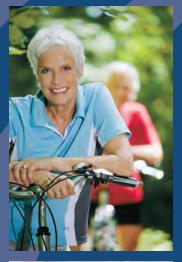
# Pacifica Tidings



### December 2018





# A Note from the Executive Director

Chef Rose Phillips-Carr is our new Food Service Director!! She has over 35 years of industrial kitchen experience. Chef Rose is a Culinary Graduate, graduating at the top of her class! Chef Rose loves teaching people how to clean and how to make delicious food. I enjoy creating my own recipes and I know if I don't love it, no one else will like it. Rose says, "I'm excited about sharing my gifts of cooking with Pacifica Palm Springs!"

# Welcome

#### Who am I?

Which president first appointed Eleanor Roosevelt as a delegate to the U.N.?



# Welcome to Our Community

#### Residents:

William Morton
Mario Martins
Larry Tubberer
Josephine Carlsen
Benie Zilke
Mike Vetterli

#### Caregivers:

Ronalyn Johnson Theresa Ruiz Leticia Ibasan

#### Special Events & Memorable Moments







Resident Section Words of Wisdom:

The following is the way I love to start my day!
The light of God surrounds me.
The love of God enfolds me.
The power of God protects me.
The presence of God watches over me.
Wherever I am, God is!

#### Health & Fitness by

U.M.H.

5 Fitness Tips for Seniors with Limited Mobility

- 1. Start Slow
- 2. Do it Every Day
  - 3. Stretch
- 4. Try These Three
  Exercises
  A. Light Weights
  B. Water Aerobics
  C. Yoga
- 5. Be Aware of Your Body

Join in on one of our many Exercise classes!!



#### **Birthdays**

Eileen Culatta 12/13

Billie Sue Freitag 12/13

PJ Lord 12/16

Mike Atlee 12/21

Happy Birthday!!



#### Spiritual Activities

#### Sundays

11 a.m. Peace Christian Fellowship Worship with Pastor Bill in the Community Room.

#### **Tuesdays**

9 a.m. Catholic Visitation from St. Theresa's volunteers. They will meet you in your room, please let Kalyn know if you would like to be added to the visitation list.

1 p.m. Hymnal Singing and Bible Lesson with the Living Waters Church and Desert Chapel in Birch's Dining Room.

#### **Thursdays**

6 p.m. Bible Study with Pastor Bill in the Community Room.

#### Rabbi Kreiman

11 a.m. in the Community Center on 12/5.

# Who Am I? (answer)

#### **Harry Truman!**



#### Management Team

Cristina Miller, CDP **Executive Director** Janna Hughes Business Öffice Manager Shaun Fuimaono, LVN Resident Services Director Judy Saliwan Sales Director Sheila Fike Community Relations Director Rose Phillips-Carr Food Services Director Eloiza Castellanos, BSW Memory Care Director Joe Rios Maintenance Director Kalyn Brown **Activity 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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