

# Highlights

FROM LAST MONTH



## PARK WELLNESS CORNER



As we grow older it is just as important to keep up with your routine doctor visits and or appointments. Maintaining regular doctor visits **allows a physician to check your elderly**

**loved one's current health** and compare the results with past visits. Seeing the doctor can lower the risk of many conditions or allow your loved one to receive early treatment that slows the progression of a disease that has already developed. The average American visits the doctor around 4 times per year. Senior citizens are included in that average, although they should typically visit the doctor more frequently than the general population. It's no secret that as we age our bodies break down and become more susceptible to issues and diseases. Preventative measures can help slow down the progression of many common diseases in seniors. Yet, if a condition isn't caught early on, it can progress rather quickly. As seniors age, recommendations for doctor visits increase. Seniors that are in their seventies should visit their doctor at least twice a year, while seniors in their eighties (and above) should visit the doctor at least three times per year – or once every few months. Seniors should visit the doctor more frequently if they are experiencing any health issues, changes in mood, behavior, or overall feelings of wellbeing. If a new pain springs up and doesn't go away on its own, it's time to visit the doctor. Yet, even if nothing seems wrong at all, it's important to get regular checkups, blood work, urine samples, and so forth. This helps to monitor any changes and act as needed. **What Happens When You Don't Go to the Doctor Enough?**

- Health issues can balloon out of control and become much worse
- Overall quality of life and health can deteriorate
- Medications may be improperly taken or mixed
- Changes to medications may be necessary but without visiting the doctor there's no way of knowing that

A doctor who closely follows your health with regular checkups can identify issues quicker and create a more comprehensive health care plan. Plus, they can create and monitor a plan of action to preserve your health, including physical exercise, diet, and so forth. Remember an apple a day keeps the doctor away.

Jannea Downs



## Our Park Senior Villas Team

Joey French - Vice President of Operations  
 Penelope Watkins - Executive Director  
 Robert Robledo - Dietary Director  
 Dawn Narloch - Community Support Specialist  
 Joy Arreola - Director of Health & Wellness  
 Leilani Aldrich-Buccino - Resident Care Coordinator  
 Dr. Ebeid - Medical Director  
 Jaime Larsen - PAC

## OFFICE HOURS

**Monday - Friday** ..... 9am-5pm  
**Saturday** ..... By Appointment  
**Sunday** ..... Closed  
**Office** ..... 480-802-6888  
**Care Line** ..... 602-619-4596  
**Fax** ..... 602-755-9722

**PARK**   
*Senior Villas*  
 • CHANDLER •

ASSISTED LIVING & MEMORY CARE COMMUNITIES

SEPTEMBER 2021

## EMPLOYEE SPOTLIGHT

### Nancy Dobbs

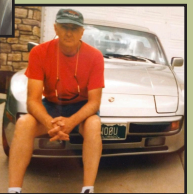
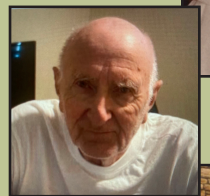
Nancy was born and raised in Arizona and has spent the last 20+ years in the medical field. Nancy is married and has three beautiful children, but her biggest joys are her granddaughter and new baby grandson. She loves taking her boat out on the lake and spending time with her family and friends. She has been with us since the very beginning and our residents adore her. Her favorite thing about working at PARKS is being able to be a part of her amazing resident's lives and provide them care. Thank you, Nancy, for all you do! We truly appreciate you!



## RESIDENT SPOTLIGHT

### Gary Nelson

Gary was born in Goldfield, Iowa and spent 40+ years working for various railroads. He is the wonderful father to two daughters, Shanna and Nicole. His real claim to fame is being a grandfather, or better known as "Papa". His four grandchildren Bryce, Aubrey, Olivia, and Samantha are a never-ending source of pride to him. One of their favorite things about their "Papa" is his sense of humor. Gary and his grandson Bryce share the same fondness for cars and love to reminisce about his beloved Porsche. Everyone loves having Gary as a part of our community, he always keeps us laughing. Welcome to Park Senior Villas!



## COMPASSION DURING COVID-19

# PLEASE SUPPORT OUR LOCAL CAN FOOD DRIVE

PSV will be collecting cans during September to donate to local food banks. Please drop of donations at the office



**National Assisted Living Week**



**9/12 – 9/18**

- ♥ We will have events to highlight the compassion we have for our residents and the entire PARK Team.
- ♥ We are going to show what a great sense of community we have created by having a Homecoming Parade, complete with a King and Queen.
- ♥ We will honor our PARK family with caring acts of kindness.

4950 S. Lindsay Road, Chandler, Arizona 85249 | 480.802.6888 | [www.parkseniorvillas.com](http://www.parkseniorvillas.com)



# September

## PARK SENIOR VILLAS ASSISTED LIVING & MEMORY CARE • SEPTEMBER 2021

### ACTIVITY CALENDAR

Please Note - Calendar Events are subject to change.



### ICE CREAM SOCIAL

PLEASE COME JOIN US SEPTEMBER 3RD @ 2:30PM

**NATIONAL ASSISTED LIVING WEEK**  
SEPTEMBER 12-18, 2021

**JOIN US FOR A WEEK OF CELEBRATIONS & ACTIVITIES**

**MONDAY- DISNEY DAY**  
**TUESDAY- FOOTBALL DAY**  
**WEDNESDAY- YEARBOOK DAY**  
**THURSDAY- HOMECOMING COURT/SENIOR DANCE/STAFF APPRECIATION LUNCH**  
**FRIDAY- HOMECOMING PARADE**  
**CELEBRATING THE DECADES & BBO**

Happy Birthday!

Celebrating our  
September Birthdays!

Cheri Johnson 9/23

Welcome!

to our new residents!

Beverly Kenny

James Everett

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 8:30 Coffee and Coffee Cake 11:00 Mindful Moves with Teresa. 1:00 After Lunch Activity. 3:00 Poker	<b>2</b> 9:00 Mad Libs 1:00 After Lunch House Activity. 2:30 Bingo 4:00 Evening stroll	<b>3</b> 9:00 Cranium Crunch 11:00 Morning Fitness 1:00 After Lunch House Activity 2:30 Ice Cream Social	<b>4</b> 9:30 Morning Stroll 11:00 Pet Therapy w/ Maryann and Mati 1:00 Crafters Corner 2:30 Afternoon at the Movies
<b>5</b> 10:00 Church Non-Denominational  2:00 In House Activity or Game	<b>6</b> Spark Creativity Week 9:30 Current Events 10:30 Morning Movement 1:00 Bowling 3:00 Aroma Therapy	<b>7</b> 10:00 Park Café National Grateful Patient Day 1:00 After Lunch House Activity 2:30 Cookie Decorating 4:00 Evening Stroll	<b>8</b> 8:30 Coffee and Cinnamon Rolls 11:00 Mindful Moves with Teresa 1:00 Build Terrariums 3:00 Ladder Ball	<b>9</b> 9:00 SunCatcher 1:00 After Lunch House Activity. 2:30 Dominos 4:00 Evening stroll	<b>10</b> 9:00 Cranium Crunch 11:00 Morning Fitness 1:00 After Lunch House Activity 2:30 Tie Die Shirts	<b>11</b> 9:30 Morning Stroll 11:00 Bingo 1:00 Crafters Corner 2:30 Afternoon at the Movies
<b>12</b> 10:00 Church Non-Denominational  2:00 In House Activity or Game	<b>13</b> Disney Day 9:30 Current Events 10:30 Morning Movement 1:00 Hangman 2:00 Afternoon at the Movies *Featuring Chitty Chitty Bang Bang*	<b>14</b> Football Day 10:00 Park Café National Hoagie Day 1:00 After Lunch House Activity 2:30 Football Corn Toss 4:00 Evening Stroll	<b>15</b> Yearbook Day 8:30 Coffee and Donuts 11:00 Mindful Moves with Teresa 2:00 Yearbook Party	<b>16</b> Senior Dance 9:00 Finish the Proverbs 10:00 Morning Stroll 3:00 Connect Four 4:00 Homecoming Court / Dance	<b>17</b> Homecoming 9:00 Cranium Crunch 11:00 Morning Fitness 1:00 After Lunch House Activity 4:30 Homecoming Parade	<b>18</b> 9:30 Morning Stroll 11:00 Pet Therapy w/ Maryann and Mati 1:00 Crafters Corner 2:30 Afternoon at the Movies
<b>19</b> 10:00 Church Non-Denominational  2:00 In House Activity or Game	<b>20</b> 9:30 Current Events 10:30 Morning Movement 1:00 Jenga 3:00 Art Therapy	<b>21</b> 10:00 Park Café National Pecan Cookie Day 1:00 After Lunch House Activity 2:30 Baking 4:00 Evening Stroll	<b>22</b> 8:30 Coffee and Muffins 11:00 Mindful Moves with Teresa 1:00 After Lunch Activity 3:00 Ladder Ball	<b>23</b> 9:00 Coffee Trivia 1:00 After Lunch House Activity. 2:30 Bingo 4:00 Evening stroll	<b>24</b> 9:00 Pet Therapy w/ Robert and Jacque 11:00 Morning Fitness 1:00 After Lunch House Activity 2:30 Cranium Crunch	<b>25</b> 9:30 Morning Stroll 11:00 Corn Hole 1:00 Crafters Corner 2:30 Afternoon at the Movies
<b>26</b> 10:00 Church Non-Denominational  2:00 In House Activity or Game	<b>27</b> 9:30 Current Events 10:30 Morning Movement 1:00 Poker 2:30 Afternoon at the Movies	<b>28</b> 10:00 Park Café National Strawberry Cream Pie Day 1:00 After Lunch House Activity 2:30 Bingo 4:00 Evening Stroll	<b>29</b> 8:30 Coffee and Kreps 11:00 Mindful Moves with Teresa 1:00 After Lunch Activity 3:00 Corn Hole	<b>30</b> 9:00 Famous Duo Matching Game 1:00 After Lunch House Activity. 2:30 Aroma Therapy 4:00 Evening stroll	<p><b>NATIONAL ASSISTED LIVING WEEK®</b> SEPTEMBER 12-18, 2021</p>	

PARK Senior Chandler