

Pacifica Tidings


PACIFICA
SENIOR LIVING
CHINO HILLS
Assisted Living
Memory Care

**July/August
2018**



A Note from the Executive Director

There's nothing more beautiful than those summer nights. The smell of sunscreen reminds us that summer is here and of course I can't forget the yummy smell of s'more's. Summer is another one of my favorite seasons. Love those long days and those warm summer nights relaxing with the family. Summer is the time to relax on the beach, bon fires at night, BBQ's with the family, and relaxing pool side.

On Tuesday July 3rd, we will be having our annual 4th of July celebration for resident's and staff. Robert and his staff will be outside grilling up some juicy hamburgers/hot dogs, potato Salad, watermelon and a patriotic drink. So come and enjoy lunch with the staff who works so hard to make a difference in all the resident's lives. I look forward to seeing everyone on the patio for our 4th of July celebration. "Land of the Free Home of the Brave"

We have started fundraising for the Alzheimer's Association and it will continue until September. You may see employee's wear jeans or different scrub tops on Wednesday's or Friday's through September, as they have purchased tickets, (Casual for a Cause), to raise awareness and funds for Alzheimer's. Please visit our Alzheimer's table in the front lobby to purchase items or make a donation our fundraising campaign. Every dollar advances the care, support and research efforts of the Alzheimer's Association.

Together we can end Alzheimer's disease!

Thankful,
Julie Olmedo

Just be...



Who am I?

I was born June 22 1933 in Hume IL. I received a BA Degree from the Cincinnati Bible College. After college I married a wonderful woman and had 5 beautiful children. I recently moved here to Pacifica Chino Hills with my Wife after retiring as Pastor from the Eastern Christen Church in Anaheim. My Leisure time I will relax and listen to Christian music, I Love my "Lakers"and occasionally will take in a western movie or two.

Who AM I, You Say!

Welcome to Our Community



Leon Shapen
Marcia Cooper
Mary Michael
Corina Guerra
Arturo Guerra
Angelina Minor
Jess Lopez
Hsueh Ju Sheu

Activities & Special Events

July/August 2018

Wednesday's 9:00am - "Walmart" shopping trip!
Every other Wednesday 1:00pm - Shopping - Residents choice!

- 7/3 Resident 4th of July BBQ
- 7/3 Entertainment w/Laurie Stillman
- 7/9 Marcella Jewelry Boutique
- 7/9 Lunch Outing - Mimi's Restaurant
- 7/10 Pet Therapy
- 7/10 Traveling Game Show
- 7/16 Entertainment w/ Don Jensen
- 7/19 Cooking w/Robert
- 7/21 Magic with Richard Lee
- 7/23 Entertainment with Ron Johnson
- 7/25 Wine/Cheese Social
- 7/30 Lunch outing - La Paloma Mexican Restaurant
- 8/6 Entertainment w/AL Valdez
- 8/6 Entertainment w/ The Praise Dancers
- 8/16 Entertainment w/Teresa Stockton
- 8/20 Vocalist and Puppet Therapist Dayle Freedman



**Father's Day Car show
June 9, 2018
With the 501st Legion
Star Wars Characters
& live music from
The Beatles Tribute Band
"One Way Ticket"**



Health & Fitness by

**Denise Medrano, LVN
Resident Services Director**

Summer is here, and its time to enjoy the outdoors, but when the temperatures rise, getting enough to drink is important whether you're out doing exercises, traveling or just sitting in the sun.

Dehydration can be a serious condition that can lead to problems ranging from swollen feet or a headache to life-threatening illnesses such as heat stroke. A person who perspires heavily will need to drink more than someone who doesn't. Certain medical conditions, such as diabetes or heart disease, may also mean you need to drink more water. People with cystic fibrosis have high concentrations of sodium in their sweat and also need to use caution to avoid dehydration. And some medications can act as diuretics, causing the body to lose more fluid.

For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods, such as fruits and vegetables which contain a high percentage of water. Sports drinks with electrolytes may be useful for people doing high intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories. Tips for staying hydrated

Keep a bottle of water with you during the day. If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink. Be sure to drink water before, during, and after exercise. When you're feeling hungry, drink water. Enjoy the outdoors, but remember to always have some water with you!

Birthdays

July

Angelina Mimer	3rd
Maryann Cogwin	9th
Mary Lou Baca	11th
Ruby Bancher	12th
Joann Daugherty	14th
Peggy Price	28th

August

Lil Dlouhy	1st
Grace Aviles	18th
Rose Manino	23rd
Sonja Catabno	23rd
Harriett Burris	29th

Spiritual Activities

**Father Mike from St. Paul the Apostle Church will give Communion on the 1st Friday of the month
11:30 a.m.
(Library)**

**Delia Aguirre, lay Minister from St. Paul the Apostle Church will distribute Holy Communion.
SUNDAYS
11:00 a.m.
(Activity Room)**

**Calvary Worship
(Non-Denominational)
SUNDAYS
(1st and 3rd Sunday of month)
1:00 p.m.
(Activity Room)**

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

Bob Wright



Management Team

Julie Olmedo, LVN
Executive Director

Chad Ormsby
Sales Director

Eunice Cueva
Business Office Manager

Denise Medrano, LVN
Resident Services Director

Mary Pabst
Activities Director

Jessica Gomez, LVN
Memory Care Director

Robert Finn
Food Services Director

Sergio Bravo
Environmental Services 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!*



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SENIOR LIVING

CHINO HILLS

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Memory Care*

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Chino Hills, CA 91709
(909) 606-2553

License #366425024

www.pacificaseniorliving.com

Welcome Home!