

Pacifica Tidings



Jan/Feb
2019



A Note from the Executive Director

By Deatra Johnson

Happy 2019! So excited to have brought in the New Year with you all! I am so anxious to see what this year has in store for us here at Peoria. We had such a good time at our Christmas dinner and our residents really got a kick out the visit from Mr. and Mrs. Claus. 2018 was filled with so much fun, and I would like to extend a special thank you to Steve and his staff for scheduling the many concerts we had, the outings the residents got to enjoy, and for sharing all the wonderful pictures of our residents delighting in one another. I would also like to thank all of our families that donated gift cards to the staff here for Christmas, it was much appreciated and was a

good addition to our Christmas Party. Looking into this year, some additions that we are looking to make are updating our patio furniture to accommodate our residents that enjoy relaxing on the patios with their families, and we are also looking at updating the flooring in some of the cottages as well. We have had some families take advantage of our refer a friend special and we do have a couple of openings...see Carol for more details on this special! We want to hear from you on how we are doing, please don't hesitate to make an appointment to address any concerns you may have, your feedback is welcomed and we are always looking to make sure we are provide the best service to your family.

Thank you again for allowing us to serve residents and your family!

Who am I?



Welcome to Our Community

Marcia T.
Khanna I.
Winston G.
Colleen F.
Doris P.
Beverly D.
Carol G.

Activities & Special Events

Thanksgiving Feast



Holiday Luncheon with Mr. & Mrs. Clause



Birthdays

January

Helen W. 1/7

Ren S. 1/7

Imogene B. 1/23

Kathy J. 1/26

JoAnn C. 1/27

February

LaVerne N. 2/5

JoAnne B. 2/12

Velour B. 2/18

Khanna I. 2/21

Terrence C. 2/22

Hazel M. 2/24

On The Go outings



A Note from the Activities Director

By Steven Garon

Happy New Year! As I look forward towards 2019, I'm excited about all the exciting activities in the works for our residents. Just a few of the new things that we'll be doing for the residents this coming year are, on Feb. 7th we are going to be visited by Matrix Magnificent Minis, a team of miniature horses that do tricks. On Feb. 14 we are going to be visited by Elvis as he sings classic rock songs for our 50's themed Valentines Day Resident Dance.

Mark your calendars for March 23 as that's when we'll be having our annual Western BBQ with entertainment being provided by Dusty Titles. Watch your emails and Facebook for information on upcoming events!

Who Am I Answer.

John is our Maintenance Director and the main reason our facility looks as nice as it does. From painting to fixing dishwashers to helping set up for special events, John is a valuable part of the Pacifica team. Born in Iraq, John



moved to The USA 11 years ago and joined us here at Pacifica two years ago. Today he is very proud to be an American Citizen. Another interesting fact about John is that he is engaged to be married this new year. Thank You John for everything you do For Pacifica Senior Living!

Memorable Moments



Health & Fitness by

By Patty Zoporowski

Hope everyone had a festive and wonderful holidays. As we begin a New Year there a few key items to keep in check if you are a caregiver taking care of a loved one with dementia. It is a difficult, draining job to watch and care for someone that is so dear to us. Here are a few tips:

1. Reach out and ask for help. Ask other family members for assistance so that you are not carrying the load alone.
2. Seek respite care. This will allow actual time away from your loved one. They are in a safe place and their needs are being attended to. This will enable you to run errands, go to appointments, and enjoy the solitude for the duration of their stay at respite.
3. Find an outlet for yourself. Whether that is walking, reading doing yoga, find something to relieve the stress.
4. Start seeking information about assisted living, start the conversations with family members about the time for placement for your loved one.
5. Go to support groups this will enable you to see that you are not alone.

Have a wonderful 2019!

Fitness Activities

Arm Chair Yoga



Parachute Ball



Spiritual Activities

**Week Days
Visiting Reverends**



**Weekends
Church Services
1:30pm Sundays C7**



**Catholic Visits
9:00am Saturdays**



CAROL'S CORNER

Welcome 2019!

The New Year will bring a lot of new informative presentations, I will be sending out an email for everyone to see!

On January 17th, we have Dr. Perrin, who will be doing her "Coffee Chat" speaking on Parkinson's, on Jan. 22nd Lunch and Learn: Cerna Healthcare's President, Marc

Friedman will be speaking on understanding the brain's aging process, focusing primarily on dementia, and on Jan. 30th Journey through Tragedy, Jason Schechterle will be sharing his miraculous journey. You will have get the flyer in your email, and if you don't have one, you can RSVP at the Front desk with Roselyn!

Wishing everyone a Beautiful New Year, filled with love and happiness.

We love our residents!
Carol

Executive Director
Deatra Johnson

Community Relations Director
Carol Black

Resident Care Director
Patty Zoporowski

Business Office Manager
Kim Roca

Dining Service Director
Alex Cedeno

Maintenance Director
John Anderios

Housekeeping Supervisor
Curtina Moore

Activities Director
Steve Garon



*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!*




PACIFICA
SENIOR LIVING
PEORIA
Memory Care

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We here at Pacifica have a lot of great employees who work hard at taking care of our residents. In an effort to acknowledge some of the truly great staff that we have and all of their hard work we've started an employee of the month board. I would like to introduce to you our two latest additions to our Employee of The Month Club!



Maria is one of the great caregivers we have here at Pacifica Senior Living who truly does care about the residents she takes care of. She also is the first employee to win the honor of Employee of the Month twice in the same year! Doing it in both June and October of 2018! Thank You Maria for all that you do!

Welcome Home!



Nikki was our November Employee of the Month. Originally from California, she moved to Arizona in the Spring of 2018 and joined our Activities Dept. in May of 2018. She can often be seen in the cottages interacting with the residents and brightening up their day with her outgoing personality. Thank You Nikki for all that you do!