

Pacifica Tidings


PACIFICA
SENIOR LIVING
PALM SPRINGS
Assisted Living
Memory Care

**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 Office 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.*



PACIFICA

SENIOR LIVING

PALM SPRINGS

Assisted Living

Memory Care

1780 E. Baristo Rd.

Palm Springs, CA 92262

(760) 322-3444

License # 331880550

www.PacificaPalmSprings.com

Welcome Home!