

Pacifica Tidings



SIERRA VISTA

Independent and Assisted Living

**July/Aug
2018**



A Note from the Executive Director

Hello every one , When looking for a good senior community to call home It's important that you trust and feel good about it. We're strong in saying Sierra Vista Independent & Assisted Living is the place to be. It's like home away from home. My staff and I appreciate the trust and faith you all have in choosing our community. We have lots of great and exciting things planned for our community this Summer and we'll keep you all posted! Thank you all for your amazing support and have a fun and safe Summer!



Who am I?



I love to dress snazzy, I'm a Mr. Fix it because I love for things to be in tip top shape. I enjoy company and I also served in the Military, Branch was Army. Who Am I? See Pg.#6

Welcome to Our Community

We would like to welcome
our new Residents !

Bernie C.
Aurthur L.
Laynette B.
Carol H.
Edward K.
Gloria A.
Hatsue L.
Joan S.

Kathleen D.
Marilyn C.
Roberta C.
Walter C.
William M.
Nina H.



Activities & Special Events



Memorable Moments



Birthdays

Residents Birthdays

June

Marilyn C. ~ 3rd
Thomas P. ~ 12th
Diane B. ~ 21st
Nina H. ~ 22nd
Caroline A. ~ 26th

July

Susan M. ~ 21st
Dorothy B. ~ 27th

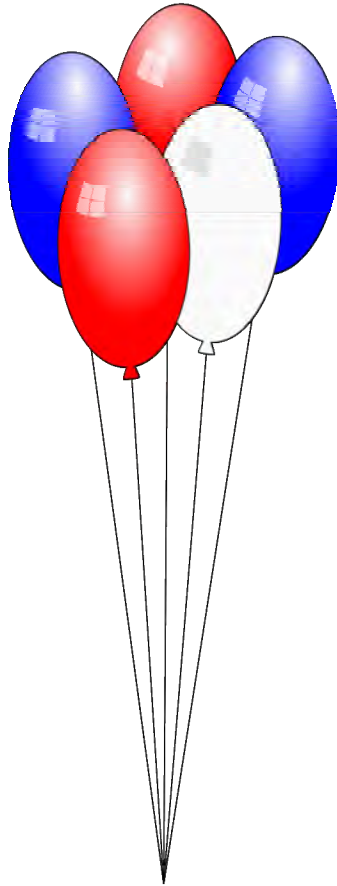
Employees Birthdays

June

Cassie F. ~ 4th
Tim C. ~ 7th
Kim M. ~ 18th

July

Chanel T. ~ 30th
Shirley A. ~ 31st



Continue Who Am I? Pg #6 Earl S.



A Note from the Activities Director

We've had wonderful times in the month of May and June! But time flies when you're having fun, so we must move on. For the month of July we will be acknowledging the 4th of July. Also we will be continuing our journey around the world. July 31st we will be visiting New Orleans! Great Louisiana Music, delicious Cajun food and learning interesting facts, traditions and some History of New Orleans. In the month of August on the 3rd we will be having a tribute to the 50's with a Malt Shop memories event. Families are welcome, you will be receiving invitations in the mail soon with more info! Hope to see you there. These are just a few of things out of many that we will be doing in the month of July and August. Remember to please drink plenty of water and when you get dressed please wear a smile, Cause your never fully dressed without it!



Resident of the month Phillip T.



Health & Fitness by

Shelia Mobbs

- Grab Seasonal fruits and vegetables.
- Keep yourself Hydrated
- Eat more cooling foods
- Choose fresh juices over soft drinks
- Binge on lighter snacks
- Hygiene is the key to a healthy body
- Heat Safety
Try and stay out of direct Sun. Seek shaded areas
Or air conditioned areas
Such as Libraries or Malls

Protect yourself with sun-screen when going outside.
Make sure to use sunscreen SPF-15 or higher.

Promoting
Healthy Living

Fitness Activities

Daily Chair Exercise

Farmers Market

Field Trips

Cheese Toss

Bingo

Walking Club

Spiritual Activities

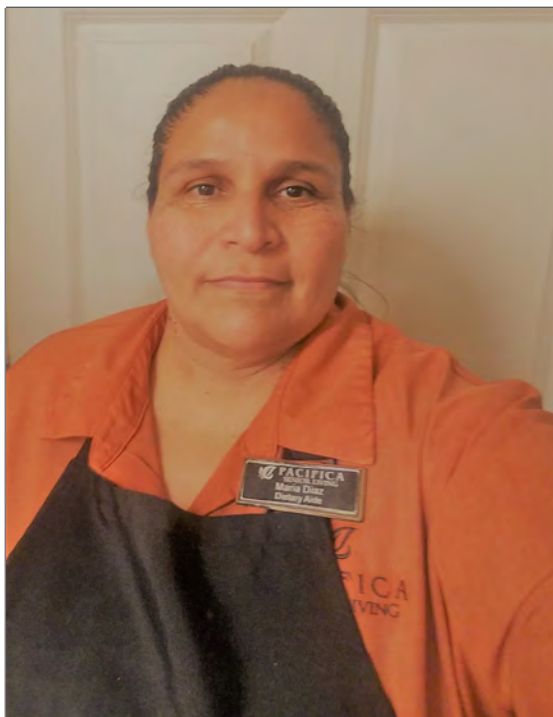
Chaplain Rev.Clifton L.
Daily Devotional 9:15am
Mon-Sat.

Sunday Services
1:30pm

Bible Study every
Wednesday 10:30



Employee of the month Maria D.



Management Team

Maria Gonzales,
Executive Director

Lucia Garcia,
Community Relations

Kim Mejia,
Business Office Manager

Shirley Alex,
Activities Director

Sheila Mobbs,
Resident Care Director

Joseph Sanchez,
Dinning Service Director

Tim Crawford,
Maintenance 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.*



SIERRA VISTA

Independent and Assisted Living

*13815 Rodeo Drive
Victorville, CA 92395*

(760) 243-2271

Lic.# 366423475

www.pacificaseniorliving.com

Welcome Home!