

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
GREEN VALLEY  
Assisted Living  
Memory Care

**August  
2018**



## *A Note from the Executive Director*

Summer is upon us already. It is hard to believe that I have been your Executive Director for a little over three months now. I know that there have been many changes in the management team here at Pacifica Green Valley but we are all excited to be working together as a team. Please do not hesitate to contact any member of our team with any concerns you may have so we can address them promptly for you. We are all committed to make Pacifica Green Valley the best it can be! Don't forget to our business communities **Taco Tuesday** is

every 3rd Tuesday of the month. We offer lunch from 11:30am to 1pm in Rose Hall. Don't forget about our first company mixer on Tuesday July 31st from 5pm to 7pm. Remember to dress Hawaiian. Stay Cool,  
Best Regards,  
Julie

## *Who am I?*

Born in 1950 in Michigan, singer, songwriter and multi-instrumentalist he made his recording debut at age 11, becoming a 1960s force to be reckoned with via chart hits like "Fingertips, Pt. 2," "I Was Made to Love Her" and "My Cherie Amour."

## *Welcome to Our Community*

Watermelon is one of summer's best summer treats. Did you know that watermelons are not a fruit, but a vegetable instead? They belong to the cucumber family of vegetables.

[The Eiffel tower](#) actually grows in the heat of the summer. Due to the iron expanding, the tower grows about 6 inches every summer.

If you love ice cream, the summer season should be your favorite. July is national ice cream month. **Here in our community we serve more ice cream in the month of August.**

August's flower is the gladiolus. The flower was discovered in Africa in the 17-18th centuries and was initially used as food (don't try this at home!).







## Health & Fitness by

### Do Something Active

#### Every Day

You need not put in heroic efforts, but you should use your body every day, whether that's a fast-paced walk, a hike, or an hour in the garden. Decades of studies show that just 30 minutes of moderate to intense daily physical activity lowers your risk for [heart disease](#),

[Alzheimer's](#), [depression](#), and many types of [cancer](#).

#### Do Stay Engaged in Life

Involvement in activities you find meaningful and groups you care about increases both quality and quantity of life. [Studies show](#) that individuals who have a strong sense of purpose—in other words, a reason to get up every day—tend to outlive those who don't. [Other research](#) points to robust social interaction as critical for both mental and physical health.



## Birthdays



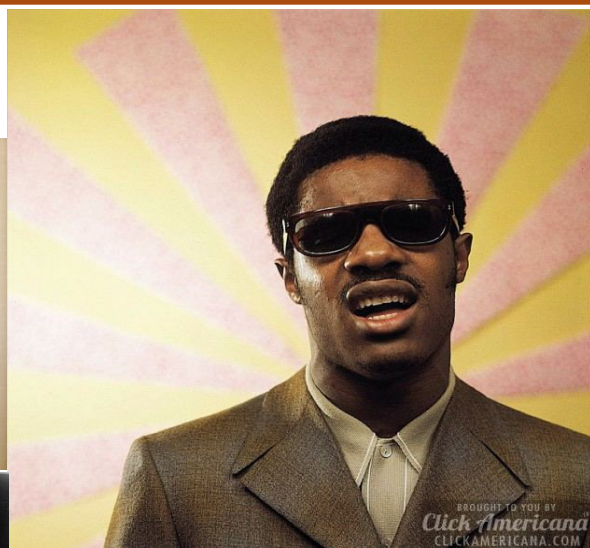
### AUGUST

Richard Heier  
08/05/1944  
Ann Davidson  
08/13/1933  
Bridget Gilleran  
08/18/1943  
Vivian Hanks  
08/20/1919  
Maria Salerno  
08/20/1927  
Barbara Sykes  
08/25/1934  
Terry Wade  
08/24/1955

## 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 to be spiritually bound in our unsettling world. Please notify our front desk to join in on our weekly fellowships.

## Who Am I? (answer)



He has recorded more than 30 U.S. top ten hits and received 25 [Grammy Awards](#), one of the most-awarded male solo artists, and has sold over 100 million records worldwide, making him one of the [top 60 best-selling music artists](#).<sup>[4]</sup>

Stevie Wonder

## *Management Team*

Executive Director  
**Julie Mason**

Resident Service Director  
**Regina Turcette**

Community Relations Director  
**Lanie Spradlin**

Dining Service Director  
**Robert Gribben**

Business Office Manager  
**Christina Abrahams**

Activity Director  
**Michael Bocciia**

Maintenance Director  
**David Willey**

Residents Services Coordinator  
**Katherine Lane**



## *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.*



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*Welcome Home!*