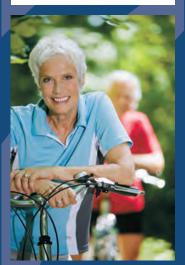




#### July/August 2018







### A Note from the Executive Director

Summer is upon us already. It is hard to believe that I have been your Executive Director for a little over two months now. I know that there have been many changes in the management team here at Pacifica Green Valley but we are all excited to be working together as a team. Please do not hesitate to contact any member of our team with any concerns you may have so we can address them promptly for you. We are all committed to make Pacifica Green Valley the best it can be! Thanks, Julie Mason

#### Who am I?

It has become a Fourth of July tradition, along with fireworks, parades and picnics. It's the nations most famous international eating contest, where thousands gather at the flagship restaurant on New York's Coney Island to witness a feeding frenzy that is a broadcast live on ESPN. The competitive eaters have 10 minutes to eat as many as they can. The record is 69 set back in 2013. Who am I? or What am I?

#### Welcome to Our Community

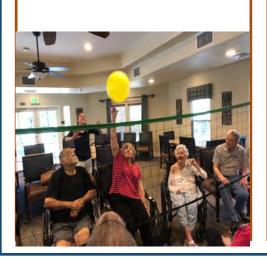
Cheerful and bright, yellow is the color of sunshine, sunflowers and smiley faces. It's a hue that is often associated with happiness and optimism. Even the brain agrees: It releases serotonin, the so-called feel-good hormone, at the sight of yellow. The color's light waves are said to stimulate the brain, making one more alert, clearheaded and upbeat when it comes to mood and decision making.

## Special Events & Memorable Moments



#### Health & Fitness by

Our community here at Green Valley has a very good exercise program for the residents. On Monday we provide exercise with good stretching involved. On Tuesday we offer Conductorcise, a program that exercises the upper body to classical music. Weighty Wednesday class is working out with weights. Thursday is Balloon Volleyball and we play with an official volleyball net strung across the room with the use of a punch balloon. Fun Friday exercise is a combination of upper and lower body exercises. Saturday we offer Yoga twice a month. In the evenings we take a walking group around the property. Good fitness means good minds.



#### Birthdays

JULY

UULI	
Bryan, James	
Smith, Robert	
Noreland-Bauer, Ruth	
Deaver, Violet	
Higgins, Margaret	
Scott, George	
Rowsell, Peggy	
Singman, Leif	
Sands, Katharin	
Kinkade, Robert	

August Richard Heier Hector Vasquez Ann Davidson Bridget Gilleran Vivian Hanks Maria Salerno Barbara Sykes Terry Wade 07/09/1930 07/10/1925 07/14/1923 07/15/1925 07/18/1925 07/18/1937 07/19/1941 07/26/1939 08/05/1944

07/04/1931

07/04/1933

08/05/1944 08/13/1951 08/13/1933 08/18/1943 08/20/1919 08/20/1927 08/25/1934 08/24/1955

#### Spiritual Activities

Our community offers church services 3 times a week. There is singing and listening to music and words of wisdom. Although some services offer a certain denomination everyone is encouraged to attend. We believe that we are all children of faith .Fellowship is what our heavenly father desires us to do to be spiritually bound in our unsettling world.

Please notify our front desk to join in on our weekly fellowships.

# Who Am I?

(answer)

I am a **hotdog,** with a bun, relish, sauerkraut, mustard, onions and anything else your little heart desires to put on me.

I am one of the most popular guest by the ocean. So pick up your appetite and let's dance to summer loving. Olivia and John did !!!



#### Management Team

Executive Director Julie Mason

Resident Service Director Regina Turcette

Community Relations Director Lanie Spradlin

Dining Service Director **Robert Gribben** 

Business Office Manager **Christina Abrahams** 

Activity Director Michael Bocciia

Maintenance Director **David Willey** 

Residents Services Coordinator **Katherine Lane** 

## NO.

# Our Mission

Privately owned, Pacifica Senior Living strives to create a lifestyle of independence and peace of mind for each individual and their family.

We do what we love and what we truly believe in – providing compassionate, personalized care services with dignity and respect.

Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.



2620 Robindale Road Henderson, NV 89074 (702) 992-0000

Welcome Home!