

Pacifica Tidings


PACIFICA
SENIOR LIVING
VACAVILLE
Memory Care

June
2018



*A Note from the
Executive Director*

Rose-Colored History

This June, Month, consider how a rose is more than just a mere flower. Roses are filled with symbolism and meaning that change depending on the color of the flower: red mean love and passion, pink means gratitude and admiration, white means innocence, and yellow means friendship. These color-coded meaning, however, are relatively recent invitations. The symbolic importance of roses dated back to the ancient Greeks, Roman, and Persians.



Who am I?



*Welcome to
Our Community*

Loretta
Carole
Se K.
Guadalupe



Activities & Special Events

YOU'RE INVITE TO A
MUSTACHE BASH



TO CELEBRATE FATHER'S DAY
COURTYARD BARBECUE

SATURDAY JUNE 16
TIME: 12-2PM
FOOD, DRINKS AND
LIVE MUSIC
RSVP BY JUNE 13



****PRICES FOR THE BEST MUSTACHE***

Memorable Moments



Birthdays

June 2nd
Doris~Wilson House

June 7th
Bernice~Wilson House
Yasuko~Clark House

June 11th
Lincoln~Locke House

June 19th
Kathy~Wheatly House

June 27th
Ann~Wilson House



Volunteer Orientation

Please Join us
Monday June 11, 2018
Time 4-6pm
Location: Main office Lobby

Whether you have signed up already, or you are interested in volunteering but don't know where or how to help out, this is a great time to come and find out more about all the excited things we have planned for our seniors.

During orientation, volunteers will learn about more about Dementia, meaningful activities and Pacifica volunteer regulation.

A Note from the Activities Director

- Monthly Family Meeting
Please join us
Thursday June 7th
4:30-5:30pm
Main Office



"Take care of your body. It's
the only place you
have to live"
Jim Rohm



Health & Fitness by

Water is one of the basic needs required for human life. About 70 percent of the human body is made up of water and your vital organs couldn't function without it. Consequently, it's important to continually replenish your body with water, especially during the warm summer months.

*Try to keep a glass of water at all times during the summer to remind yourself to drink plenty of fluids.



Fitness Activities

Ball Fitness

Yoga Exercise

Noodle Exercise

Meditation

Balloon Fitness

Music and Dancing

Spiritual Activities

Catholic Church Service

Every Sunday at 10:45AM in Pappas House

Liberty Church

3rd Saturday of every month at 2:00PM in Pappas House
3pm Clark House

Catholic Communion

4th Tuesday of every month from 11-11:30AM

Who Am I?

When Helen Keller was born on June 27, 1880, no one knew she would grow into a famous advocate of the blind and deaf. Her life story, nonetheless, has inspired countless people. Keller was not born deaf or blind. She lost these senses after contracting a childhood fever. She lived an isolated and frustrating childhood, imposed on her by her inability to communicate. It was a teacher, Anne Sullivan, who broke through this barrier. For 49 years, Sullivan and Keller worked as teacher and pupil. Keller became the first deaf and blind person to earn a college degree, thanks to Sullivan and friendships with author Mark Twain and oil executive Henry H. Rogers. Keller became an educator, lecturer, and activist, promoting political and social equality for women and the disabled. She helped found the American Civil Liberties Union in 1920. Helen Keller is often presented as one of the best examples of the triumph of the human will and spirit. Despite her many perceived disabilities, she dedicated her life to helping others.

-Helen Keller -

Management Team

Executive Director
Melody Allmond

Community Relations Director
Cinthya Gamino

Resident Care Director
Savanna Beddell-Arcy

Business Office Manager
Josephine Kumar

Food Service Director
Louie Verzosa

Activities Director
Tori Starrett

Maintenance Director
Larry Recella



*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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VACAVILLE

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www.PacificaVacaville.com

License # 486803645

Welcome Home!