

Pacifica Tidings



Sept./Oct. 2018



A Note from the Executive Director

Dear Residents, Families, and Associates:

School bells are ringing and it's time to face the holiday season. Pacifica is planning great end of summer fun and Fall events. Our Annual Luau is in September and boy do we have a spectacular day planned for you. Wear your favorite Hawaiian outfit, bring your appetite and be ready for some wonderful entertainment and memories. Pacifica will be celebrating National Assisted Living week as well as Kern County fair day (weather permitting.)

Pacifica Pride is gearing up for the Walk To End Alzheimer's that is scheduled for Saturday, October 20th at Riverwalk at 9am. If you would like to be part of our team please contact our Team Captain Ailey.

If you find it in your heart to donate, either monetarily or a raffle prize please reach out to us. If you own a company or know someone who does and wants to donate you will get your logo on the back of our shirts and our booth at the event.

- * Alzheimer's disease is the 6th leading death in the United States
- * 5.7 Million Americans are living with Alzheimer's by 2050 it is projected to rise to nearly 14 million
- * 1 in 3 seniors dies with Alzheimer's or another dementia more than breast and prostate cancer combined
- * Every 65 seconds someone in the United States develops the disease

To care for those who once cared for us is of the Highest Honor



Who am I?



Peek Inside and you will find out more about me.

Welcome to Our Community

Sara Martinez
Dorothy Wells
Adrienne Morse
Stephen Curtis
Jim Leak
Virginia Hair
Callie Reneker
Pearl Well

Please take a minute
to say
Hello
and
Welcome Home!

Special Events & Memorable Moments



A Big Thank you goes out to our volunteers that give of themselves unselfishly to make a difference in our residents lives. Our residents look so forward to seeing your smiling faces coming through the door. We congratulate



Fred Licon for receiving Volunteer of the Year! Well done! We want to take the time to thank the volunteers that weren't able to attend this year. You were missed. We appreciate all of you!



Health & Fitness by

Irma Luna

Osteoporosis

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. As a result, bones become very weak and may break from a fall or, in serious cases, from sneezing or minor bumps. Osteoporosis means ~ porous bone. Viewed under a microscope, healthy bone looks like a honeycomb.

When osteoporosis occurs, the holes and spaces in the honeycomb are much larger than in healthy bone. Osteoporosis bones have lost density or mass and contain abnormal tissue structure. As bones become less dense, they weaken and are more likely to break. If you're 50 or older and have broken a bone, ask your doctor or healthcare provider about a bone density test. What can you do to protect your bones?

Get enough calcium and vitamin D, Engage in regular exercise. Eat food for bone health, such as fruits and vegetables. Avoid smoking and limit alcohol to 2-3 drinks per Day.

LOVE YOUR
BONES

Birthdays

Residents September

Sam Coblentz, Patricia Burnite, Margie Ramos.

October

Frances Stout, Cathleen Rogers, Nathan Wood, Carolyn Tisdale, Pricilla Black, Betty Patterson.

Staff

September

Dee Roberts, Macey Carter, Maia Johnson, Dee Roberts, Victoria Rodriguez, Justine Villalpando, Adela Navarro De Zotea

October

John Hernandez, Socorro Pi-na, Dee Roberts, Maria Watembach

Spiritual Activities

Communion Every Sunday 10:30 AM

Catholic Mass
Friday, September 10th
Friday, October 12th
10:30 AM

**Protestant Church:
Worship Service
and communion**
10:15 AM
Thursday, September 6th
and 20th
Thursday, October 4th and
18th

Who Am I?

(answer)

We're sisters. Marian Wright and Mildred McDaniel. We both were born in Pueblo Colorado. I'm Marian the Oldest sister by two and a half years. I met my spouse Ray on a train. He was a Merchant Marine. After the war Ray came to visit me in Colorado. My mom insisted we get married before going on the train to San Francisco because it wouldn't look right. So we got married by a minister in his house & to this union we had two daughters and 5 grandchildren. I'm a Widow now. I worked as a manager for AT&T in San Francisco. I've also lived in Coalinga CA. I liked doing gardening, (I love flowers) crossword puzzles and reading. I also like to play pinochle. If interested let me know. I like big band music, old movies, and baseball. My favorite team is the Dodgers. I also enjoy sitting outside and socializing. I like to laugh a lot & have a good sense of humor.

Hello I'm Mildred the younger and taller sister. I was born in Pueblo, Colorado. There were six children in our family but, they passed away young. Marian & I were the only ones that survived. We also lived in Coalinga before moving to Bakersfield. I worked for AT&T as a telephone operator. It was war time so there were a lot of jobs for us women. I met my husband James as a young boy, he rode on the same school bus as me. We were married for 50 years. We had three children a daughter and two sons and five grandchildren. I'm a widow now. Things I enjoy doing are reading books, books, and more books painting, watching movies such as action, murder/mayhem and anything with Tom Selleck in it. I'm not much on joining large groups but, like small groups especially if they are serving ice Cream. I think this place is great for us. The food is good and they have a variety of things to do if you want to.

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!