

Pacifica Tidings



**November / December
2018**



A Note from the Executive Director

It's really beginning to look a lot more like Autumn with the leaves turning yellow, the temperature irresistibly delightful and Holiday decors springing up in every corner of every department store.

Here in Pacifica, Holiday decors are up as well and events are all lined up for the rest of the year. Not only that, activities for the mind, body and spirit are observed throughout the day.

Coming this November, our Vets will be honored and remembered on our Veteran's Day Celebration on November 12. Our Thanksgiving and Christmas luncheon, held on the second Friday of the month. Thanksgiving Day Dinner and Christmas Dinner. Also, please take most delight with all the holiday sounds, sights and smell that you can enjoy.

Come celebrate with us and build precious moments with our loved ones here in Pacifica Spring Valley.

Sincerely, Donald

Who am I?

- I was born on January 17, 1922.
- I was born in Oak Park, Illinois.
- I am an American actress and comedian.
- I have the longest television career of any entertainer.
- I am one of the Golden Girls.

Who Am I???
Check me out on the last page.

Welcome to Our Community

Maria S.
Larry M.
Janine M.
Mary B.
Edith M.
Susan B.
Ralph & Anita A.
Jean S.
Anthony V.
Gerald W.
Sheldon F.
Zena G.
Philip S.

Welcome Aboard!!

Special Events & Memorable Moments



**Group
Discussion**



**Oktoberfest
2018**



**Pumpkin
Carving**



Health & Fitness by

The Benefits of Flu Shots In this Season

There are many reasons to get a flu vaccine each year. Below is a summary of the benefits of flu vaccination, and selected scientific studies that support these benefits:

- Flu vaccination can keep you from getting sick.
- Flu vaccination can reduce the risk of flu associated hospitalization for children, working age adults, and older adults.
- Flu vaccination is an important preventative tool for people with chronic health conditions.
- Vaccination helps protect women during and after pregnancy.
- Flu vaccine can be life saving in children.
- Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.
- Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions.



Birthdays

Jean S.—Nov. 6
Margaret M.—Nov. 18

Greg M.—Dec. 10
Joseph C.—Dec. 23
Anita A.—Dec. 28
Juanita C.—Dec. 29
Gloria M.—Dec. 30



Spiritual Activities

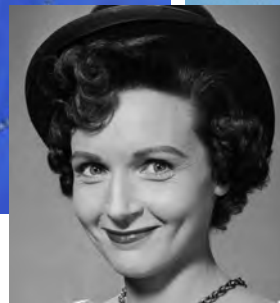
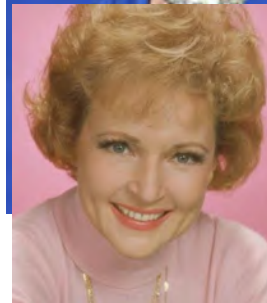
Spirituality is important to many of our residents. We provide a wide-range of services to honor the different denominational beliefs we have within our community. There are two weekly services, and also visiting ministers who come to pray with and spend time with our residents.

Communion Service is every Thursday morning at 10 a.m.

Non-Denominational Services is every Sunday at 10 a.m. and 2 p.m.

Who Am I? (answer)

Betty White
January 17, 1922—present



Management Team

Executive Director:

Donald Trump Jr.

Community Relations Director:

Christina Morgan

Community Relations Assistant:

Deanne Forsyth

Resident Care Director:

Kimberly Uqdah

Resident Services Coordinator:

Jennifer Taft

Business Office Director:

Alma Monterroso

Dining Services Director:

Jana Lemus

Activities Director:

Carol Ligayo

Maintenance Director:

John Pittner



*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
SPRING VALLEY
Memory Care

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Welcome Home!