

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING  
SPRING VALLEY  
Memory Care

**January / February  
2019**



## *A Note from the Executive Director*

Yet another year has begun and we are excited to see what it shall bring. It is with great pleasure that we are able to provide a warm, comforting home for our family.

It is our goal to make 2019 a wonderful, fun-filled year. From exciting new entertainment, to family- fun luncheons, and birthdays galore, we are ready to make this a fantastic start to a promising New Year.

Though it may be chilly outside, here at Pacifica Spring Valley, we have our arms and

hearts open to your wonderful family. Because, to us, they are our family, too!!

So, let's ring in the New Year with positivity and enjoy what lies ahead for us together.

Sincerely,  
Donald

## *Who am I?*

- I was the 16th president of the United States of America.
- I was the tallest president in history.
- I was married to Mary Todd
- My life was taken by John Wilkes Booth when he assassinated me at a Opera Hall.

(Answer on last page)

## *Welcome to Our Community*

We warmly welcome our new additions to the Pacifica family:

Alicia R  
Kathleen M  
Naomi M  
William F  
Regla M  
Theresa G  
William F  
John M  
Kathryn M.

Welcome Aboard!!



*Special Events & Memorable Moments*  
**Merry Christmas & a  
 Happy New Year!**



**Christmas Luncheon**



**Christmas Crafts**



## Health & Fitness by

### How To Keep Yourself Safe During The Winter Season

#### 1. Warm yourself first.

It's easier to change your body temperature than room temperature, not to mention more eco-friendly. Instead of turning up the heat, put on another layer of clothing.

#### 2. Wear a hat.

Your mom may have said that you lose 80 percent of your body heat through your head, but that's not actually true. If you're otherwise clothed, you'll lose heat from any surface that's exposed. So put on your hat, even if you're inside.

#### 3. Turn on the ceiling fan.

Warm air rises to the ceiling. Run your fan on its lowest setting in a clockwise direction to push the warm air back down to where you can feel it.

#### 4. Switch between hot and cold water in the shower.

Hot showers immediately warm you up, but cold showers improve blood circulation between your skin and organs. Cold showers are also correlated with a stronger immune system

#### 5. Layer your covers with the thinnest, densest ones on top.

It's intuitive, but fluffy blankets should be closer to your skin. Thin, dense blankets should be on top to prevent convective heat loss. Bonus tip: Don't put your bed directly against an exterior wall. You'll be warmer if you leave a little space.



## Birthdays

Rose C. — January 1st  
Barbara N. — January 8th  
Gerald W. — January 10th  
Chan S. — January 15th  
Emily F. — January 23rd  
Pam M. — February 22nd



## Spiritual Activities

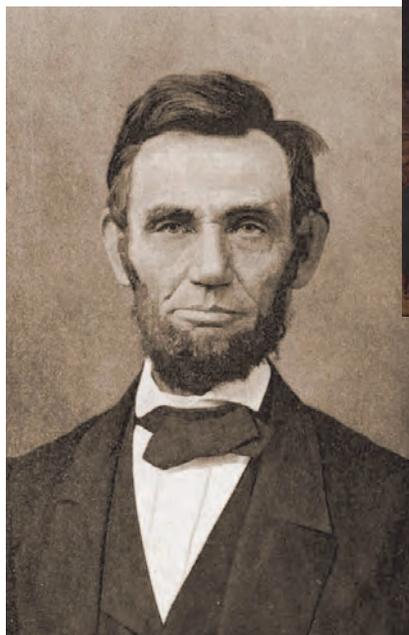
Spirituality is important to many of our residents. We provide a wide-range of services to honor the different denominational beliefs we have within our community. There are two weekly services, and also visiting ministers who come to pray with and spend time with our residents.

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

**Non-Denominational Services** is every Sunday at 10 a.m.

## Who Am I? (answer)

Abraham Lincoln  
February 12, 1809—March 4, 1861



## *Management Team*

**Executive Director:**

Donald Trump, Jr.

**Community Relations Director:**

Christina Morgan

**Resident Care Director:**

Kimberly Uqdah

**Business Office Manager:**

Alma Monterroso

**Dining Services Director:**

Jana Lemus

**Activities Director:**

Venessa Neder

**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!*



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*Welcome Home!*