

Pacifica Tidings


PACIFICA
SENIOR LIVING
VACAVILLE
Memory Care

**February
2019**



*A Note from the
Executive Director*

Thank YOU!!!



We would like to say "Thank You"!
to families and friends who contributed to the em-
ployee holiday party.

Staff were each given a gift card and were
invited to attend the Employee Party which was held
on January 11th. Raffle prizes, good food, and fun
games were enjoyed by those in attendance.

Again, thank you for your generosity.

Who am I?



*Welcome to
Our Community*

Bill
—
Frank
—
Mike



Activities & Special Events

Join us as we Dine Across the Americas!

Each house resident will enjoy a private dining experience with their families and friends. This is a private event for each home.

There will be a charge of \$8 per guest.

Families please RSVP in the front office and select payment option to the front desk at
707-449-1350

Louisiana themed dinner at
Wheatley House
February 12, 2019
4-6 PM



Chicago Pizza themed
dinner at Wilson House
March 12, 2019
4-6 PM



New Mexico themed
dinner at Clark House
April 9, 2019
4-6 PM



Hawaii themed dinner at
Pappas House
May 14, 2019
4-6 PM



Memorable Moments



Birthdays

February 7th
Jean– Journey
House

February 12th
Eugene– Journey
House

February 13th
Marcia– Clark House

February 16th
Ruth– Wheatley
House



FEBRUARY



Staff Birthday

Parchalene I. February 04th

Maria L. February 11th



A Note from the Activities Director

Mel's Diner Lunch Out will
be on

February 20, 2019

Please RSVP in the front
office if you would like your
family member to attend. If
you will be attending
please let us know. Please
provide \$20 cash to pay for
their lunch.

Monthly Family Meeting

Please join us
Thursday February 14th
4:30pm-5:30pm
Main Office
Lobby



Health & Fitness by

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. Make a difference in your community: Spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives. **How can American Heart Month make a difference?**

We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community. Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate loved ones to make physical activity a part of the day
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.

Who Am I?
Abraham
Lincoln

Fitness Activities

Morning Exercise

Balloon Fitness

Chair Aerobics

Chair Boxing

Morning Stretch

Bowling

Ring Toss

Basketball Toss

Bean Bag Toss

Spiritual Activities

Catholic Church Service

Every Sunday at 10:45AM in Pappas House

Liberty Church

3rd Saturday of every month at 3:00PM in Journey House

Catholic Communion

4th Tuesday of every month from 11-11:30AM



Management Team

Executive Director
Melody Allmond

Community Relations Director
Cinthya Gamino

Resident Care Director
Savanna Beddell-Arcy

Business Office Manager
Andrew Velasquez

Food Service Director
Louie Verzosa

Recreation Therapy Director
Yessenia Villegas Alvarado

Maintenance Director
Larry Recella



*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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VACAVILLE

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431 Nut Tree Road
Vacaville, CA 95687

(707) 449-1350

www.PacificaVacaville.com

License # 486803645

Welcome Home!