

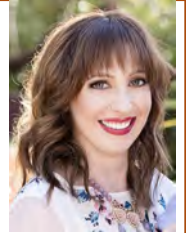
# Pacifica Tidings



**May/June  
2021**



## *A Note from the Executive Director*



Hello Pacifica Peoria Family, Friends, and Professionals. I wanted to take a moment and introduce myself to those of you I haven't yet met. I am honored to be joining the Pacifica team as the Executive Director. I have 15 years of experience in the Senior Living industry where I have worked in Sales and Marketing, Activities, Memory Care Coordinator and as an Executive Director. I look forward to leading an already established and talented team of professionals with the common goal of caring for your loved ones.

Born and raised in Arizona, I am a proud alum of Xavier College Preparatory and ASU. I love the desert and probably wouldn't survive in weather colder than 70 degrees! With the warmer climate quickly approaching also means that baseball season has arrived – GO DIAMONDBACKS! I am a huge baseball fan and one day wish to see a game in every major league stadium.

My love and respect for seniors began at a young age where I was blessed with growing up with fabulous grandparents. I am passionate about providing a meaningful environment for our residents where they feel loved and at home. I truly look forward to meeting all of you as we reopen our community to visitors. Please be sure to stop by and say hi and let me know if there is anything you need.

## *Who am I?*



Clues:

I recently joined the staff at Pacifica Senior Living. I'm originally from Kenosha, Wisconsin where I earned a

Bachelors Degree and was a Registered Nurse at a Senior Care Facility with 150 beds.

**See Page 3 for answer....**

## *Welcome to Our Community*

Sharon S.  
June B.  
James H.  
Clara G.  
Juanita F.  
Norma D.  
Manuel R.



## Activities & Special Events

### Easter Celebration





## Birthdays

### May

Mary S.	5/4
Marlene D.	5/11
Shirley B.	5/12
Pat N.	5/26
Don K.	5/27

### June

Celia A.	6/14
Keith C.	6/14
Beth M.	6/15
Monti H.	6/17



## Loving Life at Pacifica



## A Note from the Activities Director

By Steven Garon

Hello everyone! I am so excited that we are finally getting to the point where we can slowly start to get back to normal! We may not be out of the woods yet, but after our Easter Event in April, it definitely feels like we are heading in the right direction!

As long as everything keeps progressing like they currently are, we are planning on having an event here on Mother's Day Weekend. It will be a little different from years past as we still have to maintain Social Distancing. What we are planning on is an opportunity for you to have Tea and Finger Snacks in our Activities Room with your Mom on Saturday, May 8th.

The next thing I am working on is watching our daily covid numbers for Maricopa County. Once these numbers are in the acceptable range, I will be once again be taking field trips with the residents.

Watch your email for more details on both the Mother's Day Event and Field Trips

## Answer from Who Am I on page 1



TIM! Our new Head of Maintenance! Yes, you did read the previous page correctly, Tim is a RN along with having an Engineers Degree! When asked about this unusual combination of skills set, Tim said that he truly enjoys helping seniors and it took him awhile to find the best way for him to do that. Welcome our team Tim! We're excited to have you here!



## Memorable Moments

Wearing Blue in support of  
World Autism Awareness Day





## *Health & Fitness by*

Health and Wellness is one of the most important departments at our Pacifica Peoria Community. In honor of May being National Physical Fitness Month, our focus will be on physical activity. Regular physical activity is good for everyone's health and people of all ages and body types can be physically active. For older adults, physical activity can help lower the risk of falls and improve cognitive function. At Pacifica, our residents have multiple opportunities to stay active. Whether it is partaking in our Silver Sneaker Program or walking our gorgeous walking paths, there is a way for everyone to stay active. Then, as May comes to a close, we will be making colorful food choices in June to celebrate National Fresh Fruit and Veggies Month. While most of us know that eating more fruits and vegetables are important for good health, do you know that it is essential to get a colorful variety of fruits and vegetables in your diet every day!? These brightly colored morsels provide a wide range of vitamins, minerals, and fiber that your body uses to maintain good health and energy levels.



## *Fitness Activities*

### Silver Sneakers



## *Spiritual Activities*

### Sunday Service (Photo is Pre-Covid)



We are excited to announce that we will once again be offering Sunday church services in Cottage 7.

## Community Relations Director

We are so excited that our community is reopening! Thank you to everyone who participated in our vaccine clinics. We are now able to hold in person tours to show off our beautiful community. We have had so much positive feedback from family members these past months and we want to show our appreciation to you all! If you refer a friend to join our Pacifica family, we will gift to you \$1,000 after the new resident has resided with us for 90 days! Just ask our Community Relations Department for more details. What better way to enjoy life at Pacifica than by having an old friend become your new neighbor!? Additionally, we are planning on relaunching our Dementia Support group where not only will our family and friends receive some more education on dementia, but also where we can get to know our loved one's friends and family members. I cannot wait to start community events once again and see you all in person!

**Executive Director**

Erin Masterson

**Community Relations Director**

Erin Masterson

**Resident Care Director**

Erin Masterson

**Business Office Manager**

Dayle Lister

**Dining Service Director**

Alex Ceden

**Maintenance Director**

Tim Teegarden

**Housekeeping Supervisor**

Olivia Hernandez

**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

**9045 W. Athens**  
**Peoria, AZ 85382**  
**(623) 876-8300**

**We salute all employees!**

Thank you for your service and dedication.



**Heroes work  
here!**



**PACIFICA**  
SENIOR LIVING

*Welcome Home!*