

# Pacifica Tidings

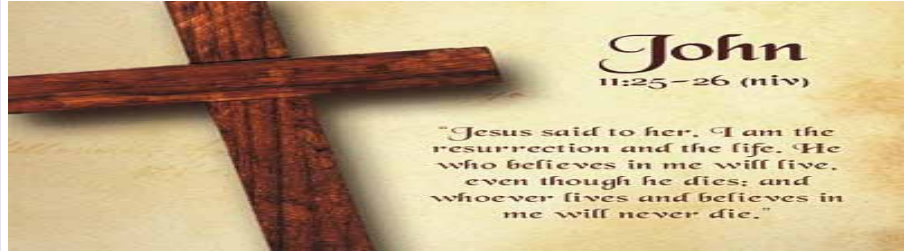
  
**VALLEY CREST**  
Memory Care

March/April  
2019



*A Note from the  
Executive Director*

*Happy Resurrection Day!*



In God we have Life, He is the greater one in you, He has given us Eternal Life because we believe this truth, there is nothing we can do to earn this Life, Only that God sees your heart and He will reward you, as you have done before your Heavenly Father, you will be rewarded. Keep the Light of God shining knowing greater is He that is in you! Than he that is in the world!  
May this resurrection day, give you a new awareness of the love of God, one to another.

Blessings to you and your family!

## *Who am I?*

Who, Am I?

I'm quit an interesting person, my background is one Of which some may not believe, I am wisher than most realize, I am proud to have took on the majority of my smarts from two wonderful people in the who world to me, my Father and Mother, besides my older brother who I dearly love , you will often see him coming to take me out for lunch , he is a great guy, My favor saying is "Wow! That's Great to know! Thank you for all you do!! " I attend all activity , my favor is bible study, and entertainment / cooking & Art & Craft, my career consist of HR Department where I had the pleasure to work with a wide variety of people from different walks of life, I once taught English in Japan, I love to read in my spare time, you can often find me socializing with others, walking daily and enjoying the sun shine, if I could tan all year around I would LOL! You'll always see me smiling most of the time, I feel at best when I go to the hair salon.  
Who I Am I?

## *Welcome to Our Community*

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

*Ernest S.  
Kenton H.  
Ofelia G.  
Orlin R.  
Bruce L.  
Maria L.*

*Thank You for Choosing  
Valley Crest Senior Living!*





## Consumer Reports

*The Best of  
Health*

**FEED YOUR GOOD CHOLESTEROL?**

**Q** *What foods should I eat to raise my "good" HDL but not my "bad" LDL cholesterol?*  
**A** *Individual foods can't do much for your HDL, which fights heart dietary items, notably alcoholic beverages and possibly grape juice, may increase HDL, and then only slightly. In contrast, regular aerobic exercise can boost HDL substantially. But reducing your LDL, which dumps cholesterol into arteries, protects your heart more effectively-and there are several good ways to do that. Proven dietary steps include eating less saturated fat (mainly from animal foods), trans fat (from partially hydrogenated oils), and cholesterol (from eggs and meat) and getting more soluble fiber (from produce, legumes, and oats). Soy foods and possibly plant sterols (from margarine such as Benecol) may help, too. Nondietary steps include losing weight and building muscle.*  
**\*Always Check with your Doctor to be advised about everything!**

*~Remember Moderation~*



## Birthdays

**March**

James J.~ 8th  
Clarice F.~14th  
Mona K. ~19th

*Happy Birthday*

**April**

Peggy E.~ 3rd  
Ray C. ~ 24th

**March**

Wed.3/5~Ash Wednesday  
Sun.3/10~ Daylight Savings Time~  
Sun.3/17~ St. Patrick's Day  
Wed.3/20~ First Day Of Spring

**April**

Sun. 4/14~ Palm Sunday  
Fri.4/19~ Good Friday  
Sat.4/20~Passover Day  
Sunday 4/21

**Happy ResurrectionEaster**

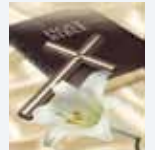


## Spiritual Activities

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) Tracy N.



## *Management Team*

**Kimberly Jordan**

Executive Director

**Anna Martinez**

Resident Care Director

**Yolanda Smith**

Community Relations  
Dir.

**Valerie Hammond**

Business Office Manager

**Kimberly Helveston**

Memory Care Director

**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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Apple Valley, CA 92307*

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*Lic.# 366423474*

*www.pacificaseniorliving.com*

*Welcome Home!*