

Pacifica Tidings



VALLEY CREST

Memory Care

**January/February
2019**



A Note from the Executive Director



May this Blessed New Year bring you the goodness of the Lord, may you have good health, new strength, New prosperity in every area not lacking anything, may the love of God be the evident to all things new unto you and your Blessed family and friends, with a new hope to endure throughout the year and years to come, may you know a new joy that sorrows can not erase, a new you and newness to your families and friends.... Happy New Year 2019

Who am I?

Who, Am I?

I have done a lot of delegating in my days, I once was a golf instructor, I trained horses, and the greatest line dance instructor there is! One of my favorite quotes is "You bet cha!" you'll often find me doing my laps in the dining room when it's clear, it doesn't mean I'm trying to get away, I just need a little exercise and time to myself, What will I tell you! If you're in my space! Back off, and so I laugh, My day call for a cat nap, everyone knows my route, I Church, singing, I love painting, golfing for fun, and bingo, social are my thing too, and I don't mind a hot cup of tea with breakfast, and lunch, and please no sugar! I don't ask for much, I love making cards and paintings for my family, often a good movie is good to laugh at Which I probably laugh the loudest and hardest! love animal of all kinds, Lavender and turquoise are two of my favorite colors, you can always find a smile on my face even when, my day doesn't go as plan..

Welcome to Our Community

**We Would like to welcome
our new Resident's...**

Nancy P.

***Thank You for Choosing
Valley Crest Senior Living!***



17Therefore, if anyone is in Christ, he is a new creation, old things have passed away: behold, all things have become new. 18Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, 19that is that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation.

~The sin that had man once bound by it shame an condemnation, has cause some to walk in rejection from pass hurts, it is only until a people or person can recognize the truth of forgiveness and true repentance that can keep one captive never receiving the liberty of God's grace of all He has given us through His Son Jesus knowing with out any doubt that you can be healed, receiving that you belong to Him. ~

Consumer Reports

*The Best of
Health*

COLON CLEANSERS

Q *I regularly drink a laxative tea to cleanse my colon. Could that be harmful?*

A *Yes, and there's no evidence that it has any benefits. Proponents of colon cleansing, or "detoxifying," claim that the practice removes built-up toxins, rejuvenates the digestive tract, and can even fight cancer. But there's no credible research to back up those claims. What's more, a healthy body doesn't need outside help clearing out toxins, nor does your digestive tract require restorative rest. Worst, the chronic use of laxatives can be dangerous, leading to fluid loss, dehydration, and electrolyte imbalances. To maintain colon health, eat a diet rich in fruits and vegetables and get regular exercise, which in addition to its many other benefits seems to help keep the colon working properly.*

**Always Check with your Doctor to be advised about everything!*

~Remember Moderation~

** Making Better choices everyday
To a greater you in 2019*



Birthdays

January

Lucille M.~ 6th

Lois M.~17th

Happy Birthday

February

Manual B.~4th

Glyn T.~ 6th

Ronald M. ~ 13th

Leonard G. ~ 24th

January

Tue.1/1~Happy New Year Day~

~Rose Bowl Parade & Game~

* Valley Crest New year

Celebration *Residents /Families
To be Announced!

Mon. 1/21~ Martin Luther King Jr.
Day

February

Sat. 2/1~ Groundhog Day

Mon.2/4~Rosa Parks Day

Mon.2/11~Family Day

Tues.2/12~Lincoln's Birthday

Thurs.2/14~ Valentine's Day

Fri.2/15~ Susan B. Anthony's Day

Mon.2/18~President's Day

Fri.2/22~ Washington's Birthday

Mon.2/24~ Oscar Ceremony

Spiritual Activities

Church Service are held
Thursday @ 9:30am with
Pastor Myron in the main
Dining room.

Bible Study Every 1st, & 3rd
Tuesday @ 3pm

Communion Church Services
Held the 2nd and 4th
Wednesdays of every month
@9:30am with Rev. Henry
Birkinbine in the dining room.

Catholic Church Services

Are held every 3rd
Friday of the month @9am
The front living rm.

~ Habakkuk 2:2-3

Write it, Wait for it~ The Vision
will come to pass!~

~ Devotional ~

Tuesday ~

@ 3pm

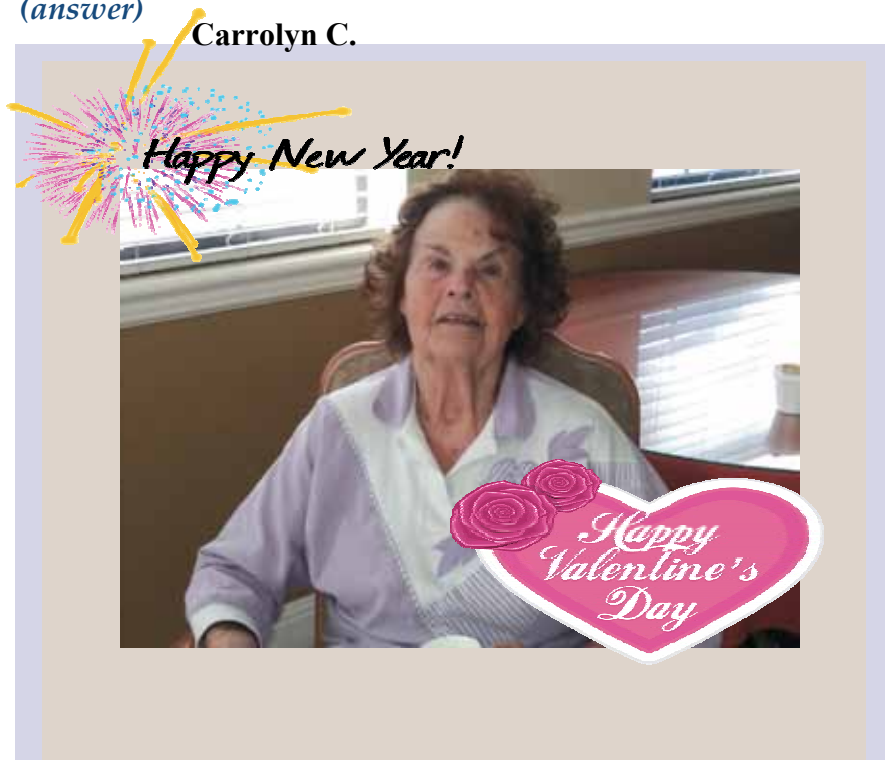
Testimony time
Prayer Box



Who Am I?

(answer)

Carrolyn C.



Management Team

Kimberly Jordan

Executive Director

Anna Martinez

Resident Care Director

Yolanda Smith

Community Relations

Dir.

Valerie Hammond

Business Office Manager

Jean Okumoto

Activities Director

Triva Stumbaugh

Dining Services Director

Mark Norman

Environmental 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!*



VALLEY CREST

Memory Care

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Lic.# 366423474

www.pacificaseniorliving.com

Welcome Home!