

Pacifica Tidings



SIERRA VISTA

Independent and Assisted Living

**September/October
2018**



A Note from the Executive Director

I would like to start off by saying thank you to families and friends for all of the support you've shown us through the years. Labor Day acknowledgment will be 9/3. For the week of 9/9 ~ 9/15 will be National Environmental and House Keeping week. Also please don't forget during the month of October is Breast Cancer Awareness month. It is very important that we show our support for any type of Cancer Awareness, Because we're greater in numbers. As always, I appreciate the trust you've placed in us and thank you for choosing to reside at Sierra Vista Independent & Assisted Living.



Who am I? See Pg. #7

I Love to wear lots of beautiful jewels and look glamorous all of the time. My laugh is contagious and I love to play bingo and I'm also sweet as pie!



Welcome to Our Community

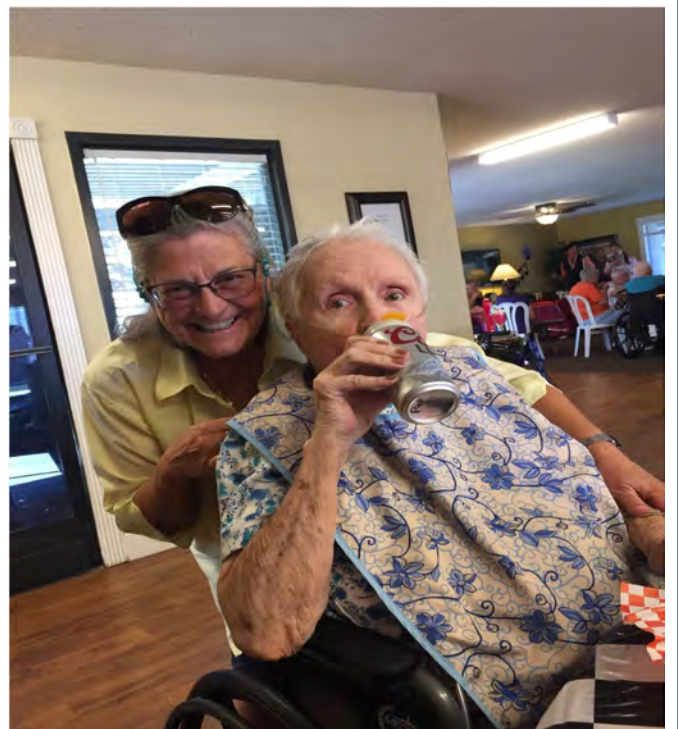
Terrence O.
Edwinna A.
Joan S.
Beatrice W.
Jim H.
Jackquelynn F.
Ronald F.
Shirley B.



Activities & Special Events



Memorable Moments



Birthdays

Residents Birthdays

September

David H. ~ 9/06
Judith M. ~ 9/08
Terrance O. 9/10
William. M ~ 9/15
Mary R. ~ 9/18
Ernesto G. ~ 9/25
Hatsue L. ~ 9/27
Earl S. ~ 9/28

October

Ronald F. ~ 10/05
Charolette W. ~ 10/10

Employees Birthdays

September

Jessica M. ~ 9/01
Carrisa R. ~ 9/03
Chrystal B. ~ 9/10
Maria G. ~ 9/15
Alma A. ~ 9/29

October

Danielle G ~ 10/27

Happy 100th Birthday Mary R.



A Note from the Activities Director

As the months are rapidly coming and going we are equally excited to see what's happening for our upcoming events in our community. On the 18th of September we will be celebrating our Resident Mary R. 100th year Birthday! Also September 28th Sierra Vista will be have our fun and exciting Talent Show! For the month of October on the 5th we will be taking a trip to San Manuel Bingo and Casino as we do every year! Yoo Hoo! Also October 26th we will be having the CEO of magic Richard L. to come pay us a visit., October 31st we will be having a Fall Trick or Treat social. It's so much fun to see the children all dressed up to come and spend time with our Residents and the Residents most certainly enjoy their cute costumes and passing out treats to them. Until next time stay safe and enjoy life.



Resident Of the month
Ernesto G. Congratulations!



Health & Fitness by

The Healthy Living Manifesto

1. Drink more water
2. Get enough sleep
3. Meditate
4. Pick exercise you enjoy
5. Have healthy snacks
6. Journal out unhappy thoughts.
7. Eat more Fruits & Veggies
8. Cut sugary foods
9. Try and eat smaller Portions during meals.
10. And above all Love Yourself!

Good nutrition is one key to a healthy life. It is important to eat a variety of nutritional foods to get all the nutrients you need.



Fitness Activities

- Walking Club
- Daily Chair Exercise
- Cooking Club
- Garden Club
- Walmart Outings



Spiritual Activities

Daily Word w/Rev. Clifton
Mon~Fri. @ 9:15am

Bible study w/Cathy
Wednesday @10:30am

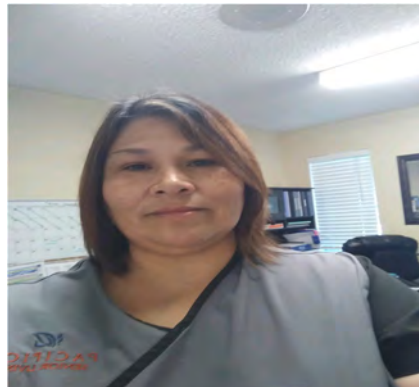
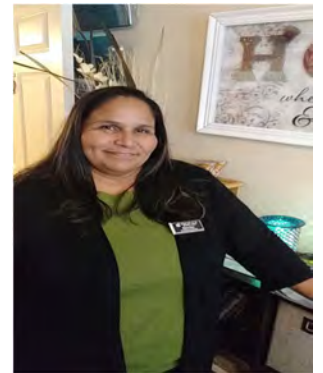
Father of Lights Ministry
Sunday @ 1:30pm

Cont. Who am I?
*Pg #7 (Laynette.B)

Congratulations Maria D. on your promotion!
She is now our Dining Service Director.


Congratulations

Employee of the month (Hilda 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

Maria Diaz,
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

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Welcome Home!