

Pacifica Tidings



SIERRA VISTA

Independent and Assisted Living

**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



Welcome to Our Community



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

Happy Birthday



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



Spiritual Activities

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.*



SIERRA VISTA

Independent and Assisted Living

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Welcome Home!