

# Pacifica Tidings



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 nation's 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, clear-headed 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

Bryan, James	07/04/1931
Smith, Robert	07/04/1933
Moreland-Bauer, Ruth	07/09/1930
Deaver, Violet	07/10/1925
Higgins, Margaret	07/14/1923
Scott, George	07/15/1925
Rowsell, Peggy	07/18/1925
Singman, Leif	07/18/1937
Sands, Katharin	07/19/1941
Kinkade, Robert	07/26/1939

### August

Richard Heier	08/05/1944
Hector Vasquez	08/13/1951
Ann Davidson	08/13/1933
Bridget Gilleran	08/18/1943
Vivian Hanks	08/20/1919
Maria Salerno	08/20/1927
Barbara Sykes	08/25/1934
Terry Wade	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 !!!



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## *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**



## *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.*



**PACIFICA**  
SENIOR LIVING  

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GREEN VALLEY  
Assisted Living  
Memory Care

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

*Welcome Home!*