

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING

GREEN VALLEY  
Assisted Living  
Memory Care

**December  
2018**



## *A Note from the Executive Director*

Happy Holidays!!!  
Just a few reminders for Holiday  
Fun:

Any decorations brought in must  
have the proper fire rating –  
please no live trees or  
wreaths.

If bringing in treats & sweets,  
please make sure they are in  
a properly sealed container.

Employees are not permitted  
to receive individual gifts  
from residents or families.  
Please consider a group gift  
such as candy for the staff of  
the cottage, etc.

I hope that you and your families  
have safe and Happy Holidays! En-  
joy time with your loved ones and if  
you are traveling please travel safe!  
As we reflect on the past year,  
please count your blessings – we  
look forward to the new year!

Stay Well  
Best Regards  
Julie

## *Who am I?*

**Leslie Townes Hope**, (born May 29, 1903, Eltham, near London, England—died July 27, 2003, Toluca Lake, [California](#), U.S.), British-born American entertainer and comic actor, known for his rapid-fire delivery of jokes and one-liners and for his success in virtually all entertainment media. He was also known for his decades of overseas tours to entertain American troops, and he received numerous awards and honours for his work as an entertainer and humanitarian. He was the fifth of seven sons of a stonemason and a former Welsh concert singer; his family immigrated to the United States when he was four years old. He grew up in [Cleveland, Ohio](#), [manifesting](#) the first signs of his vocation at age 10 when he won a [Charlie Chaplin](#) imitation contest.

## *Welcome to Our Community*

While there had been mention of "Santa Claus" in the American press dating back to 1773, Washington Irving is generally considered the first man to significantly transform the Dutch Sinterklaas into "Santa Claus." In his book *History of New York*, he spoofed the gift-giving legend and portrayed Santa Claus as a pipe-smoking sailor in a green coat.

The name 'Christmas' comes from the Mass of Christ (or Jesus). A Mass service (which is sometimes called Communion or Eucharist) is where Christians remember that Jesus died for us and then came back to life. The 'Christ-Mass' service was the only one that was allowed to take place after sunset (and before sunrise the next day), so people had it at Midnight! So we get the name Christ-Mass, shortened to Christmas.

## Special Events & Memorable Moments



## Health & Fitness by

It is recommended that **seniors** age 65 and older **get** at least 2.5 hours of moderate physical **exercise** (such as walking back and forth to Rose Hall) every week. That averages out to about 30 minutes on most days of the week. Or you **should get** 1 hour and 15 minutes of vigorous **exercise** .

Of course, one type of exercise alone can't achieve all these goals—building strength takes a targeted workout, and flexibility often requires a different kind of physical activity, such as stretching or yoga. But overall conditioning can start with simple movement, like walking.

## Birthdays

# DECEMBER

Carol McCans



12-07-1930

## Spiritual Activities

Our community offers church services 3 times a week. There is singing and listening to music and words of wisdom. Although some services offer a certain denomination everyone is encouraged to attend. We believe that we are all children of faith. Fellowship is what our heavenly father desires us to do be spiritually bound in our unsettling world. Please notify our front desk to join in on our weekly fellowships.

## Who Am I?

(answer)



## *Management Team*

Executive Director

**Julie Mason**

Resident Service Director

**Regina Turcette**

Community Relations Director

**Jackie Casillas**

Dining Service Director

**Robert Gribben**

Business Office Manager

**Christina Abrahams**

Activity Director

**Michael Boccia**

Maintenance Director

**David Willey**

Residents Services Coordinator

**Katherine Lane**



## *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.*



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*2620 Robindale Road*

*Henderson, NV 89074*

*(702) 992-0000*

*Welcome Home!*