

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
TUCSON  
Memory Care

July/August



## *A Note from the Executive Director*

Hello Everyone,

Hydration! Hydration! Hydration! It is hot out and we spend a big part of the day offering our residents water and other refreshing drinks. Maintenance starts the day by filling each of the large Pacifica containers with ice and water located in the gazebos. Mid-morning and late afternoon snacks and a drink are offered and of course, mealtimes always include something to drink. It is very important to keep everyone hydrated.

With that said! I hope to see all of you soon and please join us and your family for our events. You can find a list of the events on our calendar included in this newsletter. If you plan to join us, please RSVP to Brook or Pam at the front desk.

My door is always open!!! Stop by for a visit when you can!

Have a Happy Summer  
Dale Howard  
Executive Director

## *Who am I?*

1. Born on June 1, 1926, in Mount Airy, North Carolina.
2. First career ambition was to be an opera singer.
3. While in college, he became involved in drama and musical theater, and graduated in 1949 with a degree in music. He taught high school music for three years before setting out.
4. He made his television debut as a guest monologist on the Ed Sullivan Show in 1954.
5. Nominated for a Tony Award for outstanding supporting actor. Like his co-star and fellow southerner, Don Knotts, he went on to reprise his role in the 1958 film version of *No Time for Sergeants*, which met with a mixed critical reception.
6. In which he played the gentle, philosophical small-town Sheriff Andy Taylor.
7. The show was a tremendous success, consistently ranking among the most popular sitcoms during the entirety of its eight-year run.

Who am I?

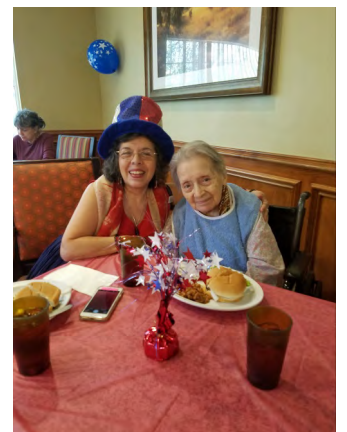
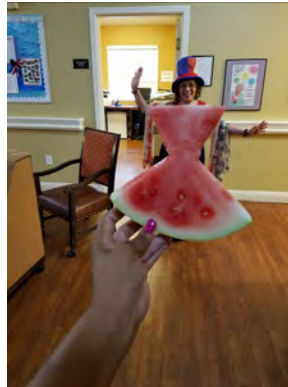
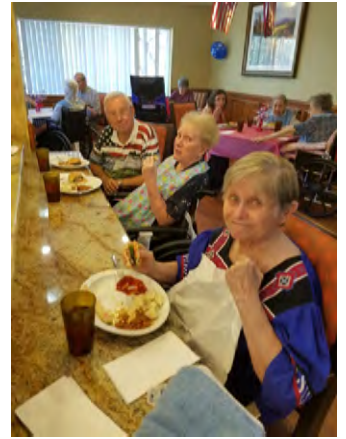
Andy Griffith

## *Welcome to Our Community*

Helen H.  
Kathy W.  
Connie J.  
Don D.  
Tom K.

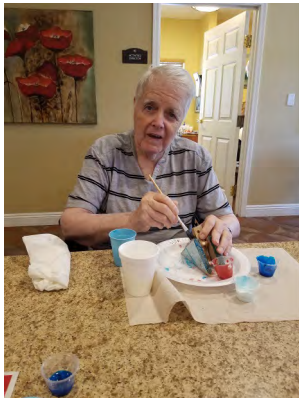
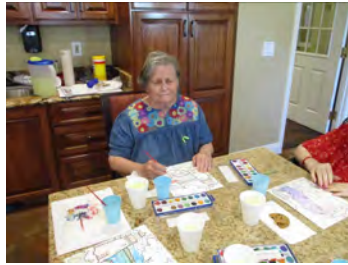
  
**PACIFICA**  
SENIOR LIVING

# Activities & Special Events



# Memorable Moments

How Pacifica Senior Living Tucson is Beating the Heat!



## Birthdays

### July

Michael U. 5th  
Marian T. 5th  
Robert G. 6th  
Jean F. 7th  
Kathleen W. 8th  
Mary Jane L. 17th  
Martha R. 21st

### August

David S. 1st  
Claire B. 2nd  
Norma S. 2nd  
Claire B. 2nd  
Ruth T. 3rd  
Mae L. 8th  
Connie J. 16th  
Michael B. 17th  
Eugene P. 18th  
Anita G. 26th  
Jim H. 27th  
Charles M. 30th



## A Note from the Activities Director



Just wanted to remind everyone about some events  
you will not want to miss for July

Come to our Fourth of July BBQ at 12 noon  
July 4th in Cottages

Big Birthday Party w/ John @ 1:30 July 10th  
in the activity room

Music With Phillip at 10:00 pm July  
in the activity room



## Cook's Corner

### Foods that fight fat

Losing weight—and keeping the pounds off—isn't a quick or easy process, but a few simple diet tricks can be a big help along the way. Our favorites? Eating lots of protein, fiber, and healthy fats, which boost your metabolism and keep you feeling full all day long.

If you're not sure how to work these calorie-burning ingredients into your daily menu, start with these recipes. They all include at least one weight-loss super food, and, best of all, they can be made in 30 minutes or less! Ingredients

**1 (24-ounce) jar refrigerated red grapefruit sections (about 2 cups)**  
**1 cup of sliced banana (about 1)**  
**1 tablespoon of fresh chopped mint**  
**1 tablespoon of honey**

### Preparation

Drain grapefruit sections, reserving 1/4 cup juice. Combine grapefruit sections, juice, and remaining ingredients in a medium bowl. Toss gently to coat. Serve immediately, or cover and chill.



## Health & Fitness by

### Tip for a Safe happy Summer!

Summer is here and it is time to protect your skin and your body from the summer sun. Here are a few tips to stay healthy over the summer season. So remember these tips.

1. Always apply sunscreen. It is important to use a sunscreen of at least SPF 30 in order to protect your skin from harmful UV rays.

2. Drink plenty of water. During the hot summer months, heat and sweat can leave your body dehydrated. A lack of water can cause harm to your body. So drinking plenty of water is important .

3. Eat healthy. When the sun is beating down on you and you get ideas of seeking out the nearest ice cream stand. STOP! Stay strong by being prepared, and pack a cooler full of healthy snacks, juices and water.

4. Use bug spray when you are outside. Insect repellents help avoid mosquitoes. Avoiding mosquitoes can prevent Eastern equine encephalitis, West Nile virus Lyme disease, Zika virus and other illnesses that can be transmitted by mosquitoes and ticks.

So with the summer sun and fun . Lets stay safe by using these 4 tip for having a Happy Summer !!!!



## Fitness Activities

### Exercise

Mondays  
10am Chair Exercise  
Tuesdays  
9:30 Stretching Exercise  
Wednesdays  
10am Ball or Balloon Toss  
Thursday  
10am Chair Exercise  
Friday  
10am Your Choice Exercise  
in Cottages



## Spiritual Activities

### July

Mass  
Saturday 28th  
@10:00am

### August

Communion Mass  
Saturday 29th  
@ 10am



## Resident Referral Program

Be a part of the Pacifica Senior Living Refer a Friend Program. Refer a friend or a loved one and you will receive a \$1000 rent Credit. It's that easy. Should your referral select Pacifica Senior Living for residency, you will receive \$1000 off your rent sixty (60)days after move-in. There is No limit. Share The News!



## *Management Team*

Dale Howard- Executive Director

Suzanne O'Brien LPN- Resident  
Care Director

Belinda Willingham- Office Manager

Mary Lynn Goebel - Community  
Relations Director

Colleen Besore – Food and  
Beverage Supervisor

Latasha Linden- Activities Director

Dario Becerra – Maintenance  
Supervisor

Rosalie Romero- Housekeeping

Manager



*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

TUCSON

Memory Care

*2675 N. Wyatt Drive*

*Tucson, AZ 85712*

*(520) 320-7505*

*[www.pacificaseniorliving.com](http://www.pacificaseniorliving.com)*

*Welcome Home!*