

Pacifica Tidings



**July / August
2018**



A Note from the Executive Director

The sizzling hot summer is here!!

When mostly people will tend to stay inside with the air conditioning on full blast, we plan to enjoy our upcoming summer holidays with an enthusiastic, adapt to the weather attitude. We must not forget our sunshades, sunscreen colorful umbrellas, sunglasses and beach balls..

Coming up this Summer season is a ton of activities, indoor and outdoor, from Outdoor Margaritas in the patio to Arts and Crafts at Town Square.

Summertime is a perfect time for barbecues and loud beach music but most certainly a perfect time making memories with the people you love.

Please join us to make these memories possible by signing up to our activities on these summer months.

Sincerely, Donald

Who am I?

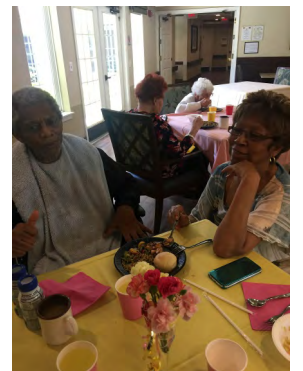
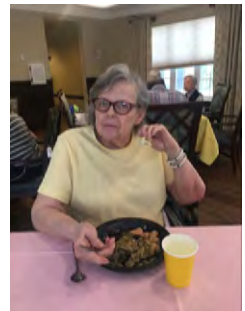
- I was born on June 10, 1922 and died on June 22, 1969.
- I was an American singer, actress in musical and dramatic roles.
- I played lead roles in Wizard Of Oz, Meet Me In St. Louis, A Star Is Born, Easter Parade and Summer Stock.
- Liza Minelli is my daughter.

Who Am I???
Check me out on the last page.

Welcome to Our Community

John B.
Maie Ling J.
Cindy K.
Muriel G.
Shirley B.
Eliza V.
Peggy R.
Richard M.
Gloria M.
Dorothy R.
Doris S.
Karen M.
Paul S.

Special Events & Memorable Moments



Health & Fitness by

Common Myths of Sunscreen

Wearing sunscreen can cause vitamin D deficiency.

There is some controversy regarding this issue, but few dermatologists believe (and no studies have shown) that sunscreens cause vitamin D deficiency. Also, vitamin D is available in dietary supplements and foods such as salmon and eggs, as well as enriched milk and orange juice.

If it's cold or cloudy outside, you don't need sunscreen.

This is not true. Up to 40 percent of the sun's ultraviolet radiation reaches the earth on a completely cloudy day. This misperception often leads to the most serious sunburns, because people spend all day outdoors with no protection from the sun.

Eighty percent of your sun exposure comes as a child, so it's too late to do anything now.

It appears that this universally promoted idea was based largely on a misinterpretation. A recent multi-center study showed that we get less than 25 percent of our total sun exposure by age 18. In fact, it is men over the age of 40 who spend the most time outdoors, and get the highest annual doses of UV rays. And since adult Americans are living longer and spending more leisure time outdoors, preventing ongoing skin damage will continue to be an important part of a healthy lifestyle.

Buy a high-quality product with an SPF of 15 or higher; check its ingredients to make sure it offers broad-spectrum protection; and decide whether it works better for everyday incidental use or extended outdoor use. Finally, look for The Skin Cancer Foundation's [Seal of Recommendation](#), which guarantees that a sunscreen product meets the highest standards for safety and effectiveness. Once you choose the right sunscreen, use it the right way. But remember, you should not rely on sunscreen alone to protect your skin against UV rays; it is just one vital part of a complete sun protection program. By following our [Prevention Guidelines](#), you can lower your risk of developing skin cancer, while helping your skin look younger, longer.



Birthdays

Dorothy L.—July 9
Peggy R.—July 18
Fumiko A.—July 26
Bing Ming T.—July 30

Betty W.—August 8
Muriel G.—August 14
Cindy K.—August 27
Urmil S.—August 28



Spiritual Activities

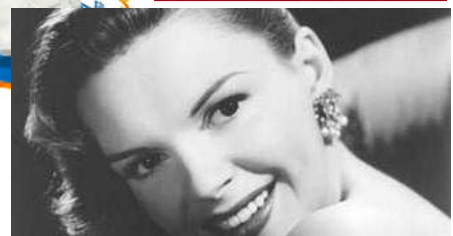
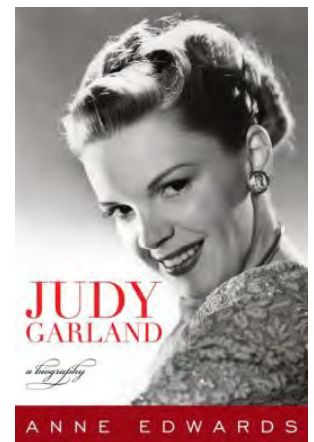
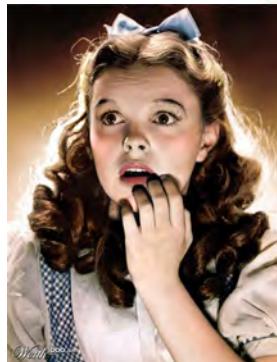
Spirituality is important to many of our residents. We provide a wide-range of services to honor the different denominational beliefs we have within our community. There are two weekly services, and also visiting ministers who come to pray with and spend time with our residents.

Communion Service is every Thursday morning at 10 a.m.

Non-Denominational Services is every Sunday at 10 a.m. and 2 p.m.

Who Am I? (answer)

Judy Garland
June 1922—June 1969



Management Team

Executive Director:

Donald Trump Jr.

Community Relations Director:

Christina Morgan

Resident Care Director:

Tina Anat

Business Office Manager:

Alma Monterroso

Dining Services Director:

Jana Lemus

Activities Director:

Carol Ligayo

Maintenance Director:

John Pittner



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!*



PACIFICA
SENIOR LIVING
SPRING VALLEY
Memory Care

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Welcome Home!