

Pacifica Tidings



VICTORIA COURT
PACIFICA SENIOR LIVING

Assisted Living and Memory Care
Adult Day Care

**JANUARY
2017**



A Note from the Executive Director

Dear Friends, Family and Residents ,

We would like to welcome to our community the new Executive Director of Pacifica Senior Living Victoria Court, Richard Hopkins. Richard is a true Rhode Islander, growing up in East Providence and currently residing in East Greenwich with his wife, his 5 children, and a Yorkie named Fenway. He graduated from the University of Rhode Island and has worked in management for over 20 years! He is a lover of sports and is a Red Sox fan, while his wife prefers the Yankees. We would like to invite all of our friends, family, and residents of Victoria Court for a Wine and Cheese Social to personally meet Richard and welcome him to our community on Wednesday, January 18th from 3:30pm– 4:30pm. As he is looking forward to meeting each and every one of you! Please RSVP to Rhoda Smith, Activity Director. We look forward to making 2017 a great year at Pacifica Senior Living Victoria Court and would like to wish everyone a Happy, Healthy New Year!

Who am I?



I was born in Tupelo, Mississippi on January 8, 1935. I have traveled all over the world while in the army as well as during my singing tours. I was a distant relative of former U.S. President Jimmy Carter.

Welcome to Our Community

**The Residents and Staff
send a warm welcome to
our new residents**

**RITA R.
CESAR P.
KATHY R.**



Activities & Special Events

ENTERTAINMENT

**JANUARY 1st
JOHN SCOTTI
(KEYBOARD & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

**JANUARY 2nd
LUKE JACKSON
(SINGING)
6:00 - 7:00 pm
IN THE LOWER LEVEL**

**JANUARY 8th
MIKE DENARDO
(GUITAR & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

**JANUARY 13th
THE MOONSHINE BOYS
(INSTRUMENTAL & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

**JANUARY 17th
MIKE COLETTA
(GUITAR & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

**JANUARY 26th
TODD HARGRAVES
(COMEDY & SINGING)
1:30 - 2:30 pm
IN THE LOWER LEVEL**

EVENTS

**JANUARY 1st
HAPPY NEW YEAR!**



**JANUARY 2nd
NEW YEAR'S DANCE PARTY
CELEBRATION WITH ENTERTAINMENT
BY LUKE JACKSON!
6:00 - 7:00 pm
FOLLOWED BY REFRESHMENTS
IN THE LOWER LEVEL**

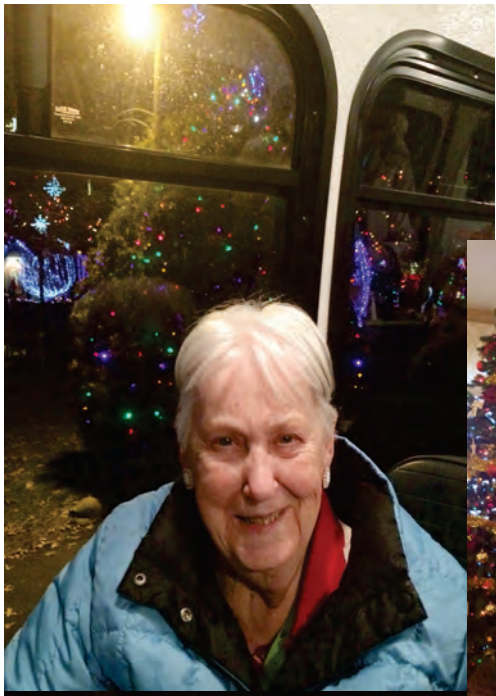
**JANUARY 11th
OIL AND VINEGAR TASTING
5:30-6:30pm
IN THE FIREPLACE ROOM**

**JANUARY 18th
WINE AND CHEESE WELCOME SOCIAL
AND MEET OUR NEW EXECUTIVE
DIRECTOR, RICHARD HOPKINS
3:30-4:30PM
IN THE FIREPLACE ROOM**

(PLEASE RSVP BY JANUARY 16th)

Memorable Moments

Family



Birthdays

**Happy Birthday to all of
our
Residents & Staff
celebrating birthdays in
the month of JANUARY**

Resident Birthdays

Richard P.	1-1
Adeline C.	1-11

Staff Birthdays

Maria R.	1-13
Rhoda S.	1-25
Seanna R.	1-28



Who am I?



I was Elvis Presley!

I am an all time favorite performer for the residents of Pacifica Victoria Court...When my music comes on, the residents will instantly get up and dance! Some of their favorite songs are "Jailhouse Rock", "Blue Suede Shoes", "Love me Tender" and many more!

To honor "The King of Rock and Roll", we are having a Rock and Roll Birthday Party at Pacifica Victoria Court on January 8, 2017, what would have been Elvis's 82nd birthday.

A Note from the Activities Director

Hello Friends and Family,

We've had such a fun and exciting holiday season! I would like to begin by thanking everyone who came and supported our Holiday Bazaar on December 3rd. It was a success because of the support from our friends and family who contributed by donating, baking and joining in the festivities! We went on several trips to LaSalette Shrine in December and took drives around the neighborhood to see Christmas lights. We have enjoyed several visits from the local girl scout troops. They came in and sang Christmas carols, played games and visited with our residents! Our residents will also enjoy the new, exciting programs that have been planned for 2017! I look forward to another great year and wish everyone a Happy, Healthy New Year!.....Rhoda Smith, AD, CDP



Health & Fitness by

Susan Thomas, RN,RSD
A message from our Nurse:

Some facts about pneumonia
Pneumonia refers to an infection of the lungs; most cases are caused by common bacteria known as ***Streptococcus pneumoniae***. Here are some facts everyone should know...

- May start quickly with little warning.
- It can affect anyone, anytime, anywhere,
- The primary risk factor is age. ***If you are 50 or older, you may be at increased risk.*** As we age, our immune system weakens.
- Certain symptoms, like cough and fatigue, can last for weeks.
- Other symptoms can include chest pain and difficulty breathing.
- Having any chronic, medical conditions (e.g., diabetes, heart disease, COPD) can make the body more vulnerable and increase the risk.
- May result in hospitalization.
- People who catch pneumococcal pneumonia are typically treated with antibiotics.

Talk to your health care provider, he/she can help you understand whether getting vaccinated is right for you. Wishing you all a safe, healthy, holiday season!

Fitness Activities

Keep Moving

Exercise should be an important part of your day. We have two exercise programs daily. All exercise can be done right from your chair and we concentrate on all parts of your body for overall good fitness.

Exercise is
Sunday—Saturday
10:00am-10:30am
&
6:00pm-6:30pm
Lower Level

TAI CHI w/ BOB
January 5th and 19th
2:30-3:30pm

TAP N TIME With BELLE
January 25th
10:30-11:30am

Spiritual Activities

Deacon Cote from
St. Claire's Church will be
here
January 13th and 27th
at 10:30am
For Mass & Communion
(Lower Level)

Community Chaplain
Mary Mattiace will be here
January 3rd, 17th, and 31st
at 10:30am
For Bible Study & Music
(Lower Level)

Netta Boudano and friends
from the Legion of Mary
will be here
January 10th and 24th
at 10:30am
For the Rosary
(Lower Level)

THE VETERANS OF PACIFICA SENIOR LIVING VICTORIA COURT...FROM LEFT TO RIGHT...BOB D., JOE E., ROCCO I., RAY L., GEORGE J., PASQAULE S., LEO M., JOSEPH P., FRANK R., ELLIE B., AND RICHARD P...

WE THANK YOU!



Management Team
Richard Hopkins
Executive Director

Susan Thomas, RN
Resident Service Director

Andre Mack
Business Office Manager

Joe Cantone
Community Relations Director

Rhoda Smith, CDP
Activities Director

Pasquale Sirabella
Environmental Services
Director

Matthew Giuseffi
Dining Services Director



*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!*



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Lic.# ALR01454

www.pacificaseniorliving.com

Welcome Home!