

# Pacifica Tidings



Jan / Feb 2018



## A Note from the Executive Director

Dear Residents, Family and Friends

What a wonderful way to bring 2017 to a closure. Pacifica had non-stop events for your enjoyment. Our Family Holiday Night was a great success. Everyone worked together to bring you and your family a memorable evening filled with delicious food, beautiful music, and special time with one another. Our New Year's Eve celebration with hats, horns, sparkling cider and music was just the right touch to bring in a new year with a celebration here at Pacifica.

Looking back over the year, I have to admit that we are very proud of all of the changes that have taken place. We realize that change is not always easy in fact at times very challenging, however, we strive to make the best decisions here at Pacifica that will add to your happiness and quality of life. We are excited to continue our mission into 2018 with positive changes that you will also share in the excitement. I would like to extend my sincere appreciation to my team of directors

and associates for doing whatever it takes to

get the job done. I know that I can count on you to always work so hard to make a difference in the lives of our residents and families and to all of our residents you are PRICE-LESS! To the families for making a difference in our lives, you truly are special to all of us.

We would like to extend a special recognition to our Best of the Best, Associate of the Year. Deanna Rivero. Deanna has been with us for nine years and leads with her heart in all she does. If you pass Deanna in the hall give her a congratulations.

We wish all of you a healthy, successful and blessed New Year! May all your dreams come true!

Sincerely,  
Cassandra



## Who am I?



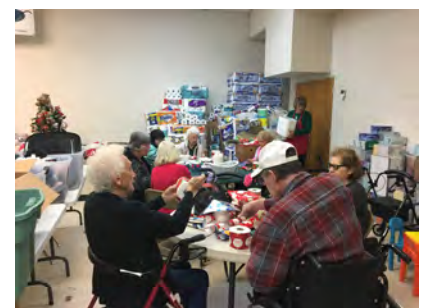
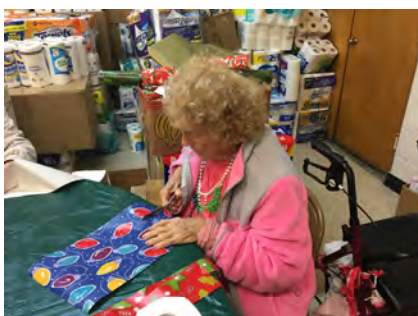
**Peek Inside and you  
will find out more about me ...**

## Welcome to Our Community

Priscilla Palmer  
Lannis Cates  
Carol Darling  
Shatzi Lovett  
Bette Switzer  
Margie Ramos  
Elizabeth Turner

Please take a minute  
to say  
**Hello**  
and  
**Welcome Home!**

## *Special Events & Memorable Moments*





## *Health & Fitness by*

Irma Luna

IS IT ALZHEIMER'S OR JUST  
OLD AGE?

Don't most people get forgetful as  
they get older? Yes

Think of a brain like a computer,  
over a lifetime, it fills up with more  
and more information— as the  
memory fills up , it slows down just  
like a computer. Does this mean  
that everyone has Alzheimer's Dis-  
ease? No.

There are Ten warning signs of  
Alzheimer's Disease:

- Forgetting how to perform  
tasks at work
- Forgetting how to perform sim-  
ple tasks at home.
- Having trouble with language,  
even forgetting simple words
- Being disoriented to time and  
place
- Show poor judgement
- Having problems with thinking
- Misplacing things frequently
- Having frequent changes in  
mood or behavior
- Showing drastic change in  
Personality
- Losing motivation for living a  
normal life.

Remember, too that there are other  
curable conditions that cause  
symptoms similar to Alzheimer's  
Disease, some of these conditions  
are vitamin deficiency, Stroke, Thy-  
roid Disease— infections, depres-  
sion and medication side effects.

Time to CHUCKLE...

Mr. Brown, age 80 went to see his  
Doctor because of a nagging ear  
ache, the Dr. examined Mr.  
Brown's ear and found a rectal  
suppository in the ear canal! Mr.  
Brown said, "Well, that explains  
What happened to my hearing aid"

## *Birthdays*

### **Residents January**

Norma Parrott, Margaret Dye,  
Leo Port, Dudley Shelbourne,  
and Betty Dethloff

### **February**

Clifford Nielson, Harold Dye,  
Bud Derusha, James Cheary,  
Wally Reimer, Helen Koostra,  
BB John Lewis , Vivian Stew-  
art, Adrienne Aronian and  
Doris Barnes

### **Staff January**

Bridgett Jones, Kathleen Gar-  
za, Jennifer Jones, Irma  
Langston, Irma Luna, Maria  
Sepulveda and George Tapia

### **February**

Lourdes Cahue, Ailey Foster,  
and Maria Meza

## *Spiritual Activities*

**Communion**  
Every Sunday  
10:30 AM

**Catholic Mass**  
Friday, January 12th  
Friday, February 9th  
10:30

**Protestant Church:  
Worship Service  
and communion  
10:15**

Thursday, January 4th and  
18th  
Thursday, February 1st  
and 15th

## *Who Am I?*

*(answer)*

James Cheary ~ Nickname Dave

James was born and grew up in Oklahoma. His parents  
died when he was 3 years old due to Tuberculosis. He  
lived with his grandmother for a short time and then was  
put in an orphanage with his siblings Ray and Edna. He  
lived in the orphanage for 15 years. He was in the Army  
( Heavy Artillery) for three years. His career was in Elec-  
tronics/ Sales for 40 years. He met his wife Juanita at a  
electronic company they worked for. He has traveled to  
Egypt, Italy, London and Germany. James hobbies in-  
cluded woodworking /Baking. His favorite sport is Foot-  
ball. In his leisure time he likes crossword puzzles but,  
plays a pretty mean game of scrabble. His favorite food  
is grilled cheese/ pancakes. He likes country music and  
has played the organ. James is such a nice person. He a  
great recruiter and encourager for our residents to get  
involved in activities. Thank you James for all  
you do!! We are so happy you're here!!



## *Management Team*

**Cassondra 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

*3209 Brookside Drive*

*Bakersfield, CA 93311*

*(661) 663-9671*

*Lic.# 157204130 & 157204131*

*Welcome Home!*