

Pacifica Tidings


PACIFICA
SENIOR LIVING
TUCSON
Memory Care

**November / December
2018**



A Note from the Executive Director

Hello Everyone and Happy Holidays

I cannot believe the Holidays are here again. I am excited about celebrating my fifth Holiday Season with the residents and their loved ones at Pacifica... The Activity department and the rest of my team are planning all kinds of holiday festivities and celebrations. Please check in with the Activities Director, Latasha Linden, if you would like to volunteer and or participate in some of our activities. We would love to have you join in the festivities.

If you are planning to take your families out for one of the holidays please notify us ahead of time and we will have your loved one ready to go.

This year and every year, I receive many questions about gifts for our staff for the holidays. If you would like to donate to the employee fund for the holidays, please call our Activities Director or Business manager and they will give you the details.

Our Lunch and Learn Luncheons have been a great success this year and we will start having them again in January. If there is a topic you would like to hear about next year let our Community Relations Director Mary Lynn Goebel know.

We are all looking forward to the Alzheimer's Walk on November 10th. Please come walk with us. We have collected over \$1000.00 and we are still taking donations.

Please come and visit me, my door is always open

Dale Howard
Executive Director

Who am I?

1. He was born on November 18, 1928
2. Our mystery person is estimated to be 2 ft. 3 inches tall and to weigh approximately 23 pounds!
3. Sorcerer's Apprentice is one of his most famous roles of all time and has sparked tons of recreations.
4. First words our star ever spoke on screen were: "hot dog!"
5. Some of his favorite sayings are "oh, boy," "gosh," "that sure is swell," and "aw, gee!"



Mickey Mouse

Welcome to Our Community

Ridley B.
Joan D.
Jeanette L.
JD F.
Ivy Brooks
Alline G.
Veronica G.
Erv W.


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Fall Arts



Holiday crafts





Memorable Moments

Raising money for The Walk to End Alzheimer's



Halloween Carnival 2018



Alzheimer's Walk

2017



Birthdays

November

Susan W. 15th

Marian T 16th

Zelma B. 17th

December

Veronica G. 3rd

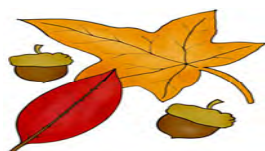
Maxine U. 4th

Jonathan I. 15th

Alline G. 16th



A Note from the Activities Director



With the holidays fast approaching, we are planning for some of our events for the this holiday season. We are also asking for all of you to please let us know if you are plan on attending any of our

Honoring Our Veterans

November 11th @ 10:30 am

Thanksgiving Luncheon

November 22 @ 12noon



With the holidays fast approaching, we are planning for some of our events for the this holiday season. We are also asking for all of you to please let us know if you are plan on attending any of our

Cookies With Santa is on December 21th

from 2:30pm

Christmas Luncheon 12-25-18 \$12.00 person

from 12:00pm till 1:00



Health & Fitness by Holiday Tip

The busy holiday time is quickly approaching! Not only can it be stressful for us, our residents may also become stressed and begin to behave in ways they are not typical of them. All the coming and going of loved ones and friends and the increase to holiday activities in general, can often be upsetting to persons with dementia. Stick to a daily routine as much as possible and allow residents to rest between visits and activities. Giving residents some space and quiet time may help them cope with some the added holiday stress .




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Fitness Activities

Exercise on Mondays,
Tuesdays, Wednesdays
Thursday and Fridays in
Cottages

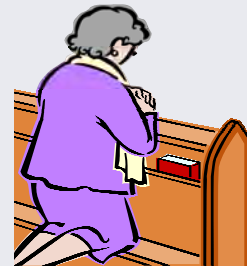
Walking Club at 8:30am
Weekdays



Spiritual Activities

November
Joel on the
11/2 & 11/18
@10:30am
Mass
Saturday 11/24th
@10am

December
Joel On the
Sunday 12/2, 12/19 & 12/30
@10:30am
Mass
Saturday 12/29th
@ 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! See Mary Lynn Goebel CRD if you have a referral or Questions


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Management Team

Dale Howard - Executive Director

Suzanne O'Brien LPN - Resident
Care Director

Belinda Willingham - Office Manag-
er

Mary Lynn Goebel - Community
Relations Director

Colleen Besore – Food and Bever-
age
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!*



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Tucson, AZ 85712

(520) 320-7505

www.pacificaseniorliving.com

Welcome Home!