Pacifica Tidings



November/December 2018







A Note from the Executive Director

Seasons greetings everyone,

During this time of season, we all know it's the most wonderful time of the year. But let's also be mindful of those in need. Those who may feeling lonely or depressed during these Holidays. Please take time to reach out any way you can like a hug ,smile, a kind gesture, Some baked goodies ,a phone call or even if you can donate a little bit of your time where it's needed. Making someone happy is the best gift of all! I also would like to say Thank You to all the families for making Sierra Vista number one, and Thank You for choosing us to be a part of your family. Because we are home away from home. Happy Holiday!



Who am I?

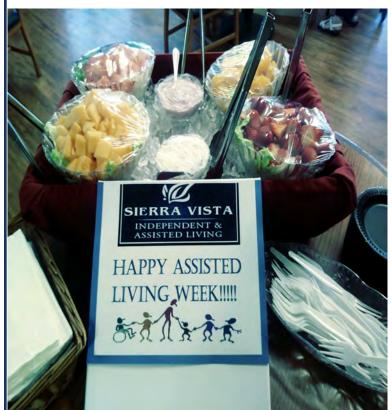
20 years ago I started the musical group the Golden Aires. I love to paint and I'm quite the artist. I have several beautiful paintings of Native Americans that I have painted and lots of stories of achievements. See pg #7





Jean Joyce Lynell Lawless Mervin Shandor Trulane Shandor Wanda Richardson

Activities & Special Events







Memorable Moments



Birthdays

Resident Birthdays November

Brigidita M. ~ 11/03

Paula H. ~ 11/06

Wanda A. ~ 11/09

Maria F. ~ 11/15

Clifton L. ~ 11/18

Arthur L. ~ 11/20

Lynell L. ~ 11/27

December

Marguerite N. ~ 12/01

Lois B. ~ 12/08

Donna W. ~ 12/12

Joan S. ~ 12/25

Employees Birthdays

November

Nicole G. ~ 11/13

Malvin S. ~ 11/15 December

Neil P. ~ 12/09

Maria D. ~ 12/12

Veronica M. ~ 12/22





A Note from the Activities Director

Hello everyone,

As the holiday months are rapidly approaching us, we're all excited and some have a wee bit touch of happy stress. Sierra Vista will be having a Toy & Food drive for the month of November and part of December. After the drive is over we will contact our local Fire Department to come and retrieve the goods and the Fire Department will donate the items to families in need. You will receive a more detailed letter in regards of this event. Here's a brief summary of our upcoming main events for the month of November & December.

11/09 ~ Veterans Day Ceremony

11/19 ~ Thanksgiving Day Luncheon

12/21 ~ Christmas Party

12/31 ~ New Years Eve Social





Resident of the month Walter C.

Health & Fitness by

Sheila M.

Here are 10 ways to help you have a Healthy Holiday Season

- * Wash hands often to help prevent the spread of germs.
- * Bundle up to stay dry and warm.
- * Take a minute to reach out to someone who may be feeling lonely.
- * Enjoy desserts in moderation, don't over indulge.
- * Fasten seat belts while driving or riding in a motor vehicle.
- * Eat Healthy and stay active
- Get proper rest
- Regular check ups are important.
- * Prevent Injuries.
- * And Manage Stress!



Fitness Activities

Weekly Walmart Outings

Cooking Club

Walking Club

Garden Club

Daily Chair Exercise



Daily Devotion Mon~Fri @ 9:15am

Bible Study w/ Cathy Wednesday @ 10:30 am

Father of Lights Ministry Sunday @ 1:30pm



Cont. Who am I?? *Pg #7 (Connie W.)

Employee of the month

Chrystal Banks





Management Team

Maria Gonzales, Executive Director

Lucia Garcia, Community Relations

Kim Mejia, Business Office Manager

Shirley Alex, Activities Director

Sheila Mobbs, Resident Care Director,

Maria Diaz, Dinning Service Director

Tim Crawford, Maintenance 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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Welcome Home!