

Pacifica Tidings



SCOTTSDALE VILLAGE SQUARE
A Pacifica Senior Living Community

**September
2018**



A Note from the Executive Director

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

Thunder and Lightning! Who doesn't like a good summer storm? Well most of the time I love to hear and see the storms but the last few we have had caused quite a bit of damage, not only on our campus but around the Valley. Sometimes they can be quite scary and others quite beautiful to watch, but more than anything it reminds us

how powerful Mother Nature can be. If you do see trees, branches or anything damaged please let our staff know right away so we can make sure everyone stays safe and unharmed. It also reminds us that FALL is right around the corner and with that comes not only cooler temperatures but our Annual Fall Festival, so please look for more details about this fun event we have planned!

Who am I?

- I have lived at Scottsdale Village Square for 7 months
- I am originally from Nebraska
- My profession was a school teacher
- I worked for nearly 20 years at the ASU library
- I have 3 children living in the Valley
- I spent the last 35 years ballroom dancing and once won the tango contest with my partner!
- Which resident am I?

See page 3 for answer

Welcome to Our Community

Louella

Rosemary

Nettie

Margaret L.

Lois

Josephine

Margaret I.

Edith



Activities & Special Events

Jersey Day

Friday September 7th

To celebrate the start of the NFL season residents, and staff are encouraged to sport their favorite team jersey! Each staff member wearing a jersey will be donating \$2 to the Alzheimer's organization (residents are not expected to donate).

Open Cards/Games

Thursdays @ 9:30am

Zocalo



You asked for it and we listened! Starting September 6th we will hold an open card/game hour where residents can choose what game(s) to play. The activity department will supply select games and card decks but we encourage residents to bring their favorite games!



Movie Selection Committee

Wednesday September 26th @ 1:00pm

Vitality Village

Are you interested in picking out the movies for our Thursday and Friday Night Movies? Please join us as we look through available movies and put them on the schedule.

Resident Flu Clinic



September 20th & September 27 @ 8-11am

Vitality Village

Skip the flu this year by ensuring you get your flu shot. You will need to stop by the AL/IL office prior to the clinic to fill out your consent.



Purging/Organization Workshop

Monday September 10th @ 9:30am

Vitality Village

Need some help cleaning out those cluttered closets? Kori Kirkpatrick, an expert on the subject, will be leading this workshop and sharing the secrets to keeping your apartment clean and organized once and for all!

Father & Son Barbers

Saturday September 15th - Starting @ 9:15am

Vitality Village

Men, are you in need of a good shave or haircut? We will have a professional barber from 'Father & Son Barbers' providing services.

Sign up in MDR Outing Book.

Please be aware there is a fee for services.

Interested in Recycling?

There is a bin at the south end of the facility that accepts paper products and cardboard

Health & Fitness by Heidi

Eating wisely and being physically active to preserve muscle and bone will also help you to maintain strength as you age. Additionally, it can also help reduce the risk of complications such as: diabetes, heart disease, high blood pressure, stroke and some cancers and associated disabilities.

It can also prevent weight gain and/or promote weight loss and improve overall well-being. When you get older your body needs fewer calories, but you need just as many nutrients. Nutrient dense foods pack a lot of vitamins, minerals, and other nutrients your body needs into a small amount of calories.

Some of the high nutrient foods you should eat more of are: fruits and vegetables, whole grains, fat free or low-fat milk, seafood, lean meats poultry and eggs, bean, nuts and seeds. Eat less of the following foods: sugar-sweetened drinks and deserts, foods with butter, shortening or other fats, white bread, rice and pasta and processed or fried foods.

Finally, remember to control your portion sizes. A portion size is the amount of food you eat in one sitting. Many people eat more than they need. Avoid eating in front of the TV, computer, or while engaging in other activities. You may not notice how much you are eating if you are distracted.

Don't forget to join Heidi every other Tuesday at 10am in Vitality Village for healthy snack ideas that you can make in your apartment (no cooking required!) All ingredients can be found either at Fry's or the 99 Cent Store.

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

-

T/TH 1:00pm in MDR

Aqua Exercises

Improves your ability to feel strong & stable!

-

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)



Phyllis C

Would you like to be featured on our "Who Am I" next newsletter?
See Emily in Activities.

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!*



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Scottsdale, AZ 85257

480-946-6571

ScottsdaleSeniorLiving.com

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