

Highlights

FROM LAST MONTH



Senior Healthy Tips



- ☐ MAINTAIN A BALANCED DIET
- ☐ GET ACTIVE
- ☐ GET PLENTY OF REST
- ☐ HAND HYGIENE
- ☐ AVOID CONTACT WITH SICK PEOPLE
- ☐ BRAIN GAMES
- ☐ LEARN TO MANAGE STRESS
- ☐ BE IN THE KNOW IN YOUR HEALTHCARE PLAN!

Our Park Senior Villas Team

Isabella Conte - General Manager
 Robert Dietterick - Director of Health & Wellness
 Mariana Cruz - Health Unit Coordinator
 Lorell O'Dell - Marketing Director
 Jennifer Garibay - RCC
 Mabisaraid Rodriguez - RCC
 Jessica Castillo - Staff Specialist
 Rose Chavez - Dietary Director
 Melissa Chavez - Activities Director
 Albert Leon - Maintenance Director

OFFICE HOURS

Monday - Friday.....9am-5pm
 Saturday By Appointment
 Sunday..... Closed
 Office 520-531-0086
 Care Line 520-262-5687
 Main Fax 520-268-9796
 Admissions/Marketing Fax 520-268-9795



PARK & Senior Villas

• LA CAÑADA •

ASSISTED LIVING & MEMORY CARE COMMUNITIES



RESIDENT SPOTLIGHT

Enedelina Campos (Villa N)

Enedelina was born in West Virginia on June 16th, 1932. She moved to Mexico City with her husband Humberto and retired in Nogales. An elementary school was named after her husband in Nogales! In her earlier days, Enedelina was a housewife and loved to cook! She studied Culinary and was a pastry chef. She made authentic Mexican Chile Relleno, Capirotada and Mole. She also made delicious desserts like Arroz con Leche and Flan. Not only was she a great cook but also a seamstress. She loved making dresses and jackets for her daughters. Enedelina has 8 kids, 32 grandkids, and 41 great grandkids! She likes dressing up and is always looking so beautiful!

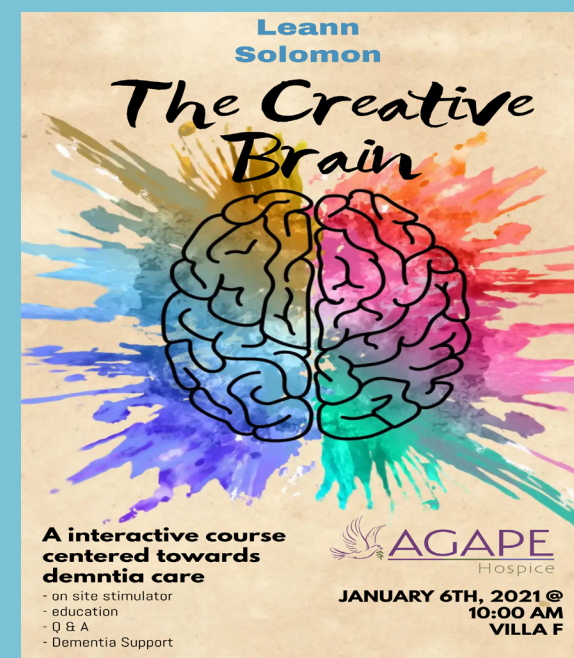


EMPLOYEE SPOTLIGHT

Israel Valenzuela

(CCG)

Israel has been a caregiver for 12 years. His favorite thing about his job is listening to the resident's stories. Outside of work he enjoys spending time with his two kids. His future goal is to get his Assisted Living Manager Certification and continue working in the Health Care Industry. He works in our all male villa as an overnight caregiver. He always has a positive attitude and is always willing to pick up shifts and help out when is needed. We appreciate you and all you do for PSV! Your hard work, love for the residents, and dedication does not go unnoticed! Thank you Israel!



January

WORD SEARCH!

WINTER FUN

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

WORD LIST

BOBSLED
DOGSLED
HOCKEY
HUNTING
ICE FISHING
ICE SKATE
SHOVEL
SKI
SKIJORING
SLED
SLEIGH RIDE
SNOW
SNOW ANGEL
SNOWBALL
SNOWBLOWER
SNOWBOARD
SNOWMAN
SNOWMOBILE
SNOWSHOES
TOBOGGAN

W I I Z H U N T I N G L S
Z K I D O G S L E D C E A
L S N O W B O A R D O V G
E N L O D E L S B O B E E
V O E E D I R H G I E L S
O W T R D G M D E L S B N
H A A G E S U L I N N I O
S N K R P W N B T R A B W
N G S K I J O R I N G W B
O E E E T M C L M W G O A
W L C F W B L A B A O N L
M M I O S W E N L W B S L
A C N X G U Y E K C O H S
N S N O W S H O E S T N T
I C E F I S H I N G O O S



Happy Birthday!

Celebrating our January Birthdays!

Daniel H - 2nd Robert D - 2nd Katherine L - 3rd Gerald C - 4th
Jodi S - 9th Norma L - 9th Enore F - 13th Janice C - 18th
William A - 19th Mary B - 20th Carol C - 21st Cleotilde A - 21st
Edwin F - 31st

PARK SENIOR VILLAS ASSISTED LIVING & MEMORY CARE • JANUARY 2022

ACTIVITY CALENDAR

Please Note - Calendar Events are subject to change.

If you have any questions or suggestions, please contact Melissa Chavez.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <h1>January 2022</h1> </div> <p>Happy New Year from all of us at PSV!</p>						
						1 10:00 Morning Music (A-N) 2:00 Nail Care & Nail Painting (A-N) 3:00 Residents Choice (A-N) <i>New Year's Day</i>
2 10:00 Church/Mass Ch:363-373 (A-N) 2:00 Nail Care & Nail Painting (A-N) 5:30 Hot Chocolate W/Friends (A-N)	3 9:00 1:1 Visits (A,C) 10:00 Chair Volleyball (C) 3:00 Music W/ Frank (D)	4 9:00 1:1 Visits (D,G) 10:00 Read W Granite/Pet Therapy (D) 3:00 Courtyard clean up day w/music & snacks (Courtyard)	5 9:00 1:1 Visits (H,I) 10:00 Morning Fitness Class (C) 3:00 Bingo & Prizes (J)	6 9:00 1:1 Visits (J,M,N) 2:00 Chip, Chip Hooray Social- Sugar Cookies (A-N) 3:00 Employee of the Month & Caught Caring (TBA)	7 10:00 PSV Café (G) 3:00 Activity W/Angels Care Home Health (A-N) 5:30 Movie & Popcorn (A-N)	8 10:00 Piano W/Morgan (D) 2:00 Nail Care & Nail Painting (A-N) 3:00 Resident's Choice (A-N)
9 10:00 Church/Mass Ch:363-373 (A-N) 2:00 Nail Care & Nail Painting (A-N) 5:30 Hot Chocolate W/Friends (A-N)	10 9:00 1:1 Visits (A,C) 10:00 Ball Toss (D) 3:00 Word Searches/Sensory Bins (G)	11 9:00 1:1 Visits (D,G) 10:00 Life after Loss Support Group- Intrepid USA (F) 3:00 Arts & Crafts (C)	12 9:00 1:1 Visits (H,I) 10:00 Morning Fitness Class (D) 3:00 Bingo & Prizes (I)	13 9:00 1:1 Visits (J,M,N) 2:00 Chip, Chip Hooray Social- Pizookies (A-N) 3:00 Pie Social (C)	14 10:00 PSV Café (H) 3:00 Creative Coloring (J) 5:30 Movie & Popcorn (A-N)	15 10:00 Morning Music (A-N) 2:00 Nail Care & Nail Painting (A-N) 3:00 Residents Choice (A-N)
16 10:00 Church/Mass Ch:363-373 (A-N) 2:00 Nail Care & Nail Painting (A-N) 5:30 Hot Chocolate W/Friends (A-N)	17 9:00 1:1 Visits (A,C) 10:00 Chair Basketball (G) 3:00 History of Martin Luther King Jr (H) <i>Martin Luther King Jr. Day</i>	18 9:00 1:1 Visits (D,G) 10:00 Family Feud (J) 3:00 Book Mobile & Snacks (I)	19 9:00 1:1 Visits (H,I) 10:00 Morning Fitness Class (G) 3:00 Bingo & Prizes (G)	20 9:00 1:1 Visits (J,M,N) 2:00 Chip, Chip Hooray Social- Sugar Cookies (A-N) 3:00 Happy Hour (I)	21 10:00 PSV Café (I) 3:00 Wheel of Fortune (C) 5:30 Movie & Popcorn (A-N)	22 10:00 Piano W/Morgan (D) 2:00 Nail Care & Nail Painting (A-N) 3:00 Resident's Choice (A-N)
23 10:00 Church/Mass Ch:363-373 (A-N) 2:00 Nail Care & Nail Painting (A-N) 5:30 Hot Chocolate W/Friends (A-N) <i>Activity Professionals Week</i>	24 9:00 1:1 Visits (A,C) 10:00 Ball Toss (H) 3:00 Ipad Games/Sensory Bins (I)	25 9:00 1:1 Visits (D,G) 10:00 Ring Toss (G) 3:00 Book Mobile & Snacks (D)	26 9:00 1:1 Visits (H,I) 10:00 Morning Fitness Class (D) 3:00 Bingo & Prizes (C) <i>Australia Day (observed)</i>	27 9:00 1:1 Visits (J,M,N) 2:00 Chip, Chip Hooray Social-Pizookies (A-N) 3:00 Birthday Celebration (I)	28 10:00 Coffee & Donuts (A-N) 3:00 Brain Games (A-N) 5:00 Family Movie & Game Night (Courtyard)	29 10:00 Morning Music (A-N) 2:00 Nail Care & Nail Painting (A-N) 3:00 Residents Choice (A-N)
30 10:00 Church/Mass Ch:363-373 (A-N) 2:00 Nail Care & Nail Painting (A-N) 5:30 Hot Chocolate W/Friends (A-N)	31 9:00 1:1 Visits (A,C) 10:00 Bean Bag Toss (I) 3:00 Puzzles/Sensory Bins (J)	Educational Series: Dementia Interactive Course January 6 th 10 AM Villa F Happy New Year!				

Welcome!
to our new residents!

Karen A. Rosita C. Gerald C. Marilyn C. Edwin F. Barbara G. Ramona V. Phyllis Y.



Highlights FROM LAST MONTH

LIGHTS IN THE PARK



