

Pacifica Tidings



SCOTTSDALE VILLAGE SQUARE
A Pacifica Senior Living Community

**November
2018**



A Note from the Executive Director

Scottsdale Village Square.....

It takes a Village.

Can you believe that the holiday season is just around the corner? Seems like just yesterday we were ringing in the 2018 New Year. The holiday season is a big deal here at Scottsdale Village Square and we are so happy to spend this special time with our residents. The campus will start to transform into a festive scenery of lights and colors; but most importantly we all will start to

feel that warm sense of love and joy that always seems to accompany this time of year. We will once again be holding our annual Thanksgiving lunch on Wednesday November 21st as well as our Christmas Gala on Wednesday December 12th (further details on page 2). We look forward to hosting our residents and their families for these special events to show how much each and every one of you mean to us!

Who am I?

- I was born in Romania in 1904
- While working as a lifeguard at Lake Michigan Beach I caught the eye of a swim coach which laid the foundation for my future success
- Although foreign born, I used my younger brothers DOB and birth-place to eventually compete in the U.S Olympics- earning 5 gold medals, 1 bronze medal, 52 US National Championships and set 67 world records
- I eventually would become a film star with my most memorable role as Tarzan the Ape Man

Welcome to Our Community

Amy A.
Karon H.
Philip H.
Ruth G.
Paul S.
June S.
Jane T.
George K.
Theresa B.
Kathleen S.

Activities & Special Events

Thanksgiving Lunch

Wednesday November 21st

Main Dining Room



SVS is honored to host residents and their families for a Thanksgiving meal. We will have two seatings (11:00am & 12:30pm). Meal tickets are \$15 for non-residents. Please call the reception to make reservations.



Christmas Gala

Wednesday December 12th

Main Dining Room

Can you believe Christmas is just around the corner? We are excited to once again host the Christmas Gala for residents and families. There will be two seatings (4:00pm & 5:30pm). Meal tickets are \$15 for non-residents. Please call the reception to make reservations.

Sunday Football

Sundays @ 11:00am

Vitality Village



We will be putting on Sunday Football Games on the big screen in Vitality Village for all our football fans. Snacks will be provided!



Sing-a-long with Ruth

Sundays @ 3:00pm

Main Dining Room

Please join us as we host retired music teacher, Ruth Fahy for musical entertainment every Sunday.

Health & Fitness by Heidi

Did you know that neuroscientists are now convinced that the brain is capable of superior performance even into the 10th decade and beyond? If the brain remains healthy and free from disease, it can continue to function normally for as long as we live. Sustained brain health and enhanced lifelong learning are vital parts of aging and improve quality of life. Neuroscientists recommend swimming, dancing, gardening, knitting, and walking 10,000 steps on a daily basis. Aerobic exercise is the key to lowering the odds of getting Alzheimer's by 60%. A daily 20-minute walk can cut the risk of having a stroke by 57%. Aerobic exercise is like Miracle-Gro® food for the brain, "fertilizing" cells to keep them functioning and growing. It's important to use the brain to keep it healthy. Activities like board games, doing crossword puzzles, learning a second language, taking a class, increasing exposure to classical music and acquiring new skills are very beneficial and can decrease the risk of Alzheimer's by up to a third! If you don't already exercise, it's important to get started—and seek help if necessary. The general recommendation is that older adults should meet or exceed 30 minutes of moderate physical activity on most days of the week; however, it is also recognized that goals below this threshold may be necessary for older adults with physical impairments or functional limitations. Regular stretching is also important to minimize losses in Range of motion which can affect strength, balance, etc...

Fitness Activities

Chair Cardio/Strength
Low-impact workout performed while sitting in chair or wheelchair

-
M-TH 9:00am in MDR
F 9:15am in EX

Core Conditioning
Activating core muscles to improve daily endurance, improve posture & prevent injury

-
T/TH 1:00pm in MDR

Aqua Exercises
Improves your ability to feel strong & stable!

-
M/W 3:00pm in Pool
F 1:30pm in Pool

Spiritual Activities

Catholic Church Service -
Sundays at 10:00am in Main Dining Room

Protestant Church Service -
Sundays at 2:00pm in Main Dining Room

Bible Study -
Wednesdays at 10:00am in Vitality Village

Communion Visits -
Wednesdays in afternoon.
Please contact Activity Office if you would like to request a visit.

Who am I?
(Answer)



Johnny Weissmuller Jr

Would you like to be featured on our "Who Am I" next newsletter?
See Emily in Activities.

Management Team

Ken Green
Executive Director

Maureen Purvis
Director of Nursing

Barbara Byrum
Controller

Lance Williams
Director of Assisted Living

Patrick Dethomas
Director of Ancillary Services

Emily Broughton
Activities Director/
Housekeeping & Laundry

Dan Whelton
Plant Operations Director

Our Mission

Privately owned, Pacifica Senior Living strives to create a lifestyle of independence and peace of mind for each individual and their family. We do what we love and what we truly believe in – providing compassionate, personalized care services with dignity and respect. Our dedicated, professional team supports each resident and goes above and beyond to help them feel at home.

*The right choice. The right time.
Welcome Home!*



SCOTTSDALE VILLAGE SQUARE

A Pacifica Senior Living Community

2620 N 68th Street

Scottsdale, AZ 85257

480-946-6571

ScottsdaleSeniorLiving.com

Welcome Home!