

# Pacifica Tidings



SCOTTSDALE VILLAGE SQUARE  
A Pacifica Senior Living Community

January  
2019



## *A Note from the Executive Director*

### *It Takes a Village...*

Time flies when you are having fun; can you believe it is already 2019?! So that must mean we had a lot of fun in 2018 with all the activities and events. It is so wonderful to see all the residents enjoying the exercise program, talented entertainers, the Holiday Gala, the poker games, BINGO, and the many outings each month. With so many of our residents living away from their immediate families, it is nice to know they have extended fami-

lies here at Scottsdale Village Square to continue making lasting memories with. We encourage all of the residents to get out and see what activities they can participate in so they feel connected and alive while living on our campus. We truly do strive to add more and more activities that the residents enjoy, so if you have any ideas for new activities let us know so we can make 2019 even better than 2018...if that's even possible!

## *Who am I?*

- I was born "Mary" in 1939
- I was born and raised in North London
- In the early 60's I joined my brother in creating a band that shot us to stardom
- My brother took on the stage name "Tom Springfield"
- Our band created several top hits including "Island of Dreams" and "Say I Won't Be There"
- In 1963 our group disbanded, but I continued on as a solo artist creating hits like "I Only Want to Be With You" and "Son of A Preacher Man"
- Who am I with the initials D.S.?

## *Welcome to Our Community*

William

Evelyn

Diana

Larry

Joanne

## *Activities & Special Events*



# Shopping at Tempe Marketplace

Friday January 4th @ 11:30am-2:00pm  
Sign Up Early in Main Dining Room

Please join us as we go to Tempe Marketplace for an afternoon of shopping and relaxing. We will not be dining at a set restaurant, but feel free to bring some extra cash and grab lunch at one of the many dining establishments.

# Happy Hours

Wednesday January 9th and January 23rd @ 6:30pm  
Main Dining Room



We have two amazing guest performers traveling into the valley to perform for us this January; you won't want to miss it! Dean Rathzman (1/9) and Peter Davis (1/23) will be entertaining the crowd at this month's happy hours. Spirits and snacks provided.



# Costco

Last Friday of the Month @ 10:00am  
Sign Up Early in Main Dining Room

We have received such a huge response for the outings to Costco that we have decided to keep them on the calendar permanently! Be sure to bring your Costco card.

# Birthday Celebration

Monday January 28th @ 1:30pm  
Main Dining Room



Back by popular demand, Lenny Lizzard is our guest performer for this month's birthday celebration!

# Men's Barber Shop

2nd Thursday of Each Month @ 1:00pm  
Vitality Village

Need a nice cut or shave? Experienced barber, Ken, will be dropping by to offer his services at a low cost.

Please call Emily in Activities to schedule your appointment.

## *Health & Fitness by Heidi*

A good fall prevention program is about building strength and mobility for the activities of daily life. Core strength is foundational to remaining active and independent for as long as possible. A weak core can lead to a forward flexed posture, poor balance and increased fall risk. Without regular strength training, core muscle fibers shrink and become less flexible leaving you more susceptible to injury and back pain especially if you have excess weight, poor posture, arthritis, or osteoporosis. Older adults who tend to “shuffle” rather than walk are compensating for poor balance and posture. They take shorter strides, have a wider gait, and tend to look at the floor to try to avoid tripping. Fall prevention programs include activities that encourage an erect spine with shoulders back, facilitate deep breathing and improve environmental orientation. Working on posture, such as sitting up straight in a chair and tightening the abs can strengthen key muscles groups and help create a more normal walking gait. While many older adults tend to lean forward, most falls occur in a lateral direction. Day to day functional activities require the ability to quickly adjust posture while remaining stable and in control. Many older adults have difficulty integrating quick balance adjustments into ongoing movements such as walking, lifting, or carrying objects. The ability to remain stable in response to unexpected sensory environmental changes is critical. If you are not already, get involved with functional training that strengthens your ability to react to your environment.

Break the “Ice” on your Health and Fitness Goals! Please see Heidi for details about our “New Year New You” Fitness Challenge as well as ways to build core strength to make 2019 a safe, strong New Year!

## *Fitness Activities*

### Chair Cardio/Strength

Low-impact workout performed while sitting in chair or wheelchair

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M-TH 9:00am in Main Dining Room

F 9:15am in Exercise Room

### Core Conditioning

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

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T/TH 1:00pm in Exercise Room

### Exercise Games

Get a great workout in without even realizing it with these fun games!

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M/W 1:00pm in Breezeway

## *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)



**Dusty Springfield**

## *Management Team*

Ken Green  
Executive Director

Cathy Boschma-Gillard  
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!*



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*A Pacifica Senior Living Community*

*2620 N 68th Street*

*Scottsdale, AZ 85257*

*480-946-6571*

*ScottsdaleSeniorLiving.com*

*Welcome Home!*