

# Pacifica Tidings



**March/April 2018**



## *A Note from the Executive Director*

Dear Residents Families, & Associates:

April is here and Spring is in the air here at Pacifica Senior Living. I love this time of year. I have always loved the smell of Spring and the excitement of Summer just around the corner. We will share the excitement with all of you and bring you great fun and even try some new things to spice things up a bit.

We are anxious to start our gardening project in our courtyards. We are adding flowers and plants to enhance our Residents enjoyment. We have increased our activities on the weekend and extended the hours to benefit our residents as we have so many participants.

In case you have missed the new meeting where we discussed the new programs for 2018 here is an update on a few of the programs discussed:

- ◆ New menus have started
- ◆ Alex will do a food demonstration in Legacies with residents participating
- ◆ Quarterly food committee in Heartland,

with 5-6 different residents each time

- ◆ Changing of Pharmacy more details at a later date
- ◆ Skype or facetime available for residents to talk to and see family / friends

As you can see, we are committed to making changes that will benefit our residents and our associates. We are always looking for ways to improve the lives of our residents and to create an excellent working environment for our staff. We want everyone to feel at home at Pacifica Senior Living.

Look for the upcoming Spring Event in April. We will have a week filled with fun and we will be hosting a Spring is in the Air BBQ outside ( weather permitting.) You won't want to miss this great event.

Sincerely  
Cassandra

## *Who am I?*



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

## *Welcome to Our Community*

Walter And Betty Stewart  
Charlene Palinsky  
Loretta Dirksen  
Pete Rogers  
Irene Guire  
Jane Ware  
Carol Payne

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



### Special Events & Memorable Moments





## ***Health & Fitness by***

Irma Langston

Put down the salt shaker and forget super –sizing those fries! Cutting back on salt , say high blood pressure experts, can not only bring high blood pressure under control but it may reduce the risk of heart attack and stroke. Results of a federally sponsored study involved more than 400 people looked at the effect of salt intake on blood pressure, suggests that most Americans are consuming more than twice as much salt as they should. Reducing daily salt intake to just 1,500 mg instead of 3,300 mg consumed by most Americans, can reduce blood pressure without medications. It states that cutting back on salt had the same positive results regardless of age, sex or race. And for those who want to maximize the health impact of salt reduction, the best approach is to combine it with diet that emphasizes whole fruits and vegetables instead of processed foods. In the study, persons with high blood pressure found that the combination of a health diet and salt restriction significantly lowered their blood pressure. Systolic pressure– the first or higher number when blood pressure readings are given– came down more than 11 points, and diastolic– the second number– came down an average of seven points. Even persons who didn't have high blood pressure lowered their blood pressure by restricting salt.



## ***Birthdays***

### **Residents March**

Spencer Stallings, Walter Stewart, Esther Cabrera, Wilma Coffman, Robert Hill,

### **April**

Calley Meren, Wilma Knight, Norma Nelson ,Nancy Hird and Harley Stennes

### **Staff March**

Corrine Tate, StacyAnn Sloley, Kelli Porter, Debbie Hunsucker , and Desiree May

### **April**

Guillermina Alfaro, Ronnie Brown, Maricela Loera Casas, Erinn Coburn

## ***Spiritual Activities***

### **Communion Every Sunday 10:30 AM**

### **Catholic Mass Friday, March 9th Friday, April 12th 10:30 AM**

### **Protestant Church: Worship Service and communion 10:15 AM Thursday, March 1st and 15th Thursday, April 5th and 19th**

## ***Who Am I? (answer)***

### **Elizabeth Turner ( Beth)**

Elizabeth was born and went to school in Taft CA. her occupation was in clerical work. She met her husband James in High school and they were married for over 60 years. She has three children and two granddaughters. Things she has accomplished in her life. She has gone on road trips to South West United States, and traveled over seas, Hobbies include genealogy, reading, cross-stitch, sewing, gardening, and bible studies. Elizabeth is a little shy but, easy going and kind hearted with a ready smile. Some of her favorite things are family gatherings, sing along, reading magazines, watching hallmark channel, nature programs, and pet therapy. Beth loves dogs! She has the sweetest dog that her daughter brings to visit named Rosie. We are so glad that Elizabeth is here with us. We enjoy her so much!



## *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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*Welcome Home!*