

Pacifica Tidings



September/ October



A Note from the Executive Director

Hello Everyone!

Summer is almost over and fall will be here soon!

Pacifica loves the fall season because we plant our winter rye grass and the weather allows the residents to get outside more. Starting in the fall, we are busy planning many events and the holidays. We are starting in September, with a Fund Raiser Spaghetti Lunch and Learn. We will be sending out invitation with the date and time. Everyone is invited. We will raffle off gift baskets and the proceeds will go to the Alzheimer's Association for the Alzheimer's Walk on November 10. Please join us for Lunch and then come walk with us in November.

At the end of October before the Alzheimer's Walk, we will have one of our favorite events the annual Halloween Carnival. It is great fun for the residents, staff and families. I hope to see you there.

In November, we will celebrate Thanksgiving and In December, we are planning many holiday festivities. We hope you can join us. Please watch your calendar for dates and times of our upcoming events.

My door is always open and thank you for allowing us to take care of your loved ones.

Dale Howard
Executive Director



Who am I?

1. I was born in Lubbock, Texas, on September 7, 1936.
2. My parents taught me to play the piano and fiddle.
3. I opened for Elvis Presley three times in 1955.
4. My famous singing style included "vocal hiccups" and the ability to switch easily from falsetto to my regular voice.
5. Ritchie Valens and J. P. Richardson (the Big Bopper) were killed in a plane crash a long with me.

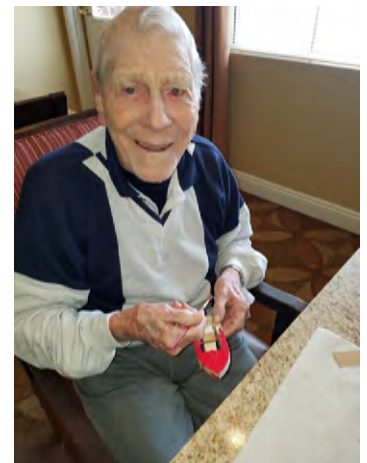
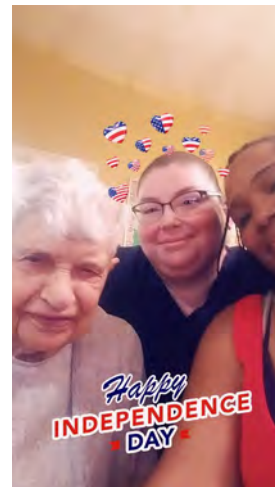
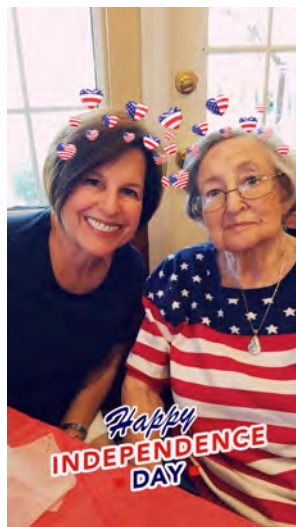
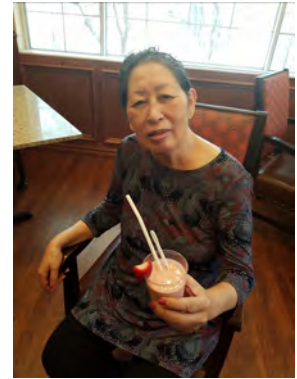


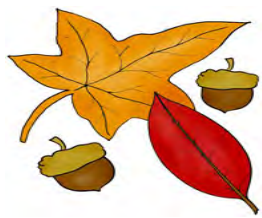
Buddy Holly

Welcome to Our Community

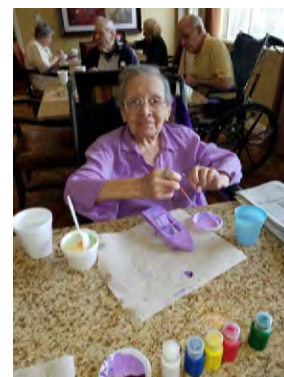
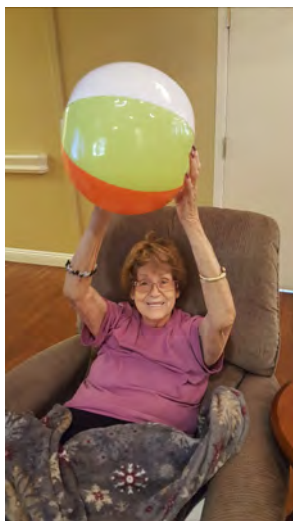
Tony C.
Fred D.
Susan B.
Veronica G.
Beppie L.
Richard U.
Barbaranne R







AUTUMN



Birthdays

September

Deloris N. 8th
Anthony R. 15th
Marjorie B. 22nd

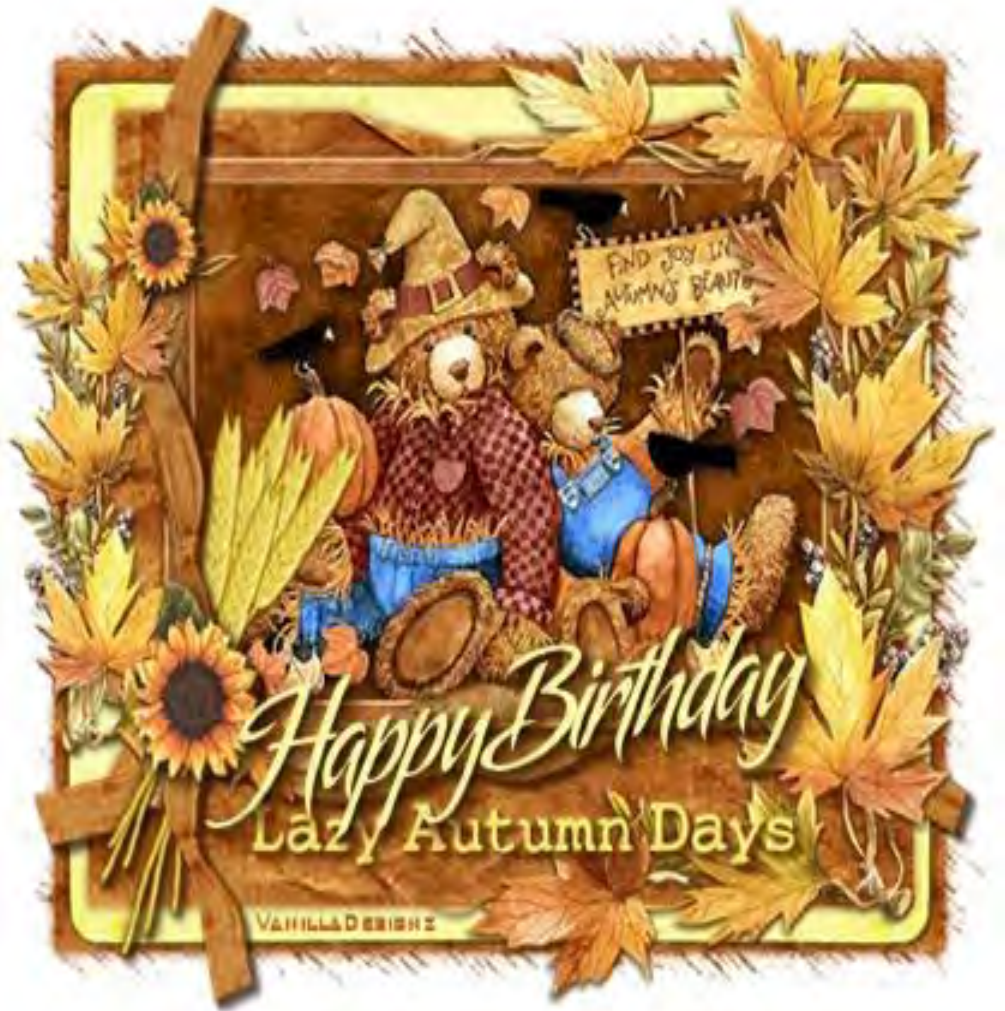
October

Doralee Z. 9th
Sandra S. 15th
Kathryn T. 16th
Adele R. 22nd

Peggy E. 24th

Helen H. 24th

William S. 28



A Note from the Activities Director

IT'S THAT TIME OF THE YEAR AGAIN!

Pacifica has begun fundraising for the upcoming Walk to End Alzheimer's. Please join us for our annual Spaghetti Luncheon, to be held on September 27th at Noon. Tickets can be purchased in the office or at the Luncheon for a donation. All proceeds will go to the Alzheimer's Association. Please RSVP to 520-320-7505 by September 25th, seating is limited



Cook's Corner

Families

We are making a cook book of our residents favorite recipes. We are asking that you bring us some of their favorite family recipes. You may mail them or drop off recipes at the front desk at our community.

Thank you
Chef Colleen





Music can have Healing Powers !!

Here at Pacifica Senior Living we believe in the healing power of music. We have been utilizing Music and Memories . (Music and Memory is a special neuroscience research music program that specializes in Alzheimer's and dementia care which can restore, temporarily but repeatedly, the sense of self often lost when memory fails.) We have seen some positive results from it. We would like to add more residents to your list of recipients of this program.

So if you would like for your loved one to benefit from this program please write a list of his or her favorite music and give it to Latasha our Activity Director or you can leave it at the front desk for activities.

We are also collecting donation of gently used iPods, MP3 players, Adaptors CDs and iTunes gift cards will help make our program a success.

Thank you!



Fitness Activities

Exercise
Mondays (P) 9:30
Chair Exercise
Tuesdays (PS) 9:30
Stretching Exercise
Wednesdays (P) 9:30
Ball Toss Exercise
Thursdays (P) 9:30
Video Exercise
Fridays (P) 9:30
Your Choice Exercise
Everyday (PO) 8:30
Walking Club
Meet in Cottages



Spiritual Activities

September
Joel Osteen Sermon
Sunday 9/2 & 9/16 10:30am
TV Mass
Sunday 9/9 & 9/23 10:30am
Mass w/ Father Rick
Saturday 29th
@10am

October
Joel Osteen Sermon
Sunday 10/7 & 10/27 10:30am
TV Mass
Sunday 10/14 & 10/27 10:30am
Mass w/ Father Rick
Saturday 27th
@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! See Mary Lynn Goebel CRD if you have a referral or Questions



Management Team

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
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(520) 320-7505*

www.pacificaseniorliving.com

Welcome Home!