

Pacifica Tidings


PACIFICA
SENIOR LIVING
PEORIA
Memory Care

**Sept./Oct.
2018**



A Note from the Executive Director

By Deatra Johnson

Hello families and friends of Peoria! I know we are excited that the cooler months are on the way which is probably why we look forward to Labor Day, marking the end of summer, although we don't feel it right away. We are looking forward to our residents getting to enjoy the children that come out dressed in their costumes on Halloween, it is great to see the interaction between them and it really puts a smile on the residents' faces, candy donations are welcomed. While we enjoy having a close knit relationship with our families, employees, and residents, I just want to give a remind-

er that families should refrain from plating food, it's much appreciated but there are guidelines that we have to follow and we want to ensure everyone's safety. I hope you are all impressed with the new parking lot that we have and also the chairs we received in the cottages, our goal is always to provide a comfortable environment. Another friendly reminder if there are any changes that you need to report in regards to your loved one please be sure to let the nursing office know. We all had the chance to enjoy a special 100 Birthday Celebration with our resident Hildegard, how exceptional and we wish her many more to come. Thank you as always for allowing us to care for your loved ones, it is truly a BLESSING!

Who am I?



Welcome to Our Community

Jack B.
Robert S.
Ruby S.
Anne N.
Jack C.
Arlene B.
Ronald H.
Twana R.
Gayle C.

Activities & Special Events

Birthday Parties



Father's Day



4th of July Celebration



Birthdays



September

Oleta U.	9/7
Vicki B.	9/14
Margery H.	9/16
Margaret C.	9/29

October

Mildred B.	10/3
Daniel L.	10/18
Sarah B.	10/19
Bernie S.	10/19
Mary Ann M.	10/20
Suni P.	10/23
Dario M.	10/25
Yvonne V.	10/27
Noah B.	10/28



On The Go



A Note from the Activities Director

By Steve Garon

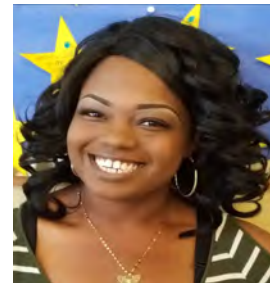
Hello everyone! I would like to introduce you to our new part time activities assistant, Andre! Andre recently moved here from Detroit MI., and joined our staff in the middle of July. He is the oldest of 3 siblings, enjoys playing basketball, art and making rap music. If you see Andre out in the cottages, please help us to make him feel welcome by stopping by and introducing yourself.



Mark your calendars for October 20, 2018! That is when this year's Oktoberfest will be taking place here at Pacifica Senior Living. This is always a fun activity for both our residents and their guests and this year should be no exception as I've already scheduled Todd H. to once again play his accordion for us. More details to come in September.

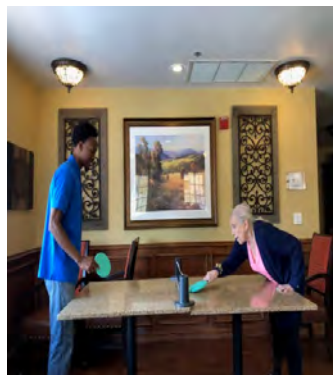


Who Am I Answer



Mel is the friendly voice on the phone and smiling face you see when visiting us here at Pacifica Senior Living. She and her husband, along with their 2 daughters, moved to Arizona from California 10 months ago and has been with Pacifica since April. When not at work Mel enjoys doing things with her kids, cooking, shopping and changing her hair styles! Thank You Mel for everything you do for Pacifica Senior Living at Peoria!

Memorable Moments



Health & Fitness by

By Patty Zaporowski

Music can be powerful and have a positive affect with dementia residents. When used appropriately music can treat dementia symptoms. Studies have shown that music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function, and coordinate motor movements. Residents that have advanced dementia that listen to music from their youth can have great results. The most prominent theories are, 1. Our bodies naturally respond to rhythm 2. Sound is processed in the brain quickly 3.. Music has the power to enhance learning and memory 4. Music has a strong emotional pull. Music is actually able to restore brain function among dementia residents. It offers a way of getting the memory retrieval that is seemingly lost. While hearing and talking components are located in specific places in the brain, music is located throughout the brain. So often music remains preserved even if parts of the brain are lost through dementia. To get the best results from music therapy consider the following, 1. Play music they love, 2. Get the patients involved. Hoping everyone has had a wonderful summer thus far .

Fitness Activities

Arm Chair Yoga



Scenic Walks



Spiritual Activities

Week Days Visiting Reverends



Weekends Church Services 1:30pm Sundays C7



CAROL'S CORNER

By Carol Black

Dear Family and Friends of Pacifica-Peoria I wanted to remind everyone to look at our Facebook page and our website for the upcoming events and Lunch and Learns. I also will email you the flyers. Dr. Allison Perrin will be here in October for the

"Coffee Chat" discussing the medications to treat the different dementias. This year has gone so fast, we are looking forward to our Holiday events soon! On October 13th will be the Alzheimer's Walk in Sun City West. It is a great event, there will be live entertainment, food and a lot of wonderful people to meet. Come out and enjoy the day and take a nice walk! Don't forget to bring your little dog!!

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 Cedenio

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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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!



Maria is one of the great caregivers we have here at Pacifica Senior Living who truly goes above and beyond for the residents she takes care of. She can often be seen doing extra activities with the residents in her cottage. When not at Pacifica, she enjoys spending time with family.



Melanise "Mel" is our awesome receptionist here at Pacifica Senior Living. Thank You Mel for everything you do for our staff, residents and residents family when they come to visit.

Welcome Home!