

Pacifica Tidings


PACIFICA
SENIOR LIVING
PALM SPRINGS
Assisted Living
Memory Care

**September
2018**



A Note from the Executive Director



Excuse our mess!
We are renovating!!

The Elm Building will be the first building completely finished being renovated. Our estimated completion date for this building is September the 12th.

The renovations will feature new flooring, cabinets, furniture and more in each of our cottages!!

What's Next?

The contractors will start working their way through the Community Center and the other cottages to bring them all up to our standard!

Curious to know what your building will look like?

Schedule a tour of the Elm Building with one of our Sales Directors or our Activity Director!

Who am I?

I always run but never walk, often murmur, never talk, have a bed but never sleep, have a mouth but never eat.

Who am I?

Welcome to Our Community

Sheila Fike
Community Relations
Director

Special Events & Memorable Moments



Resident Section!
Euphemisms: Upgrading Yourself
Use these substitutes in your language to
give yourself an upgrade!



Toilet Paper - Bathroom Tissue
Loafers - Slip-ons
Sneakers - Running Shoes - Athletic Footwear
Sweatpants/Sweatshirt - Active Wear
2nd Hand Clothing - Vintage Wear
Cartoons - Animations
Hospital - Medical Center
Library - Learning Resources Center
Old People - Senior Citizens

Car Sickness - Motion Discomfort
Junk Mail - Direct Marketing
Special Delivery - Priority Mail
Dump - Landfill
Garbage Man - Sanitation Engineers
Motel - Motor Lodge
Cough Drops - Throat lozenges
Teachers - Educators
Welfare - Public Assistance

Health & Fitness by

The American Senior Fitness Association has some recommendations for those wanting to start a fitness program.

Get medical clearance to exercise.

Don't exercise if you are injured, sick, or running a temperature.

Always warm up and always cool down.

Drink plenty of water before, during and after exercise.

Avoid heavy meals for about two hours before energetic exercise.

If fatigue and/or discomfort last longer than one or two hours after exercising, cut back the next day but don't stop completely. Comfort ranges can change daily, so don't get discouraged if you can't do the same amount of exercise as you did the day before.

Concentrate on exercises that improve and maintain your range of motion, lubricate the joints and keep muscles flexible. Everyday activities will be easier to carry out and you'll have less pain, too.

Stop exercise and consult your physician immediately if you experience any of the following:

Chest pain or tightness in the chest, neck or throat.

Considerable difficulty breathing.

Abnormal heart rhythm; nausea, dizziness, light headedness, or visual interruption.

Excessive cold sweat.

Extreme or lasting weakness or fatigue.

Staying active does the body and the mind a world of good. Find exercise and activities that you enjoy and you'll be able to stick with it and improve your quality of life.

Birthdays

Michael Medved **9/18**

- and -

Pauline Kurtz **9/22**

Happy Birthday!!

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. in the Community Center on September 4th.

Who Am I? (answer)

A River!



Management Team

Cristina Miller, CDP

Executive Director

Janna Hughes

Business Office Manager

Shaun Fuimaono, LVN

Resident Services Director

Judy Saliwan

Sales Director

Sheila Fike

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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Memory Care

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Welcome Home!