

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
PEORIA  
Memory Care

**July/Aug.  
2018**



## *A Note from the Executive Director*

By Deatra Johnson

Hello, friends and families of Peoria, hope all is well! Thank you to those families that participated in our staff appreciation party we had a great time, and the dunk tank was also a great success, I was dunked over 30 times!!!! We enjoyed spending time with our marvelous moms on Mother's Day and our fabulous fathers on Father's Day, and we hope you all enjoyed the delicious lunches prepared by Chef Alex. We are looking forward to our 4<sup>th</sup> of July celebration and would like to give a special thanks to our veterans who made it possible for us to enjoy our freedom. Have you noticed our new sofas in the cottages??... Our residents love them and our visitors can't stop saying how comfy they are, chairs to come soon! I must say it is such a joy caring for our residents, they make every day a pleasure to be here at Pacifica, so thank you

for allowing us to care for your loved ones! We all know how hot it gets here in Arizona in the summer so please make sure your loved one has cool clothing to wear and we will be pushing hydration. We are still looking for donations of mp3 players and headphones so we can download the resident's favorite music and use it as a reminiscent activity, research says music is able to unlock memories in residents who have dementia. I know it can be challenging seeing the changes that come with dementia so I leave you with this quote..."Don't let Yesterday take up too much of Today"-Will Rogers

## *Who am I?*



## *Welcome to Our Community*

Steve S.  
Dario M.  
Arthur R.  
Daniel L.  
Francis U.  
Nel B.  
Mary Ann M.  
Eugene S.  
David F.  
James D.  
Doug F.  
Anne N.  
Kap S.

## Activities & Special Events

### Mothers Day



### Western BBQ



## Birthdays



### July

Jimmy V. 7/1  
Betty Jane F 7/5  
Bernice G. 7/11  
Hildegard D. 7/12  
Douglas F. 7/15  
James G. 7/16  
Gisele C. 7/18

### August

Dianne C. 8/3  
Gerry M. 8/3  
Joyce L. 8/4  
Marjorie B. 8/9  
Pat P. 8/10  
George A. 8/10  
Martha G. 8/27  
Eugene S. 8/30

## On The Go



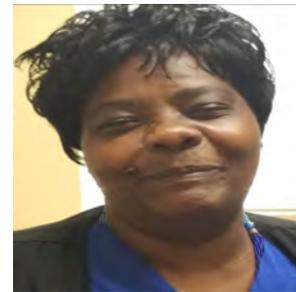
## A Note from the Activities Director

By Steve Garon

Hello Everyone! I'd like to introduce to you our new Activities Assistant, Nikki! Nikki moved to Arizona from California in February of 2018 and joined our staff here at Pacifica at the end of May. She loves working with seniors and has been working for care facilities for the last 3 years. When not working, Nikki says that she enjoys listening to music and adding to her shoe collection. If you see Nikki on one of your visits to see your loved one, please help make her feel welcomed by stopping her and saying "Hi!"



## Who Am I Answer



Florence is one of the great Med. Techs that we have here at Pacifica Senior Living. She has been a Med. Tech for over 20 years and we have been lucky enough to have her on our staff for the last 4 1/2 years. Originally from Kenya, Florence, now resides in AZ with her Husband and 4 kids. When not at Pacifica Senior Living, Florence enjoys spending time with her family and watching TV. Thank You Florence for all that you do for our residents!

*Memorable Moments*



## Health & Fitness by Patty Zoporowski

Summer has arrived in Phoenix. This time of year puts residents who have dementia at a greater risk for dehydration. Dehydration leads to increased hospitalization and mortality rates. This is because dehydration leads to lowered blood pressure weakness, and dizziness increasing the falls of elderly residents. Dehydrated dementia resident experience effects on memory attention, concentration and reaction time. The five top reasons for dehydration in elderly with dementia are,

1. They forget to drink, the ability to make the connection between taking a drink to relieve thirst is something they can no longer do.
2. Medications. Especially diuretic, causing the body to lose fluids quickly.
3. Illness vomiting and diarrhea
4. Inability to swallow
5. Limited mobility

Please encourage staff to offer fluids during the day. Stay cool and have a safe summer..

## Fitness Activities

### Arm Chair Yoga



### Scenic Walks



## Spiritual Activities

### Week Days Visiting Reverends



### Weekends Church Services 1:30pm Sundays C7



### Catholic Visits 9:00am Saturdays



## CAROL'S CORNER

Dear Family and Friend of Pacifica-Peoria!

Half the year is over already, I cannot believe it! Time is going so fast, the hot weather is here right along with the monsoon weather! I am looking forward to some rainy day and nights.

We will be having events here in the months coming, please look at your email, that is where you will find the educational events I will have set up, all you have to do is RSVP to the number listed on the flyer. Wishing all of you a beautiful and safe summer.

Thank you for letting us be part of your family. We love our residents.

Carol

**Executive Director**  
Deatra Johnson

**Community Relations Director**  
Carol Black

**Resident Care Director**  
Patty Zoporowski

**Business Office Manager**  
Kim Roca

**Dining Service Director**  
Alex Cedeno

**Maintenance Director**  
John Anderios

**Housekeeping Supervisor**  
Anita Cuffee

**Activities Director**  
Steve Garon



*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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9045 W. Athens  
Peoria, AZ 85382  
(623) 876-8300



We here at Pacifica have a lot of great employees who work hard at taking care of our residents. In an effort to acknowledge some of the truly great staff that we have and all of their hard work we've started an employee of the month board. I would like to introduce to you our two latest additions to our Employee of The Month Club!

April 2018



Byanka is one of our hard working caregivers that we have here at Pacifica Senior Living. Originally from California, she has been with Pacifica for a total of 7 years having started as a server in California at 16 years old. We've been lucky enough to have her here at this location since November. When not working she enjoys spending time with her family.

*Welcome Home!*

May, 2018



Patricia is one of the hard working staff members that provides our residents with such delicious meals everyday. Originally from Ecuador, Patricia and her husband of 10 years have been in the USA for 4 1/2 years now. Patricia says that she really loves preparing food for our residents and it shows with the smile that she is always wearing!