

Pacifica Tidings



September / October
2018



A Note from the Executive Director

The busiest but most awaited holidays are almost here. The hustle and bustle and the holiday shopping list seems to be the very first things on everybody's minds but it's worth it for it's the most exciting time of the year.

Our upcoming events are a great opportunity to make all the precious memories with our loved ones and a perfect time to reminisce special moments with the people we love the most.

Coming this Autumn are our Halloween Costume Party and our Annual Oktoberfest Luncheon. And also, our daily activities and events that enrich our body, mind and spirit.

Come and join us celebrate the season of Autumn.

Sincerely, Donald

Who am I?

- I was born on July 22, 1940 in Sudbury, Ontario, Canada.
- My given birth name is George Alexander.
- I started working as a newscaster for CBC (Canadian Broadcasting Company).
- I have been hosting the game show named Jeopardy since 1984.

Who Am I???

Check me out on the last page.

Welcome to Our Community

Elfriede C.
Leif S.
Ruth Q.
Greg M.
Joseph C.
Lorraine H.
Elaine W.
Alunia J.
Edith M.
Rosa T.
Mehri K.
Mary G.

Welcome Aboard!!



Special Events & Memorable Moments



Clay Pottery
Painting



Health & Fitness by

Ten Tips for Happy Feet

Your feet take the weight of your whole body, so foot problems can quickly lead to discomfort and affect the way you walk. This can in turn cause knee, hip and back pain.

Research from The College of Podiatry shows that nine in 10 of us experience some sort of foot problem, with one in five admitting to suffering with foot pain often or constantly.

Here are 10 tips from the College of Podiatry to keep your feet in good condition and prevent problems:

1. Wash your feet often

Keep your feet clean by washing them every day in warm soapy water, but don't soak them, as this might destroy your skin's natural oils.

2. Dry your feet well

Dry your feet thoroughly after washing them, especially between the toes which is where fungal infections such as athlete's foot can develop.

3. Moisturize and file

If your skin is dry, apply moisturizing cream all over the foot, except for between the toes. Gently remove hard skin and calluses with a pumice stone or foot file – don't overdo it though or skin will grow back harder than ever.

4. Cut toenails carefully

Trim your toenails regularly using proper nail clippers. Cut straight across, never at an angle or down the edges. This can cause ingrown toenails.

5. Shoe shop in the afternoon

Shop for shoes in the afternoon. Your feet swell as the day goes on and if shoes fit in the afternoon when your feet are at their largest, you can be assured they will always be comfortable.

6. Footwear tips for work

If you have to wear heels at work, wear comfortable shoes to and from the office and only wear your smart shoes once you're in the office. Also, try to vary the heel height, between low, medium and high. Read how to choose the right footwear for work.

7. Limit time wearing high heels

Be shoe savvy. Wear high heels and pointed shoes for special occasions only, and always wear the right shoes for the job (so no sandals for mountain climbing). Read this guide to choosing the correct shoes.

8. Change your socks often to avoid foot odor

Change your socks daily to keep your feet fresh. Read advice from the Institute of Chiropodists and Podiatrists on buying socks.

9. Watch out for foot bugs in communal changing areas

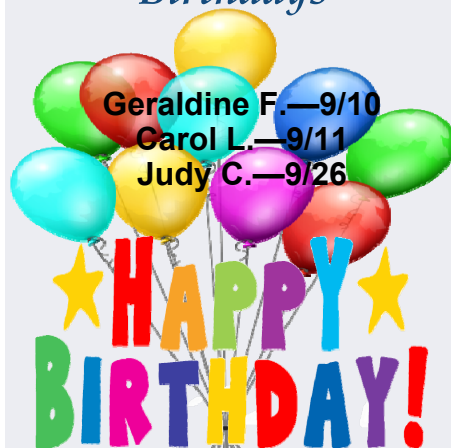
Wear flip-flops to avoid catching athlete's foot and verrucas when you use public areas such as gym showers, swimming pools or hotel bathrooms.

10. Take care of your flip-flops

You can't wear flip-flops all the time. They don't provide support for your feet and can give you arch and heel pain if you wear them too much.



Birthdays



Spiritual Activities

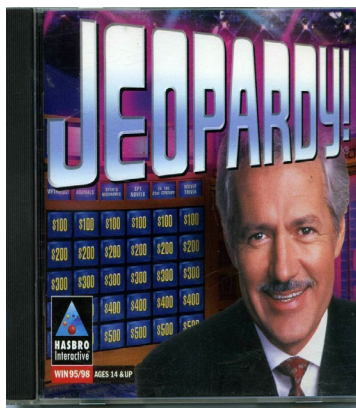
Spirituality is important to many of our residents. We provide a wide-range of services to honor the different denominational beliefs we have within our community. There are two weekly services, and also visiting ministers who come to pray with and spend time with our residents.

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)

Alex Trebek
July 22, 1940—present



JEOPARDY!

Management Team

Executive Director:

Donald Trump Jr.

Community Relations Director:

Christina Morgan

Resident Care Director:

Kimberly Uqdah

Resident Services Coordinator:

Jennifer Taft

Business Office Director:

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

8880 West Tropicana Avenue

Las Vegas, NV 89147

T: (702) 262-6690

www.PacificaSpringValley.com

Welcome Home!