

Pacifica Tidings



January/February
2019



A Note from the Executive Director

As I sit here and reflect over these past few months that I have had with Pacifica, I wanted to take the time and thank each and every one of you. I have loved every minute of this journey. I am filled with joy because of this amazing opportunity that I was given. I feel so lucky to be part of the growth we've experienced together. My true purpose has always been to help others and I have been able to do that every day, alongside a very talented and committed team, who work tirelessly to do the same. I am proud of what we have

accomplished together for our residents, our community, and for one another. I am proud to see Pacifica Senior Living's Mission Statement at work every day here. At Pacifica Palm Springs, we create opportunities for people to connect through life enhancing experiences. Take the opportunity of a new year to get out and try something new! As I conclude, I encourage you to speak with each Department Director so we can continue to provide compassionate, personalized care services with dignity and respect!

-with my deepest gratitude-

Who am I?

What is a gorgon?



Welcome to Our Community

**Arlene Kaplan
Adrienne Benbrooks
Marilee Kucera
Dora Pawlowicz**

WELCOME TO THE
FAMILY

Special Events & Memorable Moments



Health & Fitness by

Helpguide.org

Myth 1: There's no point to exercising. I'm going to get old anyway.

Fact: Regular physical activity helps you look and feel younger and stay independent longer. It also lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, certain cancers, high blood pressure, and obesity. And the mood benefits of exercise can be just as great at 70 or 80 as they were at 20 or 30.

Myth 2: Exercise puts me at risk of falling down.

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

Myth 3: It's too frustrating: I'll never be the athlete I once was.

Fact: Changes in hormones, metabolism, bone density, and muscle mass mean that strength and performance levels inevitably decline with age, but that doesn't mean you can no longer derive a sense of achievement from physical activity or improve your health. The key is to set lifestyle goals that are appropriate for your age. And remember: a sedentary lifestyle takes a much greater toll on athletic ability than biological aging.

Join in on one of our many Exercise classes!!

Birthdays

Dorothy Brotea 1/1

Diane Perry 1/2

Ann Miller 1/10

William Morton 1/19

Patricia Lavon 1/20

Carol Hennenan 1/28

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

10 a.m. in the Community Center on the 2nd Tuesday.

Who Am I?

(answer)

Gorgons have hair made of serpents and can turn anyone who looks at them to stone.



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!