

# Pacifica Tidings



**CHESAPEAKE PLACE**  
SENIOR LIVING

Assisted Living • Memory Care

**August  
2021**



## *A Note from the Executive Director*

Summer is blazing away and August is here. Pacifica Chesapeake Place are approaching some exciting times. We are gearing up for a face-lift. There will be a bustle of activities as we get our new digs. As soon as I am provided with the details, I will gladly share with all of you.

Remember that our team is here to listen to your wonderful ideas. You can do that by adding a note to our suggestion box, or by attending our monthly Resident Council meeting on the 4th Wednesday of every month. We hope you will take advantage of every opportunity to have fun, make suggestions, and fellowship within our community.

Did you know that Chesapeake Place has a Facebook page? Ask one of our Activities staff to help you find it. We post weekly. If you like and share, you help our community in a big way.

The staff here at Chesapeake Place appreciate you so much and are elated you have made here your home.

Sincerely,  
Susan Ayala

## *Who am I?*

- I have brunette hair....
- I stared in "A Streetcar Named Desire"....
- I am an British actress...
- I once kissed Rhett Butler

## *Welcome to Our Community*

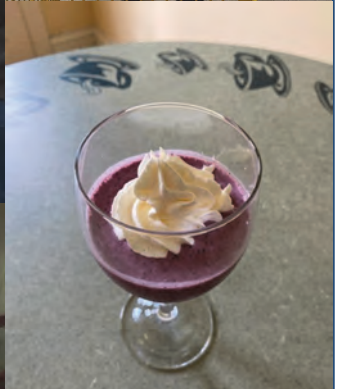
Marie M.  
Robert L.  
Floyd S.

We are so happy to have you here! Welcome to the family with open arms!





## *Special Events & Memorable Moments*





## *Health & Fitness by*

### *The Joy of Nature*

Research in a growing scientific field called Eco-therapy has shown a strong connection between time spent in nature and reduced stress, anxiety, and depression. According to Harvard Health Publishing, researchers found that those who spent time within nature had lower activity in the prefrontal cortex of the brain - the region that is active when we are having negative thoughts. Director of geriatric psychiatry at Harvard-affiliated Cambridge Health Alliance, Dr. Jason Strauss, states that "...for many, interacting with nature is one of the best self-improvement tools they can use". What are some therapeutic elements of interacting with nature?

- Calming nature sounds and even outdoor silence can reduce anger, fear, blood pressure and level of stress hormones.
- Visual aspects of nature like trees and greenery help distract your mind from negative thinking and is associated with a positive mood.
- Nature helps us cope with pain: elements of nature can be engrossing, absorbing us and distracting us from our pain and discomfort.
- Nature walks have a direct link to enhanced mental well-being unable to go outdoors?
- Bring nature in by listening to recorded sounds.
- Look at pictures of nature settings or a favorite outdoor spot.
- Grow plants, flowers, or herbs in the center or your room
- Watch nature shows or documentaries.
- Open the window and let fresh air in.

## *Birthdays*

Have the best BIRTHDAYS ever!

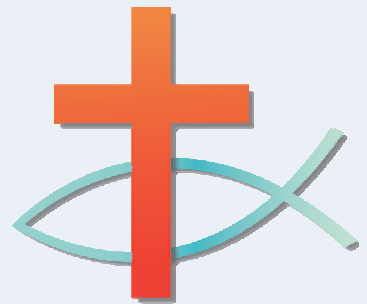
Mary M.....8/11  
Audrey A.....8/18  
Arline R.....8/18  
Doris L.....8/28

Join us on Friday, August 27th at 2pm for our Birthday celebration!



## *Spiritual Activities*

We will continue to host weekly Catholic Mass Sundays with Deacon Mike Johnson. To optimize your experience, we have moved the service to the Bistro.



## *Who Am I?* (answer)



**Vivien Leigh**

## *Management Team*

Executive Director:  
Susan Ayala

Resident Services Director:  
Regina Lamb

Resident Services Coordinator:  
Shontae Williams

Community Relations Director:  
Carolyn Hewett

Food Services Director:  
Jennifer Conner

Maintenance Director:  
Oliver Bell

Business Office Director  
Chrissy Spratley

Activities Director:  
Richelle McKinney



## *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.*



## **CHESAPEAKE PLACE** **SENIOR LIVING**

Assisted Living • Memory Care

*1500 Volvo Parkway  
Chesapeake, VA 23320  
757.548.4795*

*ChesapeakePlaceSeniorLiving.com*



**The Chesapeake Place Management Team is at  
your service!**

*Welcome Home!*