

Pacifica Tidings



SCOTTSDALE VILLAGE SQUARE
A Pacifica Senior Living Community

July
2018



A Note from the Executive Director

I think we can all agree that summer is officially here, or at least the heat is! Please make sure that everyone is drinking plenty of water to stay hydrated and staying out of the heat for any prolonged period of time. Also, be on the look out for any residents or staff that might be exposed to the sun and ask if they need assistance. The maintenance staff is asking that

everyone try and keep their doors shut as much as possible to help give the A/C units a rest and keep your rooms cool.

Summer is a good time to catch up on movies and books that you might have missed and of course a nice cold popsicle never hurt anyone!

Scottsdale Village Square.....
It takes a Village!

Who am I?

- I was married to two different actresses
- I was a famous athlete
- I was voted the "Greatest Living Player" in 1969
- I was born named "Giuseppe" in Martinez, California
- I was known as the "Yankee Clipper"
- I was the spokesperson for Mr. Coffee
- My name is in the lyrics of a Paul Simon song
- I hold the record for the longest hitting streak (56 games)
- Who am I with the initials J.D?

Welcome to Our Community

Ilona B.
Arpie D.
Walter K.
Joanne K.
Linda T.
Robert S.
Nancy S.
Kathleen R.
Donna T.
Deborah A.
Robert K.
Rose K.

Activities & Special Events



Happy Hour Luau Pool Party

Wednesday July 18th @ 6:30pm

Join us at the pool for cocktails and a good time featuring entertainer, Carlo Fountaine! Wear your best hula gear. Lei's will be supplied!

Wii Bowling Tournament



Tuesdays in July @ 11:00am in Vitality Village
No experience necessary- we will teach you to play!
Finals will be at Friday July 27th @ 2:00pm in MDR
Winner will receive a \$25 gift card!



Resident Council Meeting

The 2nd Wednesday of each month at 1:30pm in Vitality Village. Join fellow residents to discuss ideas, interests and concerns regarding Scottsdale Village Square living. First meeting is July 11th.

Charros Club Teen Visit and Craft

Thursday July 5th @ 1:00pm in Vitality Village
Teens from the Charros Boys and Girls Club will be coming to lead a fun craft class! Art supplies and snacks will be provided.



Health & Fitness by Heidi

According to Reuters Health, a new research review suggests that cardiovascular exercise training may help slow declines in brain function. Aerobic exercises include brisk walking, jogging, swimming, cycling and other activities that boost the heart rate and strengthen the heart and lungs (usually 3.5 days per week at moderate intensity, with each session lasting at least 30 minutes). Not only did they find that brain function improved with regular exercise, but recent studies suggest that lack of exercise actually contributes to deterioration of brain function. This study is the first to suggest that aerobic exercise may be more effective than other types of exercise when the goal is to preserve cognitive health. "Exercise can change the brain chemistry and neurotransmitters associated with depression, anxiety and stress as well as brain chemicals associated with learning. These changes can result in improved mood, resilience to stress and improve functions of the brain such as processing speed, attention, short term memory and cognitive flexibility among other things."

Fitness Activities

Chair Cardio/Strength

Low-impact workout performed while sitting in chair or wheelchair

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M-TH 9:00am in MDR
F 9:15am in EX

Core Conditioning

Activating core muscles to improve daily endurance, improve posture & prevent injury

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T/TH 1:00pm in MDR

Aqua Exercises

Improves your ability to feel strong & stable!

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M/W 3:00pm in Pool
F 1:30pm in Pool

Spiritual Activities

Catholic Church Service -

Sundays at 10:00am in Main Dining Room

Protestant Church Service -

Sundays at 2:00pm in Main Dining Room

Bible Study -

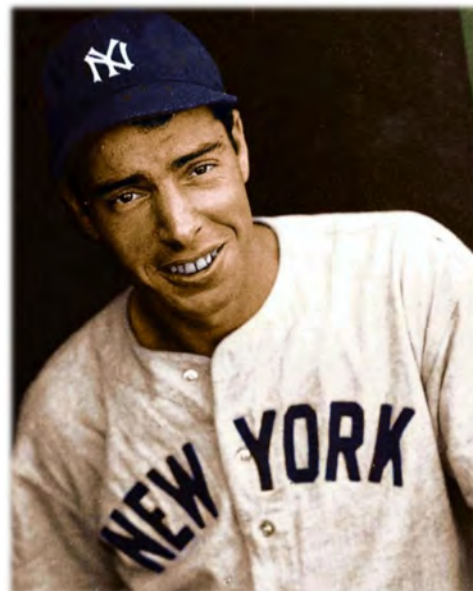
Wednesdays at 10:00am in Vitality Village

Communion Visits -

Wednesdays in afternoon. Please contact Activity Office if you would like to request a visit.

Who am I?
(Answer)

Joe Dimaggio



Management Team

Ken Green
Executive Director

Maureen Purvis
Director of Nursing

Barbara Byrum
Controller

Lance Williams
Director of Assisted Living

Chad Phillips
Director of Ancillary Services

Emily Broughton
Activities Director

Dan Whelton
Plant Operations Director

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.

*The right choice. The right time.
Welcome Home!*



SCOTTSDALE VILLAGE SQUARE

A Pacifica Senior Living Community

2620 N 68th Street

Scottsdale, AZ 85257

480-946-6571

ScottsdaleSeniorLiving.com

Welcome Home!