

# Pacifica Tidings



Jan / Feb 2019



## A Note from the Executive Director

The ball will soon drop and as we welcome 2019, many will be welcoming new resolutions. Polls show top goals include; working out, getting ahead financially and to stop smoking. Our resolutions as part of the Pacifica Family are a little different, they center around our residents quality of life.

- Executive Director~ Cassandra Bradford  
more quality of time spent with residents and visitors.
- Business Office Manager ~ Kyle Davenport  
Open communication with families.
- Dining Service Director~ Alex Sedano  
Improve presentation of food.
- Wellness Director ~ Irma Langston  
Staff to have increased participation in activities.
- Maintenance ~ Raul Zamudio  
All apartments face lifts completed by 2019

- Activity Director ~ Cathy  
Offer a wider variety of outings
- Marketing Director ~ Ailey Foster  
Increase referrals from residents and families

- Memory Care Director ~ Irma Luna  
Time spent with new staff and teamwork.

**Reminder :** Visiting hours are posted and revolve around residents schedules.

Assisted Living 8am - 7pm  
Memory Care - 8am - 6pm

If your loved one is ill or out with you  
Considerations are given.



Cassandra

## Who am I?



**Peek Inside and you  
will find out more about me ...**

## Welcome to Our Community

Lanette Tull  
Chet Wilkerson  
Melinda Perry  
Betty Wahl  
Lylia Mongini  
Vicky Kermode  
Lewis Briel  
Linda Stout  
Sara Galicia

Please take a minute  
to say  
**Hello**  
and  
**Welcome Home!**

## *Special Events & Memorable Moments*



## *Health & Fitness by*

Irma Luna

### **Benefits of vitamin D**

Vitamin D also known as the sunshine vitamin is produced by the body as a response to sun exposure; it can also be consumed in food or supplements. Having enough vitamin D is important for a number of reasons, including maintaining healthy bones and teeth; it may also protect against a range of conditions such as cancer, type 1 diabetes and multiple sclerosis. Vitamin D has multiple roles in the body, helping to:

- Support the health of the immune system, brain, and nervous system.
- Regulate insulin levels and aid in diabetes management.
- Support lung function and cardiovascular health.
- Influence the expression of genes involved in cancer development.

It is estimated that sensible sun exposure on bare skin for 5-10 mins 2-3 times per week allows most people to produce sufficient vitamin D but, vitamin D breaks down quickly, meaning that stores can run low, especially in winter. If you don't already take vitamin D you might want to talk to your doctor about the benefits.

## *Birthdays*

### **Residents January**

Norma Parrott, Irene Guire, Dudley Shelbourne and Margaret Dye

### **February**

Bud Derusha, Helen Koostra, Vivian Stewart, Lois Lisec, Doris Barnes, Adrienne Morse and Betty Stewart

### **Staff**

### **January**

Kathleen Garza, Jennifer Jones, Irma Langston, Irma Luna, Maria Sepulveda, Diana Munoz-Bacio and George Tapia

### **February**

Lourdes Cahue, Ailey Foster, Maria Meza, Christianne Smelser, and Anijah Robertson

## *Spiritual Activities*

### **Communion**

Every Sunday  
10:30 AM

### **Catholic Mass**

Friday, January 11th  
Friday, February 8th  
10:30

### **Protestant Church: Worship Service**

**and communion  
10:15**

Thursday, January 3rd and  
17th

Thursday, February 7th  
and 21st



## *Who Am I?*

*(answer)*

Victoria Perry

She likes to be called Vicky. She was born in Mansfield South Dakota. She has lived in Arizona and Nevada. She was married to Gerald Perry for 52 years. They met at a dance in South Dakota. She was a Beautician a farmer's wife and a mother of 5. She had a set of twins. She now has 2 children living and three grandchildren. Country and gospel music is her favorite to listen to. Baseball is her favorite sport! She is a Twins fan. She is a little lady that has a big personality.! She cares about how she looks and dresses classy. We are so happy she's here! She's special to us. She has quite a sense of humor weather she is wearing reindeer ears or a elf sweater she can always make you smile. Thank you Vicky for being wonderful you!





## *Management Team*

**Cassondra Bradford**

Executive Director

**Irma Luna**

Memory Care Director, LVN

**Irma Langston**

Resident Care Director

**Ailey Foster**

Community Relations Director

**Kyle Davenport**

Business Office Manager

**Alex Sedano**

Dining Services Director

**Cathy Blackmon**

Activities Director

**Raul Zamudio**

Maintenance Director



*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  
BAKERSFIELD

*3209 Brookside Drive*

*Bakersfield, CA 93311*

*(661) 663-9671*

*Lic.# 157204130 & 157204131*

*Welcome Home!*