

Pacifica Tidings



Nov. Dec. 2017



A Note from the Executive Director

Dear Residents, Families & Associates
Thank you to everyone who attended our country Hoe –Down as well as bought raffle tickets to support our team(Pacifica Pride) in the Alzheimer's Walk.

Fall is here and the holidays are approaching. This is the time that our days become busier preparing for all the special; events that are coming to Pacifica.

Daylight savings time is Sunday, November 5th don't forget to set your clocks back an hour. We will have less hours of daylight; get your walk early for safety. Please don't forget to let us know when you go for a walk and always dress warm.

Veterans Day is Saturday November 11th There is a parade to attend and we are recognizing all our residents that served in the Armed Forces.

Thanksgiving Dinner will be held for residents and guests on Thursday November 16th cost is 15.00 per guest, please RSVP by Friday, November 10th . If you plan on taking your loved one out on Thanksgiving please make us aware so we can assure

they are ready and have any medications they may need.

Pacifica Senior Living **Annual Cinnamon Roll Drive** will be Friday December from 6am –10am. Drive through the front circular and pick up fresh coffee and hot cocoa for a \$5.00 minimum donation. You can also call in ahead of time and place your order to assure that you don't miss out. The proceeds will benefit the National Alzheimer's Association National walk to End Alzheimer's.

Thursday, December 21st will be our **Residents Dessert Night** (invitation to follow.) Watch for details in the **Christmas Dinner** to follow.

Watch for a letter in your November invoice that has details on ancillary services, feel free to contact me with any questions that may arise. You will also be receiving invitations to holiday events.

Sincerely Cassandra

Who am I?



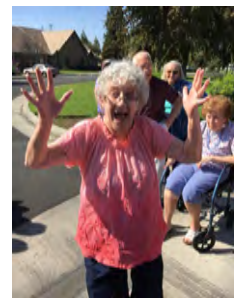
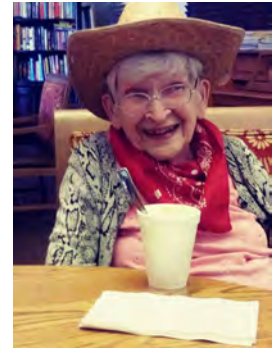
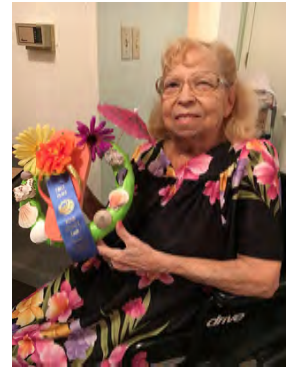
Peek Inside and you
will find out more about me ...

Welcome to Our Community

**Dale Sneed
Thelma Gray
Nathan Wood
Mary Foster
Ida Mae Smith**

Please take a minute
to say
Hello
and
Welcome Home!

Special Events & Memorable Moments



Health & Fitness by

Irma Langston

Happy November Everyone,

I would like to talk to you about foot care this month. It is so important to take good care of your feet especially if conditions exist such as corns, bunions, or fallen arches. Good foot wear is so crucial to comfort and prevents sore feet, ankle pain, and lower back discomfort.

Three out of four of us will suffer foot problems at some point. Women are more likely to develop them than men, mostly because women are more likely to squeeze into tight shoes with high heels and pointed toes.

Here are some heel-to-toe tips to ensure a good shoe fit:

- Shop for shoes at the end of the day, when your feet are the largest
- Wear the socks or stockings you normally would wear with the type of shoes you are buying.
- Measure both feet while standing up. One foot is often longer or wider than the other .

Remember to try on both shoes, and buy the size that comfortably fits the larger foot.

- Keep a thumb's width of Space between the longest toe and the front of the shoe. Be sure the toes wiggle freely and the heel fits snugly.
- Do a lap around the carpet. Shoes should feel comfortable from the outset—don't expect them to stretch with wear.



Birthdays

Residents

November

**Bill G. David L. Ron L.
Karen J. Byron P. Geneva S.
Elbert M. Phillis B. Verna W.
Nancy H. Marjorie P. and Toni C.**

December

**Linda M. Gerald L. and
Barbara T.**

Staff

November

**Nola B. Jeanette M. and
Mikayla M.**

December

**Eva A. Ashlyn H. Deanna R.
Rachael S. and Dionna T.**

Spiritual Activities

Communion

Every Sunday
10:30 AM

Catholic Mass

Friday, November 10th
Friday, December 8th
10:30

Protestant Church: Worship Service and communion 10:15

Thursday, November 2nd
and 16th
Thursday, December 7th
and 21st

Who Am I? Nathan J Wood *(answer)*

Nathan was born in Lakehurst New Jersey. He was a Construction Manager. He has traveled to many places such as Michigan, Colorado, Saudi Arabia, Korea, Philippines, Kuwait, and United Arab Emirates (Abu, Dhabi, Dubai). He met his wife at the University in South Korea. He has a son Paul who lives in Seattle Washington. Some of Nathans interests include church services, country and gospel music. He liked to water the plants in the garden, light chores around the house, watching the news, and taking walks. He likes smart phones & electronic devices. Nathan enjoys people and likes to help where he can. We are very glad Nathan is here with us.



Management Team

Cassandra Bradford

Executive Director

Irma Luna

Memory Care Director, LVN

Irma Langston

Resident Care Director

Ailey Foster

Community Relations Director

Kyle Davenport

Business Office Manager

Alex Sedano

Dining Services Director

Cathy Blackmon

Activities Director

Raul Zamudio

Maintenance Director



Pacifica Senior Living is committed to supporting our communities, residents, and the families we serve.

We strive to create a lifestyle of independence, security, and peace of mind.

It is through our dedicated and caring team members that our culture is exemplified in service, accountability, teamwork and compassion.

*The right choice. The right time.
Welcome Home!*



PACIFICA
SENIOR LIVING
BAKERSFIELD

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Lic.# 157204130 & 157204131

Welcome Home!