Caregiver Support Group with our Special Guest Speaker, Ashley Kilmer. Ashley is a Certified Dementia Practitioner as well as our new Activity Director; if you have not had a chance to meet her, please stop by on March 21st.

Also, we have a couple of fun events going on; our annual St. Patrick's Day party as well as celebrating St. Joseph's Day with yummy zeppoles!

I would like to Thank everyone for their continued support, compassion and dedication for making this a wonderful home for our residents!

Sincerely,
Rhoda Smith, CDP

Who am I?

MY DECLARATION OF SELF-ESTEEM

I AM ME

In all the world, there is no one else exactly like me - everything that comes out of me is authentically mine, because I alone choose it - I own everything about me - my body, my feelings, my mouth, my voice, all my actions, whether they be to others or to myself - I own my fantasies, my dreams, my hopes, my fears - I own all my triumphs and successes, all my failures and mistakes. Because I own all of me, I can become intimately acquainted with me - by so doing I can love me and be friendly with me in all my parts - I know there are aspects about myself that puzzle me, and other aspects that I do not know - but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and for ways to find out more about me - However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is authentically me - If later some parts of how I looked, sounded, thought and felt turned out to be unfitting, I can discard that which I feel is unfitting, keep the rest, and invent something new for that which I discarded - I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me - I own me, and therefore I can engineer me - I am me &

I AM OKAY

by Virginia Satir

Welcome to Our Community

**LOUISE S.
DELIA C.
WALTER H.
RICHARD H.
JOAN H.**



Activities & Special Events

ENTERTAINMENT

**MARCH 9TH
BILL REIDY
(GUITAR & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

**MARCH 13TH
BUD PISTACCHIO
(GUITAR & SINGING)
6:00– 7:00pm
IN THE LOWER LEVEL**

**MARCH 16TH
JOHN SCOTTY
(GUITAR & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

**MARCH 18TH
MIKE DENARDO
(GUITAR & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

**MARCH 21ST
TAP N' TIME WITH BELLE
(TAP DANCING CLASS)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

**MARCH 27TH
MIKE COLETTA
(GUITAR & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

EVENTS

**MARCH 17TH
ST PATRICKS DAY
SOCIAL
DRESS IN GREEN AND JOIN US FOR
MUSIC FOOD AND FUN.
3:00-4:00
IN THE LOWER LEVEL**

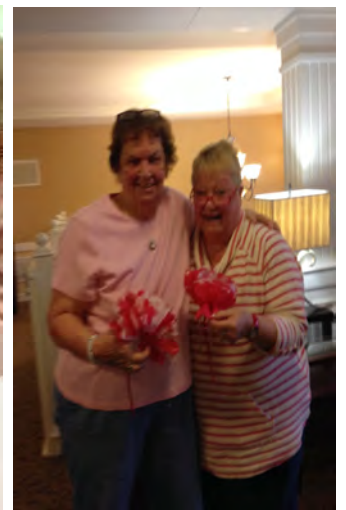
**MARCH 20TH
SPRING TIME SOCIAL
JOIN US TO CELEBRATE SPRING
AND ALL THE GOOD IT BRINGS.
1:30-:3:00
IN THE LOWER LEVEL**

SPECIAL VISITS

**MARCH 21ST
PET THERAPY WITH
XENA AND KATHY
(PET VISITS)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

enjoy
your
life

Memorable Moments



Live
well
Laugh
often
Love
much



LIVE SIMPLY
laugh out loud
COMPROMISE
SPEAK KINDLY
TRUST
Practice Patience
APOLOGIZE
be thankful
LISTEN
appreciate one another
FORGIVE
SAY I LOVE YOU
BELIEVE



Birthdays

Happy Birthday to our
Residents & Associates
celebrating Birthdays in
March

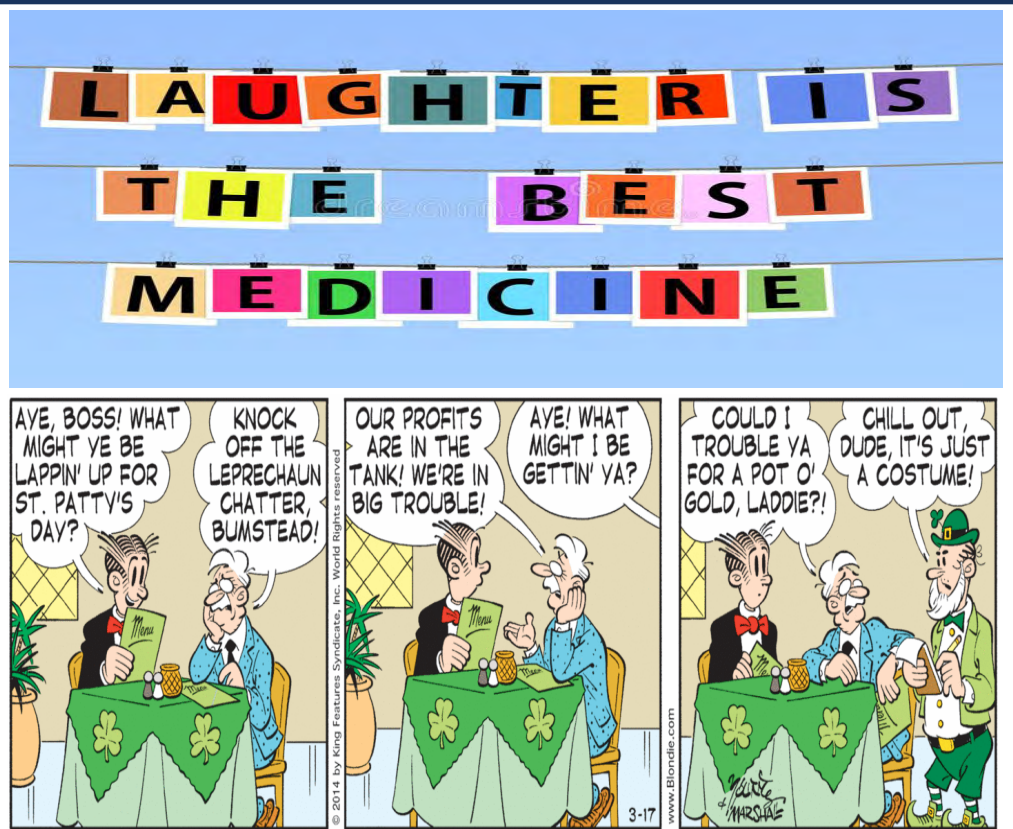
Resident Birthdays

Douglas H. 3/21

Associate Birthdays

Sarah K. 3/19

Alexander S. 3/25



Why is everyone so tired on April 1?... Because they've just finished a long, 31 day March!

A Note from the Activities Director

Hello Friends and Family,

First I would like to start off by saying thank you so much for welcoming me into your wonderful community. In my short time here you have all made me feel like I am truly a part of an amazingly loving family. I am ready for this new adventure with all of you. I am looking forward to making wonderful memories with everyone. I truly know that there is no place I would rather be. So, thank you. I am thankful and excited to be here.

Secondly I would like to say get ready for some fun. The power of happiness is a beautiful thing. So, stay happy and experience every moment.

Ashley Kilmer CDP

Family Caregiver Support Group



Wednesday, March 21, 2018
4:30pm - 6:00pm

Loving your loved ones starts with loving yourself. Join
us to Learn, Listen and Love.

All are welcome.

Guest speaker: Ashley Kilmer, Activity Director and
Certified Dementia Practitioner.

Light snacks, coffee, tea, and
lemonade will be provided.


VICTORIA COURT
PACIFICA SENIOR LIVING
Memory Care & Adult Day Care

Please RSVP by 3/19
(401) 400-3335

Lic. No. ALR01454 & ADC00008

55 Oaklawn Avenue | Cranston, RI 02920 | PacificaCranston.com

Health & Fitness by

The Activities Department

National Nutrition Month® 2018

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

"Go Further with Food" is the theme for 2018, and its importance is timely for many reasons. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year's theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you "Go Further with Food", while saving both nutrients and money.



Fitness Activities

It is never too late for seniors to start engaging in a regular exercise routine. The key is to find something you enjoy doing, and start at a level that is easy to maintain.

We offer a variety of exercise programs at different times of day to accommodate our residents needs. Here are some examples:

Sit and Be Fit
Yoga
Zumba
Morning Moves
Wii Sports
Am Exercise
Walking Club
Fit and Flex
Tai Chi with Bob

Spiritual Activities

MARCH 8TH AND 22ND

**SERVICE WITH DEACON
COTE
11:00 AM
IN THE LOWER
LEVEL**

**WE ALSO OFFER A
VARIETY OF
SPIRITUAL
PROGRAMMING
INCLUDING THE
HOLY ROSARY AND
BIBLE STUDY GROUPS**

ALL ARE WELCOME.



Key Messages:

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that's right for you,.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.

Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your life-style, preferences and health-related needs.

Management Team

Rhoda Smith, CDP
Executive Director

Lisa Cardosi, R.N.
Resident Service Director

Michelle Florio
Business Office Manager

Brianna Dion
Community Relations Director

Ashley Kilmer, CDP
Activities Director

Radford Gittens
**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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Cranston, RI 02920
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Lic.# ALR01454

www.pacificaseniorliving.com

Welcome Home!