

# Pacifica Tidings



July/August 2018



## *A Note from the Executive Director*

Dear Residents, Families, and Associates: Summer is here and so is the Bakersfield heat. Continue to drink plenty of water and stay indoors to keep yourself cool, we have the hydration stations for your convenience. Our Pacifica Independence Day celebration fireworks and treats will take place on July 4th, everyone is welcome to attend. I know that the move - in process is long and with an astronomical amount of paperwork so here are a few reminders:

1. Any food kept in apartments should be in tightly sealed container, in Legacies food is encouraged to be left in the med-room.
2. Pacifica does not carry all medical supplies, for example if you need us to obtain a UA you will need to bring in the hat and specimen cup.
3. Pacifica will no longer be dispensing medications from bottles and all medications must be bubble packed ( see me with any questions)
4. Laundry is done once a week per resident.
5. If residents / families are responsible for their own toiletries and incontinence supplies and do not supply prior to running

out Pacifica will supply and their will be a charge on the bill.

6. A sign - in and out book is located at the front of the communities, it is our policy that all residents and visitors sign-in and out of the community.
7. Comply with visiting hours( these will be posted on a sign in front of the communities with- in the next few weeks.)
8. Be thoughtful and considerate of others in the community with appropriate language, comments or remarks.

Our goal is complete happiness for our Residents, Families, and Associates. We strive to make a difference every day. I would love to share a Recipe for a Happy Life that I routinely read to remind myself to take One Day at a Time and be Happy. Enjoy!

Cassondra

## *Who am I?*



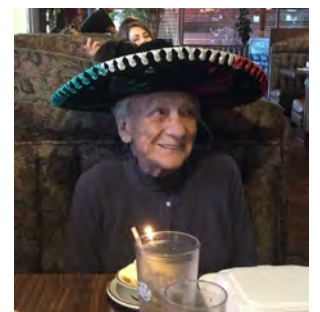
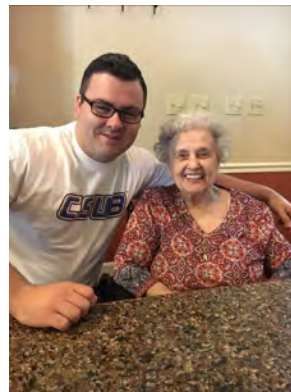
**Peek Inside and you  
will find out more about me ...**

## *Welcome to Our Community*

**Carol Manning  
Marian Wright  
Mildred McDaniel  
Barbara Teagarden  
Ruth Harris  
Joseph and Vera Streiff**

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

## *Special Events & Memorable Moments*



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

Irma Langston

Five Ways Music can make  
You Healthier

Neuroscientists have discovered that listening to music heightens positive emotion through the reward centers of the brain, stimulating hits of dopamine that can make us feel good, or even elated. Listening to music also lights up other areas of the brain— in fact almost no brain center is left untouched—suggesting more widespread effects and potential uses for music. Things that music might help with.

- Calm and distract from pain.
- Music can help with stress and decrease cortisol levels.
- Improves mood
- Helps with orientation and memory
- Might improve innate immunity

The promise of music as medicine is that it's natural and it's cheap and it doesn't have the unwanted side effects that many pharmaceutical products do. Put on some music and see what it does for the soul!



## ***Birthdays***

### **Residents July**

Sheu Lee, Ron Reimers  
and Wanda Huesby,

### **August**

Rose Pyle, Lorraine Stephenson and Rosalie Mellon

### **Staff July**

Aimee Cottrell and Lorena Orozco

### **August**

Michelle Fitch, Raul Zamudio,  
Ashley Thein, Karen Kurtz  
and Michelle Luevano

## ***Spiritual Activities***

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

**Catholic Mass**  
Friday, July 13th  
Friday, August 10th  
**10:30 AM**

**Protestant Church:  
Worship Service  
and communion**  
**10:15 AM**  
Thursday, July 5th and  
19th  
Thursday, August 2nd and  
16th

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

**Robert Mosley**



Robert was born in Oklahoma. He lived there until he was 6 years old, and then moved to California. He attended Kingsburg High School and Bakersfield College. His beautiful wife is Bette. They married in 1964. Robert served in the Army. ( Thank you for your Service) He has been an Electrical Contractor, Insurance Agent and Real Estate Agent. He is a 32 degree Mason. He has two children and 3 grandchildren. He has been very out going in his life, he taught Sunday school class for 15 years and belongs to the Cain Memorial AME Church and Masonic Lodge. Activities he enjoys are listening to Religious music, western movies, television programs such as nightly news, SWAT Blue Bloods, and games such as Bingo and checkers. He also likes a good comedy show. What you notice about Robert when you first meet him is he always looks sharp in his dress and is a very nice man.

## *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

*3209 Brookside Drive*

*Bakersfield, CA 93311*

*(661) 663-9671*

*Lic.# 157204130 & 157204131*

*Welcome Home!*