

Pacifica Tidings



**May / June
2018**



A Note from the Executive Director

Time goes so fast that we're almost at the middle of the year and can't help but notice the temperature is going up and outdoor events are happening everywhere.

Lots of gatherings and events await us. A very good way to know each other and everyone well.

Coming up is our Mother's Day Luncheon and Spring Into Summer Luncheon, taking place at the Town Square. Second Friday of the month, always at lunchtime.

And all of our weekly outings, outdoor activities and events are in full swing in celebration for the upcoming summer season. It's all fun in the sun.

Looking forward to meeting everyone again on our upcoming events.

Sincerely, Donald

Who am I?

- My real name is Issur Danielovitch.
- I was born on December 9, 1916 in Amsterdam, New York.
- I am a son of a poor Russian-Jewish immigrant.
- I am a film actor, producer and director.
- I am known for my formidable chin.
- My first movies were *Spartacus* and *The Bad & The Beautiful*.

Who Am I???
Check me out on the last page.

Welcome to Our Community

We warmly welcome our new additions to the Pacifica Family.

Carol W.
Gloria F.
William H.
Carol F.
Rose C.
Bruce H.

Welcome Home!!

Special Events & Memorable Moments



Health & Fitness by

DUST ALLERGIES: How To Protect Yourself

For people with allergies, dealing with dust is an ongoing battle.

To protect yourself from dust allergies, clean your home regularly. Dust furniture with a damp cloth or cleaning spray at least once a week. Wait for dust to settle before you vacuum. Try using a HEPA filter or a double bag on your vacuum to help trap allergens, too. Also, wash throw rugs regularly and curtains twice a year.

Cleaning up is especially important in the bedroom, a haven for dust. Pillows and mattresses can hide microscopic dust mites, the leading cause of dust related allergies. Wash bed linens in hot water, vacuum the mattress and box spring—as well as around the frame—and under the bed. For added protection, remove decorative pillows and stuffed animals, use dust-mite-proof covers on pillows and mattresses and consider swapping carpet for bare floors.

The fight against dust doesn't stop there. In every room, you can minimize knickknacks and clutter that can collect dust and close windows to prevent stirring dust up. Help protect yourself from dust allergies with these tips, and remember, the best defense is cleanliness.



Birthdays



Spiritual Activities

Spirituality is important to many of our residents. We provide a wide-range of services to honor the different denominational beliefs we have within our community. There are two weekly services, and also visiting ministers who come to pray with and spend time with our residents.

Communion Service is every Thursday morning at 10 a.m.

Non-Denominational Services is every Sunday at 10 a.m. and 2 p.m.

Who Am I? (answer)

KIRK DOUGLAS
Born: December 9, 1916



Management Team

Executive Director:

Donald Trump Jr.

Community Relations Director:

Christina Morgan

Resident Care Director:

Tina Anat

Business Office Manager:

Alma Monterroso

Dining Services Director:

Jana Lemus

Activities Director:

Carol Ligayo

Maintenance Director:

John Pittner



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!*



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Memory Care

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Welcome Home!