

Highlights

FROM LAST MONTH'S FUN!

Making Tie dye T-shirts



Lunch outside

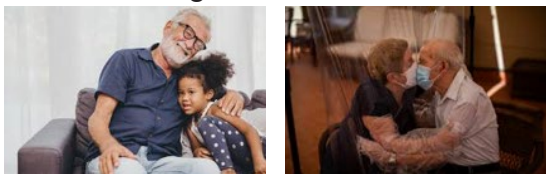


Homeade Soap Animals



PARK WELLNESS CORNER

"You've got a friend in me!"



I've been thinking about the definition of social connectivity: the feeling of closeness and connectedness to a community, rooted in feelings of belonging, love, and common values. We are innately social creatures.

*Social connectivity in our friendships helps reduce dementia and the chance of Alzheimer's. The emotional and mental benefits of friendship are good for the soul and will make a difference in the lives of others we love and care for.

*Family members are encouraged to insure their loved one has scheduled time allotted for important people in their life.

*If you work in a senior facility as a caregiver or member on the team, ensure you allow for socialization and encourage interaction between residents in your community.

*Spending quality time with others is essential to a senior's emotional and mental well-being. It helps prevent depression which is prevalent in seniors. If you have a senior in a community visit them and call as often as you can.

*Social interaction is good for your brain health promoting a sense of safety, belonging, and security. It allows you to confide in others and lets them confide in you. Social interaction is a beautiful thing that we should not take for granted.

Thank you for showing up.

Jannea Downs
General Manager

Our Park Senior Villas Team

Jannea Downs- General Manager
Rosa Belcher – Health & Wellness Director
Tonya Calkins- Marketing Director
Leon Tatum- Dietary Director
Greg Kooistra – Maintenance Director
Georgia Burkes-Activities Coordinator

OFFICE HOURS

Monday - Friday.....9am-5pm
SaturdayBy Appointment
SundayClosed
Office602-633-2300
Care Line602-619-4596
Fax623-594-9164

PARK Senior Villas

• GOODYEAR •

ASSISTED LIVING & MEMORY CARE COMMUNITIES

MAY 2021

EMPLOYEE SPOTLIGHT

Belinda Moreno

Belinda Moreno is new to our community and is one of the most amazing and compassionate caregivers I have ever met in my entire life. She has been employed here for 3 months and has stood out since day one. She loves working at Park Senior Villas and says what she likes most about being employed here are the residents. She enjoys spending time with everyone as well as telling them jokes and overall providing the loving care they deserve. Belinda grew up in Fresno California and has four children. She has lived in Arizona for one year after moving here from Texas. Her hobbies are visiting the beach in Santa Monica, fishing, camping, and hanging out and spending time with her grandchildren. She also said she enjoys shopping and Macy's is her favorite spot. Belinda loves animals and cats are her favorite. As the General Manager, I want to add on to her spotlight. Belinda, you have been a complete joy to work with in our community and have been since the day you arrived. I cannot thank you enough for the job you choose to do every day at Park Senior Villas. You simply show up and serve the residents with such compassion and kindness that it radiates in every villa you work in. You never complain about any assignment or task. You work well with others. It is my complete pleasure to honor you. Belinda, you go above and beyond every day. Job well done.



RESIDENT SPOTLIGHT

Kathleen Marie Schouten

Kathleen Marie Schouten was born in Reno, Nevada. As a child she enjoyed riding bicycles with her siblings because they were all very close as kids. She also enjoyed listening to Elvis Presley as a young girl because she was "so in love with him and wanted to marry him." LOL. Kathleen was enrolled in college at UNR and studied child psychology. Kathy worked as a preschool teacher for 30 years. She moved around a lot, mostly in the western US. One of Kathy's favorite memories is when her family traveled to Italy when she was a little girl. She fondly recalls the boat ride and visit to New York city. Kathy has been married twice. She met her first spouse while she was a cashier at Kmart (he came through her line 😊). Her second husband she met while on CB radio (he was a truck driver). Kathy is blessed with 3 sons and 9 grandchildren: 8 grandsons and 1 granddaughter. Her dad and brother Richard were her heroes growing up and her parents were her role models. Kathy is most proud of raising three boys on her own. If she had to give any advice today, she would say "Be humble and kind." She would also love for people to know that she can be ornery and enjoys a good joke and that she enjoys living here, enjoys the staff, and the caregivers are wonderful.



UPCOMING EVENTS

Cinco De Mayo Day Celebration

Come join us for Horchata, quesadillas and tacos
Drawing for sombrero hat gift basket for referral partners.
May 5th: 11:00-1:30pm in Villa 7

Mother's Day Celebration Brunch

Flower dedication by administration staff
at 11am Family members welcome to join us in Villa 3.
May 7th

Donuts, OJ and Coffee

Referral partners and Family members are invited to join administration and residents.
May 14th 10am

Wine down Wednesday

with referral partners, starts @ 6pm
May 19th

"Welcome to Alzheimer's"

May 28th 5pm Villa 2

HAPPY
Mother's
DAY

Happy Birthday!

Celebrating our
May Birthdays!

May 10th - Ernest Dufresne

May 15th - Socorro Rosas

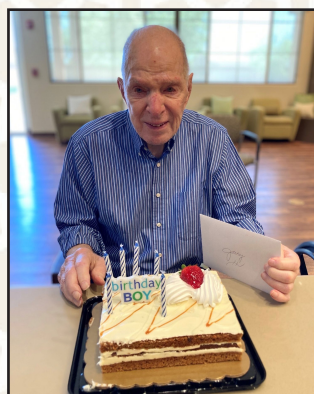
Phoebe Snyder

May 18th - Sharon Gibbs

May 19th - John Courtney



April H turns 50!



Jerome G celebrates
his 87th birthday

May

ACTIVITY CALENDAR

PARK SENIOR VILLAS ASSISTED LIVING & MEMORY CARE • MAY 2021

Please Note - Calendar Events are subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>May 2021</div> <div>Happy Mother's Day!!</div>						
2 9:00am -Sunday Service TV 10:30 am Puzzles/Cards/ Coloring 1:30pm – Afternoon Stroll 3:00pm – Ice Cream Social 7:00pm – Rest & Relaxation	3 8:00am – Coffee & Conversation 10:00am – Matinee Movie Popcorn 1:00pm Fitness class w Georgia 2:30 outdoor strolls/walks 3:00pm- Bingo social 6:00pm- outdoor patio hour 7:00pm – Evening Cards Games	4 8:00am -Coffee & Conversation 10:15am- Group Exercises 10:30am Bible study w Georgia 1:30pm -Manicures/ Nailcare 3:00pm – Trivia Fun Facts/ 7:00pm -Evening Word Games	5 8:00am coffee & conversation 9:30am Cinco de mayo celebration 10:00am Creative Craft class 2:30pm hydration station 3:00pm Creative craft class 7:00pm Evening Book Club W/ Admin Cinco de Mayo	6 8:00am – Coffee & Conversation 9:30am - Exercise 10:00am – Shake rattle &roll H7. 2:30 pm – Parachute Fun 3:00pm- Bingo social 7:00pm – Evening Cards Game	7 8:00am - coffee & conversation 9:30am -Outdoor Strolls 10:00am -Matinee Movie, Popcorn H8 11:00am-Mother's Day Brunch 2:30pm -Afternoon Strolls/ Walks 3:00pm – Resident's choice Activity 7:00pm – Evening Movie of choice	8 8:00am – Coffee & conversation 10:15am – Group Exercises 11:00am Outdoor strolls 1:30pm – Manicures 3:00pm Bingo & pie 7:00pm Movie of Choice May Day
9 9:00am -Sunday Service TV 10:30 am Puzzles/Cards/ Coloring 11:00am – Mother's Day Brunch 3:00pm – Ice Cream Social 7:00pm – Rest & Relaxation Mother's Day	10 8:00am – Coffee & Conversation 10:00am – Matinee Movie Popcorn 10:15am Fitness class w Georgia 2:30 outdoor strolls/ walks 3:00pm- Bingo social 6:00pm- outdoor patio hour 7:00pm – Evening Cards Games	11 8:00am -Coffee & Conversation 10:15am- Group Exercises 10:30am Bible study w Georgia 1:30pm -Manicures/ Nailcare 3:00pm – Trivia Fun Facts/ 7:00pm -Evening Word Games	12 8:00am coffee & conversation 9:30am 10:00am Creative Craft class 2:30pm hydration station 3:00pm Creative craft class 7:00pm Evening Book Club W/ Admin	13 8:00am – Coffee & Conversation 9:30am - Exercise 10:00am – Shake rattle &roll. 2:00pm Bible service with pastor H3 3:00pm- Bingo social 7:00pm – Evening Cards Game	14 8:00am -Coffee & Conversation 10:00am-Donuts,OJ and Coffee 10:15am-Coffee & Donuts w administration -cy 1:30pm -Manicures/ Nailcare 3:00pm – Trivia Fun Facts 7:00pm -Evening Word Games	15 8:00am – Coffee & conversation 10:15am – Group Exercises 11:00am Outdoor strolls 1:30pm – Manicures 3:00pm Bingo & pie 7:00pm Movie of Choice
16 9:00am -Sunday Service TV 10:30 am Puzzles/Cards/ Coloring 1:30pm – Afternoon Stroll 3:00pm – Ice Cream Social 7:00pm – Rest & Relaxation Shavuot Begins	17 8:00am – Coffee & Conversation 10:00am – Matinee Movie Popcorn 10:15am Fitness class w Georgia 2:30 outdoor strolls/ walks 3:00pm- Bingo social 6:00pm- outdoor patio hour 7:00pm – Evening Cards Games	18 8:00am -Coffee & Conversation 10:15am- Group Exercises 10:30am Bible study w Georgia 11:30am-“Healthy Living for your Brain” 1:30pm -Manicures/ Nailcare 3:00pm – Birthday celebration w Aguilar -H7 7:00pm -Evening Word Games	19 8:00am coffee & conversation 9:30am 10:00am Creative Craft class 2:30pm hydration station 3:00pm Creative craft class 6:00pm-Wine down Wednesday 7:00pm Evening Book Club W/ Admin	20 8:00am – Coffee & Conversation 9:30am -Exercise 10:00am – Shake rattle &roll. 2:30 pm – Stretching and exercises. 3:00pm- Bingo social 7:00pm – Evening Cards Game	21 8:00am - coffee & conversation 9:30am -Outdoor Strolls 10:00am -Matinee Movie, Popcorn H8 2:30pm -Afternoon Strolls/ Walks 3:00pm – Resident's choice Activity 7:00pm – Evening Movie of choice	22 8:00am – Coffee & conversation 10:15am – Group Exercises 11:00am Outdoor strolls 1:30pm – Manicures 3:00pm Bingo & pie 7:00pm Movie of Choice
23 9:00am -Sunday Service TV 10:30 am Puzzles/Cards/ Coloring 1:30pm – Afternoon Stroll 3:00pm – Ice Cream Social 7:00pm – Rest & Relaxation	24 8:00am – Coffee & Conversation 10:00am – Matinee Movie Popcorn 10:15am Fitness class w Georgia 2:30 outdoor strolls/walks 3:00pm- Bingo social 6:00pm- outdoor patio hour 7:00pm – Evening Cards Games	25 8:00am -Coffee & Conversation 10:15am- Group Exercises 10:30am Bible study w Georgia 1:30pm -Manicures/ Nailcare 3:00pm – Trivia Fun Facts/ 7:00pm -Evening Word Games	26 8:00am coffee & conversation 9:30am 10:00am Creative Craft class 2:30pm hydration station 3:00pm Creative craft class 7:00pm Evening Book Club W/ Admin	27 8:00am-Coffee & Conversation 10:00am – Coffee talk cart 2:30 pm – Stretching/ Exercises. 3:00pm- Bingo social/treats 7:00pm – Evening Cards Game	28 8:00am - coffee & conversation 9:30am -Outdoor Strolls 10:00am -Matinee Movie, Popcorn H8 2:30pm -Afternoon Strolls/ Walks 3:00pm – Resident's choice Activity 5:00pm – Welcome to Alzheimer's-Villa2 7:00pm – Evening Movie of choice	29 8:00am – Coffee & conversation 10:15am – Group Exercises 11:00am Outdoor strolls 1:30pm – Manicures 3:00pm Bingo & pie 7:00pm Movie of Choice
30 9:00am -Sunday Service TV 10:30 am Puzzles/Cards/ Coloring 1:30pm – Afternoon Stroll 3:00pm – Ice Cream Social 7:00pm – Rest & Relaxation	31 8:00am – Coffee & Conversation 10:00am – Matinee Movie Popcorn 10:15am Fitness class w Georgia 2:30 outdoor strolls/walks 3:00pm- Bingo social 6:00pm- outdoor patio hour 7:00pm – Evening Cards Games	Please join us for our Educational Series Open to Family & Friends “Healthy Living for your Brain” with Alzheimer’s Association May 18th 5pm - via Zoom and “Welcome to Alzheimer’s” presented by Suncrest Hospice May 28th 5pm Villa 2				

Park Senior Villas at Goodyear

ACTIVITIES ARE SUBJECT TO CHANGE