

Pacifica Tidings


PACIFICA
SENIOR LIVING
CHINO HILLS
Assisted Living
Memory Care

**January/February
2018**



A Note from the Executive Director

As we say goodbye to 2017 and welcome 2018 what are some of your New Year's Resolutions? I think my goal for this upcoming year 2018 is to keep asking myself what's stopping you? The human mind and body are marvelous structures. Why not see what your limits are. "Look forward and live today."

Someone once said tomorrow is the first blank page of a 365 page book, so write a good one.

We have a lot of new and exciting changes happening here at Pacifica Chino Hills. Mayra Lopez was promoted to our new Activities Assistant in Memory Care. We have a new Sales Manager, Christina Morgan. Christina is coming from a sister property in Riverside. We also have a new Memory Care Director, Jessica Gomez who most of you may know; she is one of our Insulin Nurse's.

Mary Pabst who you all know is now in training with Kathy as our Activities Director and will officially start March 1st.

Of course, as you already know, our very dear Kathy will be retiring the end of February. Kathy will definitely be missed so very much as she has brought so much happiness to all of us, even on a rainy day she can bring SUNSHINE.

Live Simply* Dream Big* Be Grateful*
Give Love* Laugh Lots* and wishing
you all a very Happy and Healthy New Year.

*Julie Olmedo
Executive Director*

Just Be...



Who am I?

I was born on February 25, 1953 in Oberlin Ohio. Why is that date so important to this article "Who Am I?" Well, its because on February 25, 2018, I will be 65 years old! And it's time for this girl to retire! I was trying to figure out how to tell all the residents and families just how much you've all meant to me, so I decided that I would put it in the Newsletter for all to see. I am trying hard not to get too sentimental or sad about leaving all of you, but I'm coming up on 10 years working at Pacifica and have made a lot of "precious" friends here...so yes it will be very sad to leave you. I want to thank you all for my wonderful journeys and adventures through the last 10 years ~ I am truly blessed to have had you all in my life!

I love you all forever and always!

Welcome to Our Community



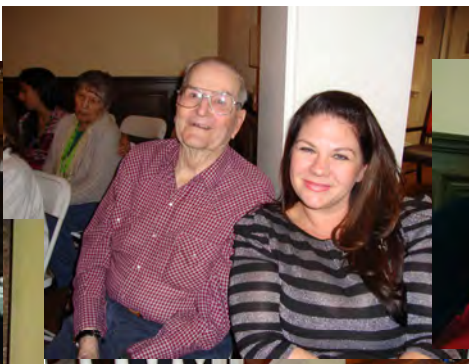
Mary Lou Baca
Mariana Madriz
Juana Castro
Joseph Keeeyes
Marjorie Keel

Activities & Special Events

January 2018

1/1	New Years Day Breakfast in the Parlor <i>(Please sign up at front desk if you would like to eat your breakfast in the Parlor)</i>	7:30 am
1/1	New Years Day Parade Big Screen TV	7:00 am
1/2	Traveling Game Show	1:30 pm
1/9	Pet Therapy Dogs Visit	11:00 am
1/9	Jan's Boutique	9:00 am - 3:00 pm
1/15	Ron Johnson Entertainment	1:30 pm
1/22	Don Jensen	10:30 am
1/30	The Darden Sisters Entertainment	1:30 pm

Christmas Holidays 2017



Health & Fitness by

Denise Medrano, LVN
Resident Services Director

Gastroenteritis

Gastroenteritis is a general term for the stomach virus or stomach flu. It is called this because of its symptoms. This is not the same as the flu, which is short for the influenza virus. Anyone can get a stomach virus. It occurs when the lining of your stomach or intestines becomes inflamed. It usually is mild and goes away on its own. A stomach virus can be harmful for babies, older people, or anyone who has a low immune system. They are more likely to develop a serious infection or become dehydrated. Severe cases of the stomach virus can lead to other health problems or death. Symptoms of a stomach virus stomach pain, nausea and vomiting, diarrhea, fever, headache and body aches.

What causes a stomach virus? Several things can cause gastroenteritis. The main cause is a family of viruses called norovirus. Rotavirus also is a viral infection that causes gastroenteritis. This is most common in babies and young kids. Viral stomach infections are very contagious. It is easy to get and give a stomach virus. You might touch infected people directly. You also could come into contact with an infected surface or object. People often get a stomach virus at places with a lot of people. This includes schools, daycares, nursing homes, airplanes, cruise ships, and even hospitals. This type of gastroenteritis happens more in the cold weather months. You can protect against viral infections that cause gastroenteritis by Washing your hands often, Covering your mouth when you sneeze.

Always remember wash your hand and enjoy the holidays

Birthdays

Residents

January Birthdays

Lucille Griffen 2nd
Carl Conley 13th
Charlene Brooks 17th
Dorothy Chaiken 17th
Helen Barak 18th
Pauline Colca 23rd
Juana Castro 27th
Patricia Dagenais 28th
Janis Bromenschenkel 31st

February Birthdays

Rita Silverman 3rd
Imogene Bell 6th
Daljit Pannu 15th
Eugene Beason 15th
Jeanne Reidinger 15th
Wilda Knoblock 17th
Gerald Shepard 23rd

Spiritual Activities

Father Mike from St. Paul the Apostle Church will give Communion on the **1st Friday of the month**

11:30 a.m.
(Library)

Delia Aguirre, lay Minister from St. Paul the Apostle Church will distribute Holy

Communion.

SUNDAYS

11:00 a.m.

(Activity Room)

Calvary Worship
(Non-Denominational)

SUNDAYS

(See Calendar for Dates)

1:00 p.m.

(Activity Room)

Who Am I?

Kathy Murphy, Activities Director
and our Beautiful Pet Therapy
Team Dogs



Management Team

Julie Olmedo, LVN
Executive Director

Christina Morgan
Sales Director

Eunice Cueva
Business Office Manager

Denise Medrano, LVN
Resident Services Director

Kathy Murphy
Activities Director

Mary Pabst
Activities Director, in Training

Jessica Gomez, LVN
Memory Care Director

Robert Finn
Food Services Director

Sergio Bravo
Environmental Services 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

CHINO HILLS

*Assisted Living
Memory Care*

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License #366425024

www.pacificaseniorliving.com

Welcome Home!