

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

OPEN TO THE PUBLIC!

PARK Senior Villas **Canyon Home Care & Hospice**

FALL FESTIVAL

Introducing **Wednesday Sept. 29th 1PM-3PM**

"Stay Focus" Photography "Paparazzi" Jewelry "Art that Sticks"

****R.S.V.P. to: Parks Senior Villas ~ 602.633.2300 4211 N PebbleCreek Pkwy, Goodyear AZ 85395**

Donuts with Admin – Jannea 9/2/21
Elder Law Info Luncheon 9/15/21
Drum Circle Event with Andrew Ecker 9/29/21



Our Park Senior Villas Team

Jannea Downs - General Manager
 Dana Burks - Director of Health & Wellness
 Susan Ruybalid - Marketing Director
 Leon Tatum - Dietary Director
 Michael Brown - Maintenance Director
 Georgia Burkes - Activities Coordinator

OFFICE HOURS

Monday - Friday 9am-5pm
Saturday By Appointment
Sunday Closed
Office 602-633-2300
Care Line 602-619-4596
Fax 623-594-9164

PARK Senior Villas

• GOODYEAR •

ASSISTED LIVING & MEMORY CARE COMMUNITIES

SEPTEMBER 2021

RESIDENT SPOTLIGHT

Dennis J McMahon

Dennis has been a resident in our community since April 2021 and was born in Evanston, Illinois. He has 3 brothers and one sister. In our community we call him "Cabby" because he was supposed to be the caboose in the family as the youngest but his younger brother was born and his parents cut it in half and called him Cabby. He moved to Arizona in the 90's and has been here ever since. He pursued a job in retail golf as a career. After retiring he worked at Robson Pebble creek community as a supervisor in maintenance.

He has been blessed with and is most proud of his two wonderful, amazing children that are "TWINS": his son Brendan and daughter Brigid. Cabby also has 3 grandchildren. He says one of his greatest childhood memories was when he performed in a state basketball tournament and was honored with MVP and honorable mention. Originally from Chicago, he is a fan of the Bulls and of course Michael Jordan or "MJ". He has had the privilege to watch him play in the Chicago stadium where he had season tickets.

Cabby says if he could offer advice to young people in today's world, he would tell them "Never stop working and never stop following your dreams. Be kind to others." He also says he would love for young people to mind their manners and treat others how you want to be treated. He is grateful that he has a strong support system in place with his friends and is happy to have good friends.

In his spare time, he enjoys exercising and watching sports programs. He also enjoys reading a good book when the opportunity arises. When asked why he enjoys living in Parks he says it's the positive atmosphere that he has enjoyed since day one. The friendly staff and residents he's met since being here makes it all worth it, and most importantly "the lady that helps run the place, Jannea" and Georgia the activity director. Cabby is very involved in our community and is a complete pleasure to have in the community. He attends all the events and socializes with fellow residents and staff. We can't express enough how much of a joy he is to have in our community.



EMPLOYEE SPOTLIGHT

Pithon Kinyua

Pithon was born in Kenya, Africa, and he moved to the US in 2016. Pithon is the proud father of a 9 year old son. He loves living in Arizona and enjoys the heat. Pithon says he admires his parents because they are hard workers. His parents are honest people that instilled good morals and ethics in their children. Pithon spends time with his family when he is not at work. He enjoys hanging out with his son and enjoying the Arizona weather. When he is not working, he enjoys watching documentaries. Pithon enjoys watching football and doesn't really have a favorite team just yet. He says his dream career is becoming a pharmacist and he is slowly working on obtaining this goal. Pithon enjoys working at Park Senior Villas because of the great team work we have here. He enjoys challenges and building relationships with the residents and staff members. Pithon enjoys making the residents happy and smile. He endeavors to provide great care. He is a hard worker and as the GM in the community I would like for him to know that we are so appreciative to have such a hard worker that is always honest and reliable. Pithon works extra shifts when asked and is always willing to come in early to work to support the needs of our community. We can't thank him enough for his service to our community. The residents and staff enjoy working with him. This is a little snippet I would like to share with you to demonstrate Pithon's character: when the GM told Pithon he was selected as caregiver of the month because of his outstanding service to our community his response was "My joy knows no bounds." Thanks for all you do Pithon!



4211 N. Pebble Creek Parkway, Goodyear, AZ 85395 | 602.633.2300 | www.parkseniorvillas.com

September

PARK SENIOR VILLAS ASSISTED LIVING & MEMORY CARE • SEPTEMBER 2021

Please Note - Calendar Events are subject to change.

ACTIVITY CALENDAR

Happy Birthday!

Celebrating our
September Birthdays!

Doris Hite 9/1

Kathy Schoulten 9/16

Wanda Duffey 9/20

Margaret Dodd 9/22

Lisa Larsen 9/22

James Bonacci 9/23

Welcome!

to our new residents!

Joyce Crawford

Iris Kelley

Margaret Dodd

Maria Campillo

Richard Green

Benjamin Tovar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h2>September 2021</h2>			1 9:30am Holy Communion 10:30am Artsy Smarty (H9) 2:30pm Hydration Station 3:00pm Board Games & Cards	2 10:00am Coffee & Donuts w/ Admin (Cy) 2:00pm Nail Care 3:00pm Bingo/Social 7:00pm Cards/Poker	3 9:00am PARK Café 10:00am Matinee Movie (H8) 2:30pm Root beer Floats (H7) 3:00pm Poker/Cards 7:00pm Movie/Treats	4 10:15am Devotion/Readings 11:00am Puzzles 1:30pm Manicures 3:00pm Bingo/Pie 6:00pm Family Game Night
5 9:00 Sunday Service (Tv) 10:00am Music/Art 1:00pm Walks/Strolls 3:00pm Ice Cream Social 7:00pm Music/Relax	6 10:00am Park Fitness (H9) 1:00pm Walks/Strolls 3:00pm BINGO 6:00pm Patio Hour 7:00pm Cards/Poker	7 10:15am Movie (H8) 1:00pm Jewelry Making 3:00pm Trivia Pursuit/Board Games 7:00pm Hangman/Puzzles	8 9:30am Holy Communion 10:30am Artsy Smarty (H9) 2:30pm Hydration Station 3:00pm Board Games & Cards	9 10:30am Music W/DJ Canyon Hospice (H7) 2:00pm Church Service, Non-Denominational (H7) 3:00pm Bingo/Social	10 9:00am PARK Café 10:00am Matinee Movie (H8) 2:30pm Walks/Strolls 3:00pm Karaoke Party w/Jamie(H7)	11 10:15am Devotion/Readings 11:00am Puzzles 1:30pm Manicures 3:00pm Bingo/Pie 6:00pm Family Game Night
12 9:00 Sunday Service (Tv) 10:00am Music/Art 1:00pm Walks/Strolls 3:00pm Ice Cream Social 7:00pm Music/Relax	13 Celebrate 1950s 10:00am Movie- "Grease" (H8) 1:00pm Walks/Strolls 3:00pm BINGO 6:00pm Patio Hour 7:00pm Cards/Poker	14 Favorite Decade 10:15 Park Fitness (H9) 3:00pm Musical Birthday Celebration Aguilar (H7) 7:00pm Hangman/puzzles	15 Crazy Hat Day 9:30am Holy Communion 10:30am Artsy Smarty (H9) 3:00pm Board Games & Cards	16 Football Day 10:30am Nail Care 12:00pm Lunch Appreciation 2:00pm Nail Care 3:00pm Bingo/Social 7:00pm Cards/Poker	17 Homecoming Celebration 9:00am PARK Café 11:00am Parade and Crown Court, BBQ 3:00pm Poker/Cards 7:00pm Movie/Treats	18 10:15am Devotion/Readings 11:00am Puzzles 1:30pm Manicures 3:00pm Bingo/Pie 6:00pm Family Game Night
19 9:00 Sunday Service (Tv) 10:00am Music/Art 1:00pm Walks/Strolls 3:00pm Ice Cream Social 7:00pm Music/Relax	20 10:00am Park Fitness (H9) 1:00pm Walks/Strolls 3:00pm BINGO 6:00pm Patio Hour 7:00pm Cards/Poker	21 10:15am Movie (H8) 1:00pm Jewelry Making 3:00pm Trivia Pursuit/Board Games 7:00pm Hangman/puzzles	22 9:30am Holy Communion 10:30am Artsy Smarty (H9) 2:30pm Hydration Station 3:00pm Board/Card Games	23 10:30am Nail Care 2:00pm Church Service w/ Chaplin (Suncrest) (H7) 3:00pm- Bingo/Social 7:00pm Cards/Poker	24 9:00am PARK Café 10:30-11:30am Drum Circle w/Andrew (H7) 2:30pm Walks/Strolls 3:00pm Poker/Cards 7:00pm Movie/Treats	25 10:15am Devotion/Readings 11:00am Puzzles 1:30pm Manicures 3:00pm Bingo/Pie 6:00pm Family Game Night
26 9:00 Sunday Service (Tv) 10:00am Music/Art 1:00pm Walks/Strolls 3:00pm Ice Cream Social 7:00pm Music/Relax	27 10:00am Park Fitness (H9) 1:00pm Walks/Strolls 3:00pm BINGO 6:00pm Patio Hour 7:00pm Cards/Poker	28 10:15am Movie (H8) 1:00pm Jewelry Making 3:00pm Trivia Pursuit/Board games 7:00pm Hangman/Puzzles	29 9:30am Holy Communion 1:00pm-3:00pm Pop up shops! Jewelry/Magnets (H3) 7:00pm Book Club	30 10:30am Nail Care 2:00pm Nail Care 3:00pm- Bingo/Social 7:00pm Cards/Poker	 <p>COMPASSION COMMUNITY CARING</p> <p>NATIONAL ASSISTED LIVING WEEK® SEPTEMBER 12-18, 2021</p>	

Park Senior Villas at Goodyear



COMPASSION COMMUNITY CARING

NATIONAL ASSISTED LIVING WEEK
SEPTEMBER 12-18, 2021

JOIN US FOR A WEEK OF CELEBRATIONS & ACTIVITIES

MONDAY- "GREASE" & 1950S DAY
TUESDAY- FAVORITE DECADE DAY
WEDNESDAY- CRAZY HAT DAY
THURSDAY- FOOTBALL DAY
& STAFF APPRECIATION LUNCH
FRIDAY- HOMECOMING COURT
HOMECOMING PARADE & CELEBRATION



Highlights

FROM LAST MONTH

Artsy Smarty



Bingo with House 7



Balloon Release



Church Service





Petting
Zoo



Fruit
Smoothies
with
Canyon
Hospice



August
Birthdays



Guess
that
tune
with
Jared

