

Pacifica Tidings


PACIFICA
SENIOR LIVING
PARADISE VALLEY
Memory Care

**December 2018 &
January 2019**



A Note from the Executive Director

Greetings,

It's always nice to see the families that come in town around the holidays to see their loved ones.

Thank you to the families that showed up for our ground breaking event recently. The new assisted living will be a two story, 22 bed building, being built in the empty field directly behind the administration building.

This time of year everyone's busy with holiday parties and events, be safe, have fun and remember the true meaning of Christmas. I hope each and every one of you have a very Merry and Joyous Christmas.

Cindy Gilbert
Sr. Executive Director

Who am I?



To find out, who I am
turn to the last page!

Welcome to Our Community

Kay B.
Shirley C.
Tom R.

Activities & Special Events

On The Go...

The "On the Go..." Program at Pacifica Senior Living Paradise Valley is an innovative program that provides our residents with the means to get out and enjoy their favorite hobby or special activity. Your loved ones are accompanied by a trained companion. Each package cost includes: transportation to and from and any items that they may want on Breakfast Club or Dessert Club.

Upcoming special events / spotlight entertainment during December 2018 & January 2019

December 2018 & January 2019:

Ceramics Class
\$17.00

Every Fourth Friday of
the month!

Please see
our Activities Director for
more information

Lunch & Learn December

Date: 12/18/2018
Time: 12:00pm
R.S.V.P: by
12/14/2018
Location: A/R

Join us for the Spotlight Entertainment:

December 2018

12/06/2018 @ 1:30pm @ A/R
Bob Doszak performance

12/09/2018 @ 2pm
Backers Nutcracker
(Horizon High School)

12/10/2018 @ 4pm
St. Joan of Arc's
Children Choir @ Cottage 8

12/12/2018 @ 1:30pm @
Cottage 7
Darren Weston performance

12/20/2018 @ Activities Room
Holiday Party / Family Feast &
Carriage Rides

12/27/2018 @ 1:30pm @
Activities Room
Peter Davis Performance

December's Family Feast

12/20/2018

Time: 11:30am

RSVP by: 12/17/2018



January's Family Feast

01/17/2018

Time: 11:30am

RSVP by: 1/14/2018



* All On the Go outings listed above and on the Activity Calendar must meet the minimum number of attendees and is subject to cancellation or change.

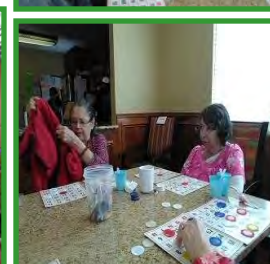
Craft Creations



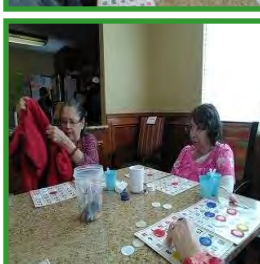
Kitchen
Creations



Gardening Club



Bingo time!



Memorable Moments

Ceramics Class



Picnic In the Park



Movie Night



Exercise Time



Our "Family Feasts" are such a great way to get together with friends and family!



Birthdays

Residents:

December 2018

12/02 David M.
12/30 Doris S.

January 2019

1/02 Sirvard N.
1/04 Jimmy C.
1/06 Renate E.
1/07 Gladys B.
1/08 Heidi E.
1/12 Doris B.
1/18 Linda C.
1/22 Jeannetta R.
01/27 Francis B.



Staff:

December 2018

12/01 Rosetta G.
12/07 Evelynne B.
12/09 Sharon L.
12/10 Nelson K.
12/13 Joseph D.
12/15 Vianney L.
12/16 Adelaida D.
12/17 Lizzandra T.
12/25 Dwayne P.

January 2019

1/01 Elizabeth C.
1/01 Christina O.
1/01 Hayat R.
1/01 Angeline W.
1/02 Marilyn B.
1/05 Joel M.
1/09 Heidi M.
1/09 Darcelle C.

A Note from the Activities Director

Hello Family & Friends,

Holiday season is coming so we will be having a lot of fun themed events and outings. Let me emphasize how excited I am to provide an assortment of monthly activities for the residents and also family members are always welcome! I would love to be able to meet you all during your visits and get to know you. Remember you are always invited to our events and outings so please feel free to get in touch with me if you would like to attend.

Megan Fortunato



*Do you know someone who is
looking for a great place to live?*

*Do you know someone who's unhappy
with the home they're living in now?*

*How about someone you'd
love as a neighbor?*

**If your referral moves in you'll receive
\$200!**

(Maybe you could take your referral to lunch as a big Thank You!)

 **PACIFICA**
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PARADISE VALLEY
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16621 North 38th St.
Phoenix, AZ 85032
602-832-7290
www.PacificaParadiseValley.com
License # AL6981C

Health & Fitness by

Video Exercise



Balloon Volley



Dancing



Parachute



Fitness Activities

Research has shown that the benefits of walking and moderate physical activity for at least 30 minutes a day can help you in many ways including:

- Reduce the risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Improve blood lipid profile
- Maintain body weight and lower the risk of obesity
- Enhance mental wellbeing.

We enjoy many different types of exercise some of which are Chair Exercise, Yoga, Walking Club, Sit N' Stretch, Ball Toss, Balloon Volley, Parachute Play & More! We like to keep things new and fresh so we don't get bored.

Spiritual Activities

- Joyful Noise
- Ministry with St. Joan of Arc
- Spiritual Readings

Who I am



Wanell T. was born in Georgia. She was married to James Terry in 1957. They had one son, Tom who married Glenda in 1984. She used to teach business classes at the high school in High Point North Carolina. She retired in 1978. She loves to cook. She was an amazing seamstress and nearly sewing all of her clothing.

Management Team

**Sr. Executive Director
Cindy Gilbert**

**Community Relations Director
Tori Baker**

**Program Director
Heidi McLester**

**Food & Beverage Director
Maryann St. Jean**

**Maintenance Director
Bill Schrage**

**Business Office Manager
Linda Dauphinais**

**Activities Director
Megan Fortunato**



*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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**16621 N. 38th Street
Phoenix, AZ 85032
(602) 787-0800**

www.pacificaseniorliving.com

Pacifica Senior Living ~ Paradise Valley

- Beautiful Cottage Style Memory Care
- Enjoy peace of mind with 24/7 care
- Lifetime Loyalty Pricing, your rate never increases
- Housekeeping and Laundry Provided
- We have a beautiful courtyard that provides our residents the freedom and independence to enjoy Arizona's amazing outdoors in a secure environment.



Walking paths with
Gazebo.



Fine Dining
Family Style



Private
Apartments



Welcome Home!