

Pacifica Tidings


PACIFICA
SENIOR LIVING
PALM SPRINGS
Assisted Living
Memory Care

**July
2018**



A Note from the Executive Director

Cristina Miller, CDP has been in the RCFE community for over 25 years. It has been a passion for Cristina to be able to be a strong advocate for the elderly community. Cristina's level of care and compassion for the elderly has served as a standard when advocating for the elderly for any environment that she provides leadership for. Cristina Miller's extensive background for the elderly started early on in the environment of skilled nursing as a certified nursing assistant which served as a stepping stone into the care dynamics for a Residential Care Facility for the Elderly community. While working for an RCFE community Cristina was able to work her way through the ranks through all departments thus resulting in a con-

crete understanding of an RCFE community leading to a position as an Executive Director. The result of thorough knowledge for RCFE communities, further education with becoming a certified dementia practitioner and leadership skills acquired as an Executive Director has strengthened Cristina's advocacy skills to become an evolving and vital part in any community she leads. Cristina is very excited to share all knowledge gained in her experience in RCFE communities and will continue to advocate for the elderly community here at Pacifica Palm Springs.

Who am I?

I have a questions. But I'm also the questions. The right answer is only one, but it's rarely the answer you have. I can beleaguer, entertain and frustrate most to the ends of their tether. I'm rarely found on your nightstand, yet I'm always on everyone's tongue. The more vague I act, the happier the asker is. The dull have no hold over me, the smart have only but a flimsy grasp of my true nature. I enjoy it when you fiddle and twiddle and stop to ponder in the middle. So, who am I?

Welcome to Our Community

Mary Dugas

Diane Perry

Robert (Bob) Neander

Carol Hennenan

Marleen Chesley

Margaret (Eileen) Culatta

Welcome!!

Special Events & Memorable Moments

Independence Day Celebrations

July 3 -

3:45 p.m. Independence Day Party in the Community Room with Holiday Music by Nolan McFadden!!

July 4th -

6:05 p.m. Power Baseball Game Starts across the street.

8:00 p.m. Gates Open for Stadium Seating at the Firework Show on the Power Baseball Field.

9:15 p.m. Firework Show Starts!! Best seating will be at the stadium across the street. We will have additional seating in our parking lot.

Musical Events

July 3rd at 3:45 p.m. Nolan is performing in the Community Room.

July 10th at 3:00 p.m. Amy is performing in Birch Cottage Living Room.

July 18th at 10:30 a.m. Amanda will host a Music Therapy Session in Cedar Cottage Living Room.

July 24th at 3 p.m. Amy is performing in Dogwood Cottage Living Room.

Every Friday at 3 p.m. in Birch Cottage Dining Room, Mara hosts our Happy Hour!

Bus Schedule

Every Monday, Wednesday & Friday we will go shopping at Wal-Mart and Rite Aid. Please meet in the Community Room by 9:00 a.m. to get on the bus with John.

Every Tuesday & Thursday is reserved to Doctor Appointments. Please schedule your appointments with Maria at the Front Desk, at least 72 hours in advance. This will ensure we have adequate timing to get you to and from the appointment, and to make any adjustments necessary.

Special Outings

We will go out to lunch every other Monday! You will need to bring enough money to cover your own meal and tip. Please meet in the Community Room by 11:30 a.m. we will be back on property by 1:15 p.m.

On the opposite Monday, join us in taking a Scenic Drive down what the locals call, Windmill Lane. What a beautiful drive!!

Other Bus Needs

Errands, like going to the bank or anything that isn't on the bus schedule, must be scheduled with Maria and John at least 72 hours in advance. This will only be honored if an appointment has been made, and if time allows on that day.

Health & Fitness by

Bistro MD

As seniors, fitness is essential for staying mobile and active, and can even help lower your risk or help improve certain health conditions. Certain physical activities and specific regimens can even make quality of life better by reducing falls or improving balance.

With advancing age comes inevitable body changes, but partaking in exercise can prevent or delay diseases and improve the health of many seniors. Metabolism is known to slow down with each birthday that passes, making weight that much easier to gain. Unfortunately, most seniors experience a shift in their body composition – an increased fat mass with reduced lean body mass and muscle strength. Seniors, especially women, may also have reduced bone strength, increasing the risk of osteoporosis and bone fractures. That being said, a well-rounded exercise regimen can reduce these age-related changes. Strength training and weight-bearing exercises can keep both muscles and bones strong. The strength of each can keep seniors more independent for completing day-to-day functions—cleaning, cooking, laundry etc. Paired with stretching and balance exercises, the risk of falls may also be reduced.

Join us for Exercise every day at 10:30 a.m.!

Birthdays

Mary Dugas 7/4

Iva Kamrath 7/4

Edith Cafege 7/6

Marianne Tremont 7/16

Dorothy Smith 7/30

Community Wide Birthday Party

Friday July 13th at 3:00 p.m.
in Birch Cottage Dining Room!

Spiritual Activities

Sundays

11 a.m. Peace Christian Fellowship Worship with Pastor Bill in the Community Room.

Tuesdays

9 a.m. Catholic Visitation from St. Theresa's volunteers. They will meet you in your room, please let Kalyn know if you would like to be added to the visitation list.

1 p.m. Hymnal Singing and Bible Lesson with the Living Waters Church and Desert Chapel in Birch's Dining Room.

Thursdays

6 p.m. Bible Study with Pastor Bill in the Community Room.

Rabbi Kreiman

10 a.m. Story Time in the Community Room on July 10th.

Who Am I?

(answer)

A Riddle!

Stay tuned for more mind-bending riddles!

Management Team

Cristina Miller, CDP

Executive Director

Janna Hughes

Business Office Manager

Allison Ortiz, LVN

Resident Services Director

Shaun Fuimaono, LVN

Health & Wellness Coordinator

Judy Saliwan

Community Relations

Director

Billy Davis

Dining Services Director

Eloiza Castellanos, BSW

Memory Care Director

Joe Rios

Maintenance Director

Kalyn Brown

Activity Director



Our Mission

*Privately owned, Pacifica Senior Living
strives to create a lifestyle of
independence and peace of mind
for each individual and their family.*

*We do what we love and
what we truly believe in –
providing compassionate, personalized
care services with dignity and respect.*

*Our dedicated, professional team supports
each resident and goes above and beyond
to help them feel at home.*



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SENIOR LIVING

PALM SPRINGS

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Memory Care

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Welcome Home!