

Pacifica Tidings


VALLEY CREST
Memory Care

September/October
2018



*A Note from the
Executive Director*

Happy Labor Day

Labor Day Prayer

***On this day as you take unto yourselves
what is deserving for all you have done
To the lease of these, may you find good rest
To take you a little bit farther than before
And with the help that the Lord provides for you,
may you continue to be a blessing to others in
need for someone like you...
Thank God for people that make up great nation!
God Bless you***

Who am I?

I am probably one of the resident's at Valley Crest That you find walking the courtyard in the morning, afternoon, and right after dinner, I never let my physical condition limit me, Hey! I'll tell you, "not to brag on myself, But! I quote I had 12 siblings and I had to keep them all in line, you find me often saying, "That my mother was a wonderful lady who taught me everything I know, my Father was a great man, and did a lot of tailoring for the World War II, I was just a little girl than, everyone that knows me, knows that even though my boys are all grown up I still call them my babies, If you ever look at my sentimental keep sake Pictures, You'll see my mom and I look almost like twins, I love Teddy bears doll stuff animals too, if you see me coming down the Hall ways you notice first my smile, my favor funny quote is see you later Alligator after whiled Crocodile, I love the Heaven Father, you'll often find my play Bingo, but! my favorite thing to do is receive Holy Communion from the Catholic Priest. Who Am I?

Welcome to Our Community

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

**Alice H.
Ronald M.
Lois G.
Richard P.
James J
Michael M.**

**Thank You for Choosing
Valley Crest Senior Living!**

Special Events & Memorable Moments



John 6:27-29 Do not labor for the food that perishes, but for the food which endures to everlasting life, which the Son of Man will give you, because God the Father has set His seal on Him."
28 Then they said unto Him, "What shall we do, that we may work the works of God?"
29 Jesus answered and said to them, "This is the work of God, that you believe in Him whom He sent.

** Let us not labor for things that are things that are here today, and possibly gone tomorrow, But in faith let us do all we can with the help God has provided us through the finish work at the cross, knowing that God will reward you for all you've done for others as unto Him, greater is he that's in you than he that is in the world.*

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

Q *if I eat immediately after Exercising will I burn off more of the meal than I normally would?*

A *Maybe. Physical activity of any kind speeds up your metabolism for several hours after a workout, depending on its intensity and duration. So your body is still burning calories at a faster rate during that time than if you hadn't exercised at all, a phenomenon that fitness aficionados all "after-burn." But the best way to boost the rate at which your body burns calories all the time—not just after Exercise—is through strength training, which increase your body's ratio of major muscle groups, and use a resistance that allows you each of the major muscle groups, and use a resistance that allows you to do no more than eight to 12 repetitions of each exercise(or 10 to 15 reps for beginners or people with very little muscle).*

FYI: *Starting is the beginning of a health you...*

Note: Extra Health notes: Always Check with your Doctor if your not sure about what works best for you.

~Remember Moderation~

** Make Better choices*

**Walk or someone you love*



Birthdays September

Juanita H.~5th
Norman H,~5th ~
Caralyn C.~8th
Nellie G.~9th
Marlene D.~19th
Joyce S.~22nd

Happy Birthday

October

Emma W.~6th
Margaret W.~9th
George C.~11th
Betty A.~14th
Tracy N.~18th
Mary V.~22nd
Natalie "Nan" R.~26th

~Happy Labor Day~

Monday 9/3

Grandparents Day~ Sun. 9/9

Patriot Day~Tues. 9/11

Constitution Day~Mon.9/17

International Peace Day Fri. 9/21

First Day of Autumn Sat.9/22

Checkers Day Sun. 9/23

10/5~World Teacher Day

10/8~Mon.Columbus Day

10/24/~Wed. United Nations Day

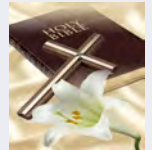
~10/31~ Happy Harvest~

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)

Carmen L.



Management Team

Kimberly Jordan

Executive Director

Anna Martinez

Resident Care Director

Yolanda Smith

Community Relations

Dir.

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

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

Lic.# 366423474

www.pacificaseniorliving.com

Welcome Home!