

Highlights FROM LAST MONTH

Welcome Back Family BBQ



Management Covering Staff Breaks



PARK Senior Villas

• L A C A Ñ A D A •

ASSISTED LIVING & MEMORY CARE COMMUNITIES

MAY 2021

EMPLOYEE SPOTLIGHT

Karla Cingo

Certified Caregiver

Many of you may know Karla. She has been a Med Tech, RCC, and Caregiver here at PSV. What she enjoys most about working at PSV is the environment. On her days off she enjoys disk golfing, working on cars, and hanging out with her kids. What she enjoys best about being a caregiver is making the residents happy and fulfilling their needs. One thing she wants to encourage caregivers on is to really listen to the residents: their wants, needs, or to just be a listening ear. Advice she would like to give to all is "Always tell your loved ones you love them because you don't know if that will be the last time".

A few facts about her are:

Karla was born in Nogales Arizona on August 8th and is a mother of 4.

She has been a caregiver for 25 years and also worked 18 years with kids and adults with disabilities.

She likes the Texas Longhorns.

Things on her bucket list are to skydive, go to Monaco NASCAR Racing, and travel to Spain.

PSV wants to thank you Karla for all your hard work! We appreciate you providing such good care and love to our residents.



RESIDENT SPOTLIGHT

Elizabeth "Liz" Phelps

Elizabeth was born in El Paso, Texas on April 20th and raised in Coolidge, Arizona. She's had a very successful and meaningful life despite falling in love at the age of 13 and becoming engaged by 14. She has 2 kids and 7 grandkids. She has loved playing the piano her whole life since the age of 5. She has played concerts, weddings, churches and even on the radio. Besides playing piano she enjoys painting & drawing. In fact, she had one of her paintings framed at the Santa Fe Capitol Building. Her favorite genres are sceneries, pictures of the mountains, the west, and most of all saguaro cactus. One life lesson she wishes she could change is her smoking. She feels she wouldn't be on oxygen now if she hadn't smoked in her younger days, BUT despite her health conditions, she says she doesn't let it bother her. She gets up every day to do her hair, makeup, and nails!

Some advice Elizabeth would like to give is DON'T SMOKE! If you have a desire to love, it's never too late to fall in love again. And remember always do the best you can! We love having you at PSV Elizabeth. We hope for many more years with you!



MAY TRIVIA

1. The early Roman calendar had May as the ____ month of the year.
2. According to many sources, May was named after which Roman goddess?
3. The Empire State building first opened on May 1st of what year?
4. What is the birthstone for May?
5. What is the birth flower for May?
6. Minnesota was admitted to the Union on May 11th of what year?
7. Mother's Day is celebrated each year on the ____ Sunday of May.
8. The most famous horse race in the United States takes place on the 1st Saturday in May each year. Name it.
9. Although it's not celebrated in the U.S. or Canada, May 1st is one of the biggest holidays elsewhere in the world. What is the holiday called?
10. If you were born at the beginning of the month of May, your star sign is Taurus. What is your star sign if you were born towards the end?

Answers: 1. 3rd 2. Maia 3. 1931 4. Emerald 5. Lily of the Valley 6. 1858 7. 1st 8. The Kentucky Derby 9. May Day 10. Gemini

Our Park Senior Villas Team

Isabella Conte - Interim General Manager

Mariana Cruz - Health Unit Coordinator

Samantha Orozco - Community Support Specialist

Jennifer Garibay - RCC

Lydia Garza - RCC

Mabisaraid Rodriguez -RCC

Rose Chavez - Dietary Director

Melissa Chavez - Activities Director

Albert Leon - Maintenance Director

OFFICE HOURS

Monday - Friday.....9am-5pm

SaturdayBy Appointment

Sunday.....Closed

Office520-531-0086

Care Line520-262-5687

Main Fax520-268-9796

Admissions/Marketing Fax...520-268-9795



6899 N. La Cañada Drive, Tucson, Arizona 85704 | 520.531.0086 | www.parkseniorvillas.com

May

ACTIVITY CALENDAR

PARK SENIOR VILLAS ASSISTED LIVING & MEMORY CARE • MAY 2021

Please Note - Calendar Events are subject to change



Welcome!
to our new residents!

Rosa
Cleotilde

Stacey

Carol

Margaret

Happy Birthday!

Celebrating our
May Birthdays!

May 6th - Joseph (A)

May 7th - Virginia "Ginger" (G)

Anna (I)

May 24th - Charles "Ray" (M)

May 29th - Nancy (J)



REFRESH PROGRAM

Introducing the Refresh Program for all residents

- A warm cloth infused with orange essential oil for breakfast to uplift energy and provide a sense of refreshment for the day
- Peppermint infused for before lunch to enhance circulation and memory/ awareness
- Lavender to improve sleep and destress before bedtime

Each resident will receive an oil infused cloth 3 times a day to help stimulate sensory function!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>May 2021</div> <div>Happy Mother's Day!!</div>						
10:00 Church/ Mass Ch:363-373 (A-N) 12:00 Sunday Sundaes (A-N) 2:00 Nail Care & Nail Painting (A-N)	10:00 Ball Toss (J) 2:00 Monthly Newsletter (C) 4:30 Jeopardy Channel:9 (A-N)	10:00 Pet Therapy W/ Granite (See Memo) 3:00 Employee of the Month Social (D) 5:30 Resident's Choice (A-N)	10:00 Cinco De Mayo History & Coloring (A-N) 4:00 Cinco De Mayo Fiesta (Courtyard) 5:30 Evening Movie & Popcorn (A-N) Cinco de Mayo	10:00 Morning Walk (Courtyard) 2:00 Chip Chip Horray Cookies (A-N) 3:00 Shopping for residents-Walmart (A,C,D,G) 4:00 Who wants to be a Millionaire (A-N)	10:00 Coffee & Muffins (A-N) 12:00 Mom, Me, & Tea Social (Courtyard) 3:00 1:1 Visits (A-C) 5:30 Resident's Choice (A-N)	10:00 May Day Activities (A-N) 2:00 Nail Care & Nail Painting (A-N) 3:00 Saturday Game Day (A-N) May Day
8:00 Spa Day for Ladies (A-N) 10:00 Church/ Mass Ch:363-373 (A-N) 12:00 Mother's Day Lunch (A-N) 2:00 Nail Care & Nail Painting (A-N)	10:00 Ball Toss (I) 2:00 May Trivia (D) 4:30 Jeopardy Channel:9 (A-N)	10:00 Book Mobile/ Hydration & Snack Cart (A-D) 11:30 Pet Therapy 1:1 with Frisco-Sign up w/Melissa 3:00 Music W/McCann Sisters (Courtyard)	10:00 The Importance of Activities CEU (See Memo) 3:00 Keyboard W/John Dupont (C) 5:30 Evening Movie & Popcorn (A-N)	10:00 Morning Walk/ National Fruit Cocktail Day (Courtyard) 2:00 Chip Chip Horray- Cookies (A-N) 3:00 Shopping for residents-Walmart (J,I,M,N) 4:00 Who wants to be a Millionaire (A-N)	10:00 PSV Café Coffee & Donuts (C) 3:00 1:1 Visits (D-G) 5:30 Resident's Choice (A-N)	10:00 Morning Music (A-N) 2:00 Nail Care & Nail Painting (A-N) 3:00 Saturday Game Day (A-N) Armed Forces Day
10:00 Church/ Mass Ch:363-373 (A-N) 12:00 Sunday Sundaes (A-N) 2:00 Nail Care & Nail Painting (A-N) Shavuot Begins	10:00 Ball Toss (C) 3:00 Music W/Bruce (Courtyard) 4:30 Jeopardy Channel:9 (A-N)	10:00 Book Mobile/ Hydration & Snack Cart (G-J) 3:00 Bingo & Prizes (G) 5:30 Resident's Choice (A-N)	10:00 Uno W/ Friends (G) 3:00 Happy Hour (Wine Wednesday) 5:30 Evening Movie & Popcorn (A-N)	10:00 Morning Walk (Courtyard) 2:00 Chip Chip Horray- Cookies (A-N) 3:00 Painting Flower Pots (J) 4:00 Who wants to be a Millionaire (A-N)	10:00 PSV Café Coffee & Donuts (D) 3:00 1:1 Visits (I-J) 5:30 Resident's Choice (A-N)	10:00 Morning Music (A-N) 2:00 Nail Care & Nail Painting (A-N) 3:00 Saturday Game Day (A-N)
10:00 Church/ Mass Ch:363-373 (A-N) 12:00 Sunday Sundaes (A-N) 2:00 Nail Care & Nail Painting (A-N)	10:00 Ball Toss (D) 2:00 May Word Searches/Crossword Puzzles (J) 4:30 Jeopardy Channel:9 (A-N) Victoria Day (Canada)	10:00 Book Mobile/ Hydration & Snack Cart (M & N) 11:30 Pet Therapy 1:1 with Frisco-Sign Up w/Melissa 5:30 Resident's Choice (A-N)	10:00 National Senior Health & Fitness Day (Courtyard) 3:00 Birthday Celebration (D) 5:30 Evening Movie & Popcorn (A-N)	10:00 Morning Walk (Courtyard) 2:00 Chip Chip Horray- Cookies (A-N) 3:00 Planting our Flower Pots from 3/20 (J) 4:00 Who wants to be a Millionaire (A-N)	10:00 PSV Café Coffee & Donuts (G) 3:00 1:1 Visits (M-N) 5:30 Resident's Choice (A-N)	10:00 Morning Music (A-N) 2:00 Nail Care & Nail Painting (A-N) 3:00 Saturday Game Day (A-N)
10:00 Church/ Mass Ch:363-373 (A-N) 12:00 Sunday Sundaes (A-N) 2:00 Nail Care & Nail Painting (A-N)	10:00 Ball Toss (A-N) 11:00 Rock the Block Memorial Day BBQ/Party for Residents (Courtyard) 4:30 Jeopardy Channel:9 (A-N) Memorial Day	<div>Please join us for our Educational Series Open to Family & Friends</div> <div>"Healthy Living for your Brain" with Alzheimer's Association</div> <div>May 18th 5pm - via Zoom</div> <div>and</div> <div>Educational Behavioral Series Care & Redirection Techniques 5/17 10am Villa H</div> <div>Sponsored by Amedisys Hospice/Home Health</div>				

Park Senior Villas at La Canada

Activities are subject to change

In Regards to activities please contact Melissa