

# Pacifica Tidings



**Nov/Dec 2018**



## *A Note from the Executive Director*

Believe it or not this year is almost over. Ah the holidays! The last two months of the year are the best holidays of the year, so celebrate and make memories with your loved ones. Veteran's Day is on the 11th. There is a parade to attend Monday, November 12th and recognize all of our important residents that served in the Armed Forces, we are proud to know them. Thanksgiving is on Thursday, November 15th so watch for an invitation to come in the mail. We will be having a Dog Show on Saturday November 17th at 10:00. Prizes will be awarded. Then starts the Christmas season and the busiest of all so keep an eye out for all of our festive activities and outings. Everything from going to see the Christmas lights with a stop for hot cocoa and cookies, volunteering at Christmas for seniors, the Dessert Night and much more. Pacifica Senior Living's Annual Cinnamon Roll Drive will be held Friday, December 7th from 6-10am. Drive -Through and pick

up your fresh, warm pan of cinnamon rolls, some hot coffee and cocoa for 5.00 minimum donation. You can also call in ahead of time and place your order to assure you don't miss out. The proceeds this year will benefit the Wounded Hero's Fund. As always with the holidays if you plan on taking your loved one out please let us know so we can have the medications ready to take with you. Some news I am very excited to share with you is that we are in the process of starting updates on our apartment's, this will include a new paint color, flooring, lighting fixtures, blinds and counter tops if applicable. I will contact you when it is time for your apartment so we can discuss the plan ahead of time.

Happy Holidays!

Cassandra

## *Who am I?*



**Peek Inside and you  
will find out more about me.**

## *Welcome to Our Community*

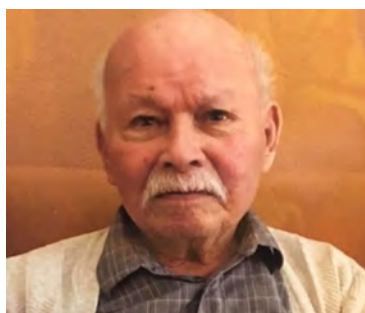
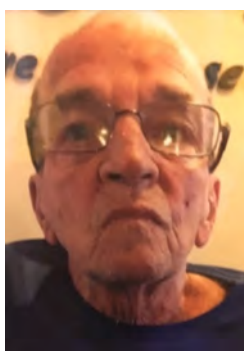
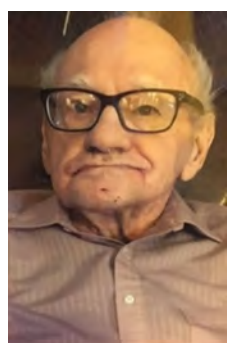
Lois Lisec  
Florence Seger  
Victoria Perry  
Arlene Moss  
Lylia Mongini

Please take a minute  
to say  
**Hello**  
and  
**Welcome Home!**





## *Special Events & Memorable Moments*



*We Love*

## *Health & Fitness by*

**Irma Langston**

Exercising

You probably know that walking does your body good, but, it's not just your heart and muscles that benefit. Researchers at New Mexico Highlands University found that the foot's impact during walking sends pressure waves through the arteries that significantly modify and can increase the supply of blood to the brain. There are good reasons to get regular exercise even if you're unable to walk you can reduce the odds of developing heart disease, stroke and diabetes by having a daily exercise routine. Exercise can help memory and thinking through both direct and indirect means. The benefits of exercise come directly from it's ability to reduce insulin resistance, reduce inflammation, and stimulate the release of growth factors— chemicals in the brain that affect the health of brain cells, the growth of new blood vessels in the brain, and even the abundance and survival of new brain cells. Indirectly, exercise Improves mood, and sleep, and reduces stress and anxiety. So what should you do?

**Start Exercising!**

We offer exercise classes  
at Pacifica Monday - Saturday  
Come try them out!

## *Birthdays*

**Residents  
November**

Toni Choice, Stephen Curtis  
Pearl Well, Phillis Barber, Kenneth Hird, Verna Ward, Byron Peele, Bill Gutierrez and William (Ron) Lawhon

**December**

Marjorie Gilliland, Barbara Teagarden, Carol Darling, Loretta, Dirksen, and Marian Wright

**Staff  
November**

Nola Bradford, Jeanette Martinez, Ashley Aubrey, and Catherine Certuche

**December**

Rachael Simpson, Maria Rosas, Deanna Rivero, Eva Amarillas, and Caty Lopez

## *Spiritual Activities*

**Communion**  
Every Sunday  
**10:30 AM**

**Catholic Mass**  
Friday, November 9th  
Friday, December 14th  
**10:30 AM**

**Protestant Church:  
Worship Service  
and communion**  
**10:15 AM**

Thursday, November 1st  
and 15th  
Thursday, December 6th  
and 20th

## *Who Am I? (answer)*

Elaine Harris

I was born in Bristow Oklahoma, My husband was Martin. I've been a widow since 2009. I worked and retired from Pac Bell as a phone operator. I was on the Board of Directors at Pismo Coast Village for 15 years. Things that I like to do are listen to music, especially old Country like Reba and jazz, walking and playing the penny slots. I can dance pretty good too! I had four kids and I have seven grandchildren. I played the piano and accordion. One of my favorite songs is Do Lord. I'm a very active person! I like to participate in all the different activities. I've always liked caring for others. When we go out and take walks I'm usually the leader of the pack. Favorite sport is Football. I love Derek Carr a Bakersfield boy who plays football for the Oakland Raiders. We used to be very close to the whole Carr family. First thing in the morning I like to drink coffee and more coffee. I have to admit that I can be a little stubborn and sassy. I'm also someone that likes to have fun! If you see me talk to me. I enjoy conversation!

## *Management Team*

**Cassandra Bradford**

Executive Director

**Irma Luna**

Memory Care Director, LVN

**Irma Langston**

Resident Care Director

**Ailey Foster**

Community Relations Director

**Kyle Davenport**

Business Office Manager

**Alex Sedano**

Dining Services Director

**Cathy Blackmon**

Activities Director

**Raul Zamudio**

Maintenance 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!*



**PACIFICA**  
SENIOR LIVING  
BAKERSFIELD

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*Bakersfield, CA 93311*

*(661) 663-9671*

*Lic.# 157204130 & 157204131*

*Welcome Home!*