

# Pacifica Tidings

  
**VALLEY CREST**  
Memory Care

July~August  
2018



## *A Note from the Executive Director*

## *Happy Independence Day*



With Independence in mind we should have great expectations of the Joy over sufferings that even through those things the God's Glory will be reviewed in our lives, in a people and in a nation, liberty it self is not liberty until the bondage of corruption of what God has created receive the glorious liberty of the children of God. As the earth is laboring for this in hope waiting in perseverance , Praying to our Heavenly Father by His Spirit, that only His Will be done,  
That we might be called His .

God Bless America & The Nations

## *Who am I?*

My well maintained Status had been well sustained by my daily belief in God, you will know me by my Routine which I live by, I enjoy taking a good walk or sitting out in the courtyard, where you find me if relaxing, I'm very stern when it comes to times and places, but ! Than of course I can never be to in my ways to always take time for the love of my life who comes by regularly, it feels like day one as to when I first meet my beautiful wife who has been by my side, I will tell you I can be ruff around the edges sometimes , but that does not stop the songs I love to sing both love songs & hymns, I mostly church and visits from family and old friends, I loved the 3yrs.US Army/ Air Force LT/Col- In the War World II Vet for a 30 years Career ,  
an I quote ! "If it's 7 O'Clock my wife will be calling me, come get me I don't want to miss her call before I turn in for bed for the night , Thank you!"  
Who am I?.....

## *Welcome to Our Community*

**We Would like to welcome  
our new Resident's...**

*Lois M.  
Nellie G.  
Norman H.  
Donald H.  
Freddy M.  
Wesley B.*

## *Special Events & Memorable Moments*



**ROMANS 8:2** ~ For the law of the Spirit of Life in Christ Jesus has made me free. From the law of sin and death.....

\*Our true freedom is only through Christ Jesus who Made of free from the law that would condemn us, So let us continue in the way of truth in Faith trusting God, for only where the Spirit of the Lord is there is true liberty....



## Health & Fitness by Consumer Reports *The Best of* Health

### Q More Sweat, More Gain?

**A** Possibly, but it's not worth the risks. Exercising in a hot setting increases not only sweating but also heart rate and oxygen consumption. That increase aerobic benefits, burns more calories, and cause some immediate weight loss. But the steps you mention aren't recommended because they can prevent sweat from evaporating and thus cooling the body: that in turn might lead to muscle cramps, dizziness, dehydration, or heatstroke. And those rapidly lost pounds are almost entirely water; they'll return once you drink enough to replenish the lost fluids. ~Marvin M. Lipman, M.D., and the Editors of Consumer Report on Health

**FYI:** Although some believe to force sweating benefits in removing waste products from your system and flushes impurities from the skins pores.

**Note:** It's better bathing to normally bath cleanses better than sweating, and urinating eliminates far more of the others wastes.

Extra Health notes:

~ Please Hydrate even more  
As you enjoy the summer  
Stay out of the direct sun  
If out more than 30mins.



## Birthdays July

Lucretia V..~20th  
Fleta "Joyce"B. ~23rd  
James D.~ 24th

### Happy Birthday

#### August

Mary Joe D.~3rd  
Mary Etta F.~15th  
Marie R.~16th  
Genevieve M.~16th  
Twyla O.~24th  
Gladys S.~28th

#### ~Independence Day~

Wednesday 7/4

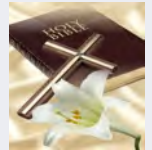
Macaroni Day! Sat.7/7  
Teddy Bear Picnic Day Tues. 7/10  
Pecan Pie Day Thurs.7/12S  
French Fries Day~Tues.7/13  
\*Everybody Deserves a Massage\*  
~Tues. 7/17 @6p~  
Lollipop Day Fri. 7/20  
Watermelon Day~Fri. 8//3  
Luau Blash 8/17 Fri.  
Left hand Day 8/13 mon.  
Tell a Joke Day~ Thurs.8/16  
World Honey Day~Sat.8/18  
Dog Day~Sun.8/28

## Spiritual Activities

Church Service are held  
Tuesday @ 9:30am with  
Pastor Myron in the main  
Dining room.

Communion Church Services  
Held the 2nd and 4th  
Wednesdays of every month  
@9:30am with Rev. Henry  
Birkinbine in the dining room.

Catholic Church Services  
Are held every 3rd  
Friday of the month @9am  
The front living rm.  
~ Habakkuk 2:2-3  
Write it, Wait for it~ The Vision  
will come to pass!~  
~ Devotional ~  
Tuesday ~  
@ 3pm  
Testimony time  
Prayer Box



## Who Am I? (answer)

Ray C.



## *Management Team*

**Kimberly Jordan**  
Executive Director

**Yolanda Smith**  
Community Relations  
Dir.

**Ginger Tuitel**~Resident  
Care Coordinator

**Valerie Hammond**  
Business Office Manager

**Jean Okumoto**  
Activities Director  
**Triva Stumbaugh**  
Dining Services Director

**Mark Norman**  
Environmental Director



*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!*



**VALLEY CREST**

Memory Care

*18524 Corwin Road  
Apple Valley, CA 92307  
(760) 242-3188*

*Lic.# 366423474*

*[www.pacificaseniorliving.com](http://www.pacificaseniorliving.com)*

*Welcome Home!*