

Pacifica Tidings



**March / April
2019**



A Note from the Executive Director

Spring is upon us and we welcome the warmer weather. Here, at Pacifica Spring Valley, we pride ourselves in our care for our family. We embrace the diverse history every resident has to offer. We care about body, mind, and spirit, and enriching lives daily through fun-filled activities, personal care, and maintaining integrity and compassion. ,

Please join us for the many festivities and upcoming activities we have planned for our community—family luncheons, crafting activities, fun-filled birthday celebrations, and leisure outings into the city.

I look forward to seeing you this Spring season.

Sincerely,
Donald

Who am I?

- I was born Ruth Elizabeth Davis
- I was born on April 5, 1908 in Lowell, Massachusetts
- My acting career spanned 60 years
- I was the 1st female president of the Academy of Motion Pictures Arts & Sciences
- I am Known for my large, blue eyes
- One of my most famous roles was in "Whatever Happened to Baby Jane?"

Who Am I???
Check me out on the last page.

Welcome to Our Community

We warmly welcome our new additions to the Pacifica Family:

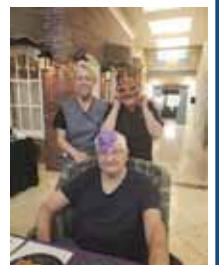
Vivian A.
Pat M.
Leonard E.
Walter F.
Linda M.
Molly R.
Emily R.
Leslie D.

Welcome Home!!

Special Events & Memorable Moments



Mardi Gras Luncheon



Health & Fitness by

How to Prevent A Cold

1. Wash your hands every time.
2. Sanitize yourself.
3. Get enough sleep.
4. Get your Flu Shot.
5. Eat healthy.
6. Work out.
7. Stay Away from sick friends.
8. Quit smoking.
9. No nail biting.
10. Just for fun, try to smile more!

But if you're already sick:

1. Sneeze where you should sneeze.
2. Hydrate.
3. Get some "Me" time. Rest.
4. Watch your symptoms.
5. Dispose of all used tissues.

Especially in this Spring Season, it's better to be safe than sorry.

Good Luck!!



Birthdays

Louis G.—March 2nd
Doris D.—March 7th
Doris S.—March 15th
Regla M.—March 19th
Shirley B.—March 23rd
Isidoro M.—April 4th
Setsuya P.—April 8th
John M.—April 13th
Betty A.—April 24th



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. We offer 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)



Bette Davis

April 5, 1908 - October 6, 1989



Management Team

Executive Director:

Donald Trump, Jr.

Community Relations Director:

Deanne Forsyth

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!*



PACIFICA
SENIOR LIVING
SPRING VALLEY
Memory Care

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Welcome Home!