

Pacifica Tidings


PACIFICA
SENIOR LIVING
PEORIA
Memory Care

**Nov./Dec.
2018**



A Note from the Executive Director

By Deatra Johnson

Hello friends and families of Peoria, it's our favorite time of the year again! It seems that we begin every year just to look forward to November and December; a time of Thanksgiving, Celebration of Life, and gift giving. Although we shouldn't wait until the holidays roll around to celebrate each other, these months are dedicated for a time of reflecting back on the people close to us and showing them our appreciation and how grateful we are to have them in our lives. I hope to see you all out for our Thanksgiving Feast prepared by Chef Alex, I can't wait to see what is on the menu this year, she

makes a very good Turkey! We will also have a visit from Mr. and Mrs. Claus, who will be making Christmas special for our residents by taking pictures with them and of course leaving them with a special treat! We are also thankful for our caregivers that are here day in and day out, providing great care to our residents and we are welcoming gift cards to be provided to main office so we can distribute them to the staff at our Christmas Party, thank you in advance, and please no personal gifts.

Thank you again for allowing us to care for your loved ones.

God Bless!

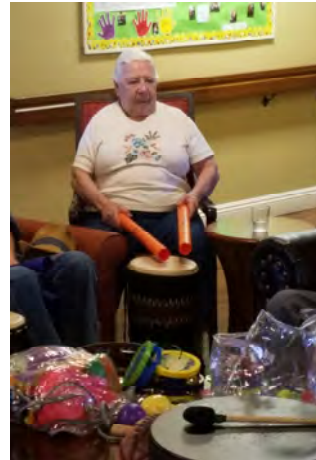
Who am I?



Welcome to Our Community

Joan D.
Doreen M.
JoAnn B.
Margaret M.
Doreen M.
Roman F.
Glenda W.
Cheryl S.
Ralph B.
Jane C.
Mary C.
Helen C.

Activities & Special Events
Drum Circle



Elks Club Visit



Concerts



Birthdays

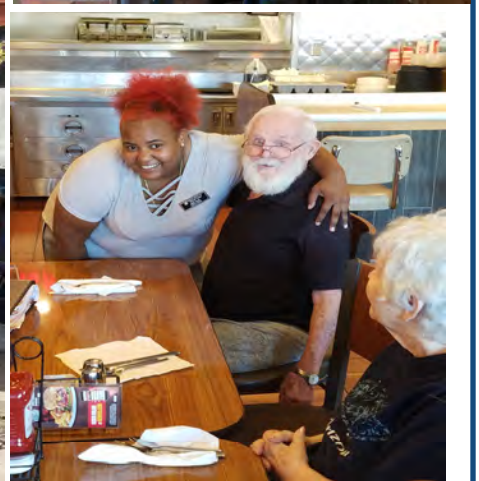


November
Cornelia B. 11/6
William B. 11/9
Genevieve C. 11/12
Harold L. 11/18
Ellwanda M. 11/27
Francis U. 11/27
Deloris Q. 11/28

December
Emma V. 12/1
Virginia R. 12/2
Roberta F. 12/4
Lester P. 12/5
Edgar T. 12/9
Fay R. 12/10
Charlotte S. 12/26



On The Go outings



A Note from the Activities Director

By Steve Garon

Hello everyone! It is that exciting time of the year when we've got lots of fun activities planned for you to participate in with your loved one and help to create some memories that will last a lifetime. Here are some special upcoming dates that you will want to mark on your calendar.

November 15th.: Our Annual Thanksgiving feast at 12:00pm

December 18th: Our Annual Christmas Dinner with special guests, Mr. & Mrs. Clause. Watch your emails and Facebook for more information on these two events.

I would also like to invite anyone who would like to join us, on Dec. 6th at 10:00 am I have a special outside concert planned for our residents, Gary the Singing Cowboy and his horse Dusty is coming to Pacifica to perform their Cowboy Clause routine. This one of a kind holiday experience is free if you want to join us.

Who Am I Answer

The answer to Who am I is... Mary!
Mary is one of the great caregivers we have here at Pacifica Senior Living. She has been working here for 9 + years. Mary has 5 children and 6 grandkids. When not at work she enjoys spending time with her family. One of her families favorite things to do is trail riding on ATVs! Thank You Mary for everything you do for our residents!



Memorable Moments



Health & Fitness by

By Patty Zaporowski

At last cooler temperatures have finally arrived in the Valley. It's the time of year that we see all of the pumpkins, fall festivities. It is also the time of year for the flu season which means receiving the flu shot. It has been recognized for many years that people 65 years and older are at a greater risk of serious complications from the flu because human immune defenses become weaker with age. While flu seasons can vary during most seasons people 65 and over bear the greatest burden of severe flu disease. Influenza is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illnesses. In order to protect our senior population the vaccines are important. Have a great fall, it's a great time of the year.



Fitness Activities Arm Chair Yoga



Scenic Walks



Spiritual Activities



Week Days Visiting Reverends



Weekends Church Services 1:30pm Sundays C7

CAROL'S CORNER

By Carol Black



Dear Family and Friends of Pacifica-Peoria,

The cooler weather is upon us and the rain was a blessing! I can't wait for all of the outdoor events that will be coming up, please note on our Facebook Page and the emails from me letting you know when they will be.

The West Valley Walk to End Alzheimer's was a huge success even in the rain!

Thank you for letting us be part of your family. We love our residents!



Executive Director

Deatra Johnson

Community Relations Director

Carol Black

Resident Care Director

Patty Zoporowski

Business Office Manager

Kim Roca

Dining Service Director

Alex Cedeno

Maintenance Director

John Anderios

Housekeeping Supervisor

Curtina Moore

Activities Director

Steve Garon



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!*



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PEORIA

Memory Care

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We here at Pacifica have a lot of great employees who work hard at taking care of our residents. In an effort to acknowledge some of the truly great staff that we have and all of their hard work we've started an employee of the month board. I would like to introduce to you our two latest additions to our Employee of The Month Club!

Florence is one of the great Med. Techs that we have here at Pacifica Senior Living. She has been a Med. Tech for over 20 years and we have been lucky enough to have her on our staff for the last 4 1/2 years. Thank You Florence for taking such great care of our residents!

Julit is a dedicated caregiver who has been with us for a year now. She always goes the extra mile to make the residents of her cottage feel at home. When not taking care of the residents in cottage 7, she enjoys spending time at home with her husband and 2 children.



Welcome Home!