

Pacifica Tidings



March
2019



A Note from the Executive Director

It's that time of year again! The 2019 winter season is ending with a bang. Our Valentine's Party was fun and delightful and that day February the 14th the rain was relentless. But here at Green Valley we still pulled it off as our residents weathered the storm and came to Rose Hall to enjoy the music and festivities. February 20th was like a winter wonderland around here.

Some activities to look forward to as the winter starts to wind down is St. Patrick's Day on Sunday the 17th of March. It will be no surprise to see what the winds of March has in store for us.

Stay Well
Best regards,
Julie

Who am I?

He was born Norman Eugene Walker in Hartford, southwestern Illinois, to Gladys Huldah (Schwanda), a Czech immigrant, and Paul Arnold Walker, who was from Arkansas. Walker almost single-handedly started the western craze on TV in the 1950s as Cheyenne Bodie in [Cheyenne](#) (1955). Growing up in the Depression era meant taking work wherever you could get it, and Walker found himself working at such jobs as Mississippi River boatman, carnival roustabout and golf caddy. He quit high school at 16 and at age 17 joined the Merchant Marine. After the war he worked his way cross country, including working in the oil fields in Brownwood, Texas, and wound up in California, where he worked as an undercover agent for a private detective agency on the Long Beach waterfront. After a while he took a job as a security officer at the Sands Hotel in Las Vegas. It was there that he met quite a few Hollywood people who told him that his size, physique and good looks would serve him well in Hollywood and that he should go to Los Angeles and give it a try. Some of his best movies were the "Dirty Dozen" and "Night of the Grizzly". One of his best all time westerns was "Yellowstone Kelly".



Welcome to Our Community

Welcome to Pacifica Senior Living Green Valley, our beautiful, safe and friendly community of quality caregivers, well trained professionals, and most importantly, satisfied residents. Located near Las Vegas, our community offers a full spectrum of [assisted living](#) and [memory care services](#) administered by a specifically trained, caring and experienced staff.

We are proud of the outstanding reputation we have earned. It is a reputation built on strong values, a solid work ethic and the best care and outside medical services available. At [Pacifica Senior Living Green Valley](#), you will enjoy retirement lifestyle provided in a stunning setting; a lifestyle rich with services, amenities and endless possibilities.

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

MARCH

Stanley M. 03/01/1941
Roland O. 03/12/1945
Sarah G. 03/26/1938
Anne M. 03/27/1931



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
Mira Laoitan

Activity Director
Michael Boccia

Maintenance Director

Residents Services Coordinator
Nan DelaCerde



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.*



PACIFICA
SENIOR LIVING

GREEN VALLEY
Assisted Living
Memory Care

**2620 Robindale Road
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Welcome Home!