

Pacifica Tidings



VALLEY CREST

Memory Care

**November/December
2018**



*A Note from the
Executive Director*

Christmas Blessings



But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all people. To day in the town of David a Savior has been born to you; He is Christ the Lord.

Luke 2:10-11

Christmas Blessings

Who am I?

I am among women like me that love to make sure my appearance is well maintained, I love the God with all my heart, I held many painting classes here at Valley Crest, It's was a great experience in teach art to the student from Apple Valley Christian School, and Students also from The Christian Academy of Apple Valley also, although I still use those gifts too helping the residents along with praying and encouraging others, I'm still active in participating in Church activities growing in my walk with God, I love my son's dearly, I once sang in a trio with my sister and did a little traveling, you will often find me hang out with my best friend who keeps me laughing! My sense of humor is evident to all, I often say! God has brought me from a mighty long ways, If it wasn't for His grace I don't know if I would of made it here to this place, But! If He watches the little sparrow's He surely watching over all of us, He is my all and All.

Welcome to Our Community

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

*Lester L Y.
Amelia L.*

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

Special Events & Memorable Moments

Happy Thanksgiving



Luke 2:14 “Glory to God in the highest, and on earth peace to men on whom his favor rests”.
~Through God Goodness and grace my His unfailing love give you peace the surpasses all your understanding....

Isaiah 9:6 For to us a child is born, ro us a Son is given, and the government will be on his shoulders.
And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.
~ May God’s kingdom Come , His will be done on earth as it is in Heaven....

Consumer Reports

The Best of Health

TEA AND CALCIUM ABSORPTION

Q I'm avid tea drinker who's at risk for developing osteoporosis. I take calcium pills, but I've heard tea is high in oxalate, which blocks calcium absorption. Should I up my calcium dosage?

A Probably not. Oxalate, a naturally occurring chemical in many foods, can significantly reduce the body's calcium absorption— but only from the same food, such as spinach and rhubarb, that contains the oxalate. There is no calcium in tea. And tea's oxalate won't significantly affect the absorption of calcium from supplements or other beverages or foods even if they're consumed at the same time. In fact recent studies found that tea drinkers had stronger bones than non-drinkers. The productive effects of flavonoids and fluoride in tea. Although calcium and oxalates can combine to form kidney stones, this condition tends to occur when consuming lots of oxalate and not enough calcium. And some evidence suggests tea may help block stone development in other ways.

***Always Check with your Doctor to be advised about everything!**

~Remember Moderation~

*** Make Better choices**

To a greater you in 2019



Birthdays

November

David B.~ 13th

Marion S.~17th

Donald H.~23rd

Happy Birthday

December

Joseph M.~6th

November

Election Day~ Tues. 11/6

Veteran's Honor Celebration~

Fri. 11/9~ 1pm @Valley Crest

Veteran's Day~Sun. 11/11

Annual Thanksgiving Lunch

~Fri. 11/16 @12p-1:30p~

Wed. 11/17

Universal Children's Day~

Tues.11/20

Thurs. 11/22 Thanksgiving Day~

December

Sun. 12/2~Hanukkah Begins

*Wed. 12/19~Annual Valley Crest
Family Christmas Dinner ~@5pm*

Fri. 12/21~First Day of Winter

Mon. 12/24~Christmas Eve.

Tues. 12/25~Christmas Day

Spiritual Activities

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

Bible Study Every 1st, 2nd &
3rd Tuesday @ 3pm
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)

Joyce S.



Merry Christmas

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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(760) 242-3188*

Lic.# 366423474

www.pacificaseniorliving.com

Welcome Home!