

Pacifica Tidings



SCOTTSDALE VILLAGE SQUARE
A Pacifica Senior Living Community

November
2021



A Note from the Executive Director It Takes a Village...

Happy Holidays! I love the holiday season for many reasons. This is a great season to recognize all of the little things that we are thankful for, spend time with loved ones and reminisce on good times. There are also so many fun events happening during the holiday season, such as holiday music, decorating and shopping. Our activities department has scheduled a number of fun holiday entertainers for us to all enjoy together.

As a reminder, we are not out of the woods yet. When you are out and about, be sure to wear your mask over your nose and mouth. We all want to work together to keep everyone safe!

Another way to keep healthy and safe is by making sure to NOT feed the birds. Putting food out for the birds causes health issues due to the feces on the premises as well as being a strain on our housekeeping staff to keep our community clean. We are all in this together and appreciate everyone contributing to staying healthy and safe.

Who am I?

- I am one of 14 people in the world that has won Oscar, Emmy, Grammy & Tony Awards (EGOT Member)
- I sang 'Happy Birthday' to JFK the year after Marilyn Monroe
- I spoke 5 languages
- I began dancing at age 5
- I starred as Holly Golightly in *Breakfast at Tiffany's*
- Cyan is my favorite color

Welcome to Our Community

Frances C.

Shirley D.

Bernice L.

Lawrence W.

Annette H.

Activities & Special Events

Zocalo Library



Our library in Zocalo is always available to residents to pick out a book or DVD! Feel free to stop in and check out something to take with you. Take your time reading and return whenever you are done, we have no deadlines or return dates!



FREE Events!



We offer free bingo and poker once a week! Please join us on Saturday's at 2pm for our free bingo and Wednesday's at 2pm for our free poker!



Veteran's Day



Join us at 10:00am on November 11th as we recognize our resident veterans! Thank you to all those who have served our country and sacrificed so much to keep us safe and free.



Holiday Entertainment



We have a number of holiday entertainers scheduled in December. Join us in the main dining room as we celebrate the holiday season through music! Check your monthly activities calendars for dates & times!

Health & Fitness by Courtney

Happy Winter SVS! As our AZ temperatures continue to drop and the holiday season quickly approaches, many of our residents will begin to take to outdoor walking, shopping & safe family gatherings again. Fall prevention may not seem like the most exciting topic, but it is an important topic to discuss for your continued health and safety. As you get older, we know that physical changes can make falls more likely. The information and suggestions taken from The Mayo Clinic below, are 5 ways to help with fall prevention in your everyday life.

1.) KEEP MOVING

With the okay from your doctor, gentle exercise, walking, strengthening, and stretching can decrease your risk for falls. Such activities can help improve strength, balance, and coordination.

2.) WEAR SHOES WITH A HEEL/BACK SUPPORT

Consider wearing footwear with a heel strap or back support (running shoes or a strap on sandals) with nonskid soles. I encourage you to avoid open back/slip-on slippers/crocs, flip-flops, slick or worn soles, or walking in just socks/stockings.

3.) REMOVE HOME TRIPPING HAZARDS

Ensure your apartment furniture and personal items are set up to allow open walkways in your home. Attempt to decrease clutter in high traffic areas such as boxes and excess furniture that are difficult to navigate around. Remove all area rugs and consider using a shower chair in the shower which allows you to sit while showering.

4.) ENSURE PROPER LIGHTENING

Keep your apartment brightly lit to avoid tripping on objects that are hard to see. You can use extra night lights in your bedroom, bathroom, hallway and living room. Consider placing a lamp within reach on a bedside table for middle of the night needs and make sure a light switch is connected to a lamp/light for easy access when entering a room.

5.) SPEAK TO YOUR DOCTOR OR THERAPY DEPARTMENT ABOUT ASSISTIVE DEVICES

Your doctor or therapy department can help recommend an appropriate assistive device to keep you steady.

Fitness Activities

Sit, Fit & Fun

Low-impact workout performed while sitting in chair or wheelchair

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Monday, Wednesday & Friday @ 1:30pm
In Vitality Village

Core Strength

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

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Tuesday & Thursday @ 10:30 am
In Vitality Village

Spiritual Activities

Bible Study

Join us for discussion & fellowship!

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Wednesdays @ 10:00am
In Vitality Village

Catholic Communion

Door to Door

-

Sundays beginning @ 9:30am

Who Am I? (Answer)



Audrey Hepburn

Management Team

Ken Green
Executive Director

Rebecca Forrest
Assisted Living Manager

Cathy Boschma-Gillard
Director of Nursing

Lynn Plumb
Controller

Sandy Davis
Dining Service Director

Karlie Borowicz
Activity Director

Isabel Herrera
Housekeeping/Laundry Director

Mark Wagner
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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Scottsdale, AZ 85257

480-946-6571

ScottsdaleSeniorLiving.com

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