

Pacifica Tidings


PACIFICA
SENIOR LIVING
VACAVILLE
Memory Care

**September
2018**



A Note from the Executive Director



News flash it's September get ready for fall because its here!! The leaves are changing colors and we are ready for apple season and all the baking that comes with it!!

Our new bus has arrived and we are excited to begin traveling around the countryside. Scenic rides are on the calendar for this month.

Enjoy the season change!

Who am I?



Welcome to Our Community

**Joyce M.
Floyd M.
June L.
June W.
Joyce L.**



Activities & Special Events

CAPTURE THE MOMENT

**NATIONAL ASSISTED LIVING WEEK®
SEPTEMBER 9-15, 2018**



SPORTS DAY



Memorable Moments



Birthdays

September 13th
Connie-Wheatley
House

September 15th
Jane-Wilson House

September 24th
Esther-Clark House



Monthly Family Meeting

Please join us
Thursday September 13th
4:30pm-5:30pm
Main Office
Lobby

SEPTEMBER

Music Performance

- Fiddler's- 11:00 AM at Pappas House on 9/4/2018
- Jasper-10:30 AM at Journey House on 9/5/2018
- Diane- 3:00 PM at Pappas House on 9/7/2018
- Alligator- 10:00 AM at Wheatley House on 9/11/2018
- Megan Ball Room Dancing- 10:30 AM at Pappas House on 9/12/2018
- Singing Cowboy-10:45 AM at Wilson House on 9/20/2018
- Sweet G's- 2:00 PM at Pappas House on 9/24/2018
- Red Hat Society- 2:00 PM at Pappas House on 9/24/2018

A Note from the Activities Director

National Assisted Living Week is coming up, September 9th-15th, it provides a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities. **Capture the Moment** is this year's theme for National Assisted Living Week, which hopes to inspire residents to realize their dreams and seize the day.

Simultaneously, the theme also supports reflection, as residents may look back on the fundamental moments in their lives. With the theme's word play referencing photography, residents may refer to pictures or videos from their past. The theme also aims to remind assisted living staff that often the little, everyday interactions with residents can deliver high quality, person-centered care. Take a look at our calendar for special days during that week!!

Health & Fitness by

There are many reasons why we tend to slow down and become more sedentary with age. It may be due to health problems, weight or pain issues, or worries about falling.

Perhaps you think that exercising simply isn't for you. But, as you grow older, an active lifestyle becomes more important than ever to your health. Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. And regular exercise is also good for your mind, mood, and memory.



Who Am I?

Johnny Cash

Fitness Activities

Morning Exercise

—

Balloon Fitness

—

Chair Aerobics

—

Chair Boxing

—

Morning Stretch

—

Bowling

—

Parachute Shake

—

Beach Ball Toss

—

Bean Bag Toss

Spiritual Activities

Catholic Church Service

Every Sunday at
10:45AM in Pappas
House

Liberty Church

3rd Saturday of every
month at 3:00PM in
Pappas & Clark House

Catholic Communion

4th Tuesday of every
month from 11-
11:30AM

In the Good Old Days..

The 1950s was an exciting time to live. Crime was low, children could freely play outside, Elvis was rocking and rolling and kids were going "steady."

A House cost: \$14,500

Average income: \$3,216

Ford car: \$1339-\$2262

"Home entertainment" TV system: \$549.50

12" records: \$4.85

Milk: \$.82 cents

Gas: \$.20 cents

Bread: \$.14 cents

Postage stamp: \$.03 cents

Sirloin steak: \$.77 lb

Management Team

Executive Director
Melody Allmond

Community Relations Director
Cinthya Gamino

Resident Care Director
Savanna Beddell-Arcy

Business Office Manager
Andrew Velasquez

Food Service Director
Louie Verzosa

Program Director
Yessenia Villegas Alvarado

Maintenance Director
Larry Recella



*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!*



PACIFICA
SENIOR LIVING

VACAVILLE
Memory Care

*431 Nut Tree Road
Vacaville, CA 95687*

(707) 449-1350

www.PacificaVacaville.com

License # 486803645

Welcome Home!