

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
PALM SPRINGS  
Assisted Living  
Memory Care

**October  
2018**



## *A Note from the Executive Director*

Sheila Fike started working in Assisted Living in 2000 and fell in love with the concept of bringing seniors together. She most recently worked for a community that specialized in memory care. She loves the idea that Assisted Living keeps people healthier, stronger, and improves cognitive skills.

Sheila has a background in social services and real estate sales. Sheila was born in Palm Springs but moved away to Orange County for college and to raise her children. She is so happy to be back in the desert and here with her new Pacifica family. Please stop by to say hello!

# Welcome

## *Who am I?*

**What is the name for an electrical  
coin-operated piano?**



## *Welcome to Our Community*

**Sheila Fike**  
Community Relations  
Director  
**Gary Alexander**  
**Merlin (Scott) Chiles**  
**Kim Cornell**  
**Robert Moore**  
**William Morton**  
**Sheila Higgins**

WELCOME TO THE  
**FAMILY**

## Special Events & Memorable Moments



### Resident Section! Piano humor:



Q: Why was the piano teacher always getting arrested?

A: *He just couldn't stay out of treble!*

Q: Did you hear about the musical vampire who would torture his victims with his horrible piano playing?

A: *His Bach was worse than his bite!*

Note left by musical composer to his wife:

*Gone Chopin - have Liszt - Bach in a few minuets!*





## *Health & Fitness by*

According to recent estimates, almost 5 million people in the United States have congestive heart failure.

Over half a million cases are diagnosed each year. Despite its name, "heart failure" does not mean that the heart has stopped working completely, explain the American Heart Association (AHA).

In congestive heart failure, the heart is not pumping blood as well as it should be. Heart failure occurs in two main ways: either the muscles of the heart weaken, or they become stiff and lose their elasticity.

Although the condition affects people of all ages, it is more prevalent among seniors over the age of 60. The AHA recommend that people at risk avoid smoking, exercise more, and eat heart-healthy foods.

A new study delves deeper into one of these potential strategies for prevention. Researchers from the University of Buffalo in New York set out to investigate how walking affects two heart failure subtypes: reduced ejection fraction heart failure, and preserved ejection fraction heart failure.

Michael LaMonte, a research associate professor of epidemiology at the University of Buffalo School of Public Health and Health Professions, led the study.

**Join in on our Walking Club!!**

## *Birthdays*

**David Falk 10/02**

**Randy Klimmek 10/21**

**Daisy Mosby 10/24**

**Leona Frambaugh 10/31**

**Happy Birthday!!**



## *Spiritual Activities*

### **Sundays**

11 a.m. Peace Christian Fellowship Worship with Pastor Bill in the Community Room.

### **Tuesdays**

9 a.m. Catholic Visitation from St. Theresa's volunteers. They will meet you in your room, please let Kalyn know if you would like to be added to the visitation list.

1 p.m. Hymnal Singing and Bible Lesson with the Living Waters Church and Desert Chapel in Birch's Dining Room.

### **Thursdays**

6 p.m. Bible Study with Pastor Bill in the Community Room.

### **Rabbi Kreiman**

10 a.m. in the Community Center on October 9th.

## *Who Am I?*

*(answer)*

### **A Nickelodeon!!**



## *Management Team*

**Cristina Miller, CDP**

Executive Director

**Janna Hughes**

Business Office Manager

**Shaun Fuimaono, LVN**

Resident Services Director

**Judy Saliwan**

Sales Director

**Sheila Fike**

Community Relations Director

**Billy Davis**

Dining Services Director

**Eloiza Castellanos, BSW**

Memory Care Director

**Joe Rios**

Maintenance Director

**Kalyn Brown**

Activity 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.*



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SENIOR LIVING

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Assisted Living

Memory Care

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**License # 331880550**

***www.PacificaPalmSprings.com***

*Welcome Home!*