

Pacifica Tidings


PACIFICA
SENIOR LIVING
FRESNO
Independent Living
Assisted Living

July
2021



A Note from the Executive Director

In the month of July we are celebrating the wonderful country we live in and the wonderful community we all call home.

It is because of the brave men and women who put their lives on the line for us every single day. It's natural for us to be reminded of their sacrifices of this time of year.

If you are a veteran, or a spouse of a Veteran I encourage you to meet with our Activities Director Carmen so that we may honor you or your loved one by adding your photo to our Veteran's Wall.

"America was not built on fear. America was built on courage, on imagination, and unbeatable determination to do the job at hand." - Harry S. Truman

Let's reflect on what we can do as American to make the most of our lives in support of those right and to become better human beings to one another.

This Month, we highlight our Food Service Director, Ashlea, in the "Who am I?" block below. Let's get to know her a little better.

-Eddie Rangel

Who am I?

You may have seen me around the community in my Pink Chef's coat. I am a recently married, professionally trained chef with a bit of a silly personality. I have two beautiful children as well.

I lead a team of chefs in our kitchen whose total combined experience is more than 80 years in the industry. They make all of our meals.

I love Disney, history, and comfort food. My name is Ashlea and I am your Food Services Director.

Welcome to Our Community

Fresno is unlike any community in the world. You will never meet a friendly, more caring, bunch of people.

There is no reserved seating, so take a chance today. Sit with someone new and strike up a conversation. You'll be pleasantly surprised with the welcoming atmosphere.

Activities & Special Events

🌀 Paint Stick Flags, Saturday, July 3rd at 2:30pm

Rec. Room

Make a beautiful rustic looking American Flag from paint stir sticks. With our help you'll assemble and paint this patriotic decoration.

🌀 4th of July Celebration, Sunday, July 4th

Ice Cream Social at 2:30pm

Program Center

Fireworks show at 8:15pm

Front Lobby

Celebrate our great nation's independence day with cold treats and a fireworks show in our front parking lot.

🌀 Stepping Stones, Saturday, July 31st at 2:30pm

Rec. Room

Join us for a craft where we use cement and glass stones to make a unique one of a kind stepping stone. Use them as gifts or place them in your garden.

Memorable Moments



Above: Pat Westphal celebrated her 100th Birthday on May 25th.

Top Right above: Our Chef, Ismail, cooked up a special treat for our Travel & Treat Class, (Tuesdays at 1:30pm in the Theater).

Top Right Below: Our Resident Art show on June 9th brought out some very talented folks. Elaine Richards shows her paintings to a family member.

Right: Ralph shows off his signing pipes with a special 'Staff Karaoke Entertainment' for Happy Hour.





Monthly Resident Bulletin

Birthdays

7/2 Pat Fraga
7/3 Cathy Pucket
7/4 Dorothy Bean
7/4 Lee Spurgeon
7/5 Elizabeth Ellis
7/8 Isabel Griffiths
7/12 Thomas Preston
7/19 Robert Reimer
7/21 Beverly Petersen
7/22 Doris Long
7/23 Eleanor Holt
7/26 Sarah Tella
7/31 Maxine Cohn

If you are looking to post in our monthly bulletin, please submit your request to our Activities Director, Carmen, before the 10th of the month.

If your submission is approved you'll see it here next month!

🌀 Our Resident Council Meetings are open to all Residents. First Tuesday of the Month at 10:30am in the Theater.

🌀 Menu Chat is a meeting to discuss updates in the dining rooms and to the menu. This meeting takes place every 4th Thursday of the Month at 2pm in the Main Dining Room.

🌀 Activity Feedback is a meeting to discuss update and get feedback on our Activities and Outings. This meeting happens the 2nd Friday of the Month at 2:30pm in the Program Center.

A Note from the Activities Director

Thank you all for such a wonderful June. I have a few updates for you all. Firstly our Bus and outings. The Department of Transportation is to send us an approval code which I will then plug into another application so that we are fully compliant with California law. Once that application is approved we will be able to plan out first outing with the bus. Bus outings will only be available to residents who are fully vaccinated, as company policy would dictate. If a resident is not fully vaccinated then passenger must sit six feet part and wear masks. Since this wo limit our outings to 3 people we have chosen to only allow resident show are fully vaccinated to participate in our bus outings. Rest assured, my lovely residents, that when updates to the company policy are made, swift communication shall follow.

We ask that all residents look out for one another and be kind to each other.

There are to be no saving seats for any activity or meal. If you prefer to sit with your friends, wait for them to arrive with you and take your seat together.

The CDC guidelines for the general public do not apply to us in this community. We are considered a healthcare setting.

Please continue to wear your mask indoors, as visitors may not be vaccinated when they come in. I want to hear from you.

Our Current Entertainers

The Bob Nichols Band

Variety Music

Modern Crooner

Solo Singer: Jazz

Nathan Bryce

Solo Singer: Jazz

Alpha Falls

Trio Singers

Prince Estalilla

Hawaiian/Polynesian Singer

Rick Del Carlo

Accordion

J.T. & Sarah

Country Singer Duo

Richie Blue

Solo Country Singer

More entertainers will be added to our regular roster for Happy Hours. Feel free to request a specific entertainer.

Fitness Activities

Tai Chi

Gentle exercise with body
Sundays, Wednesdays at
10:45am and 11:15am
Saturdays at 10:45am

Move to Music

Musical Exercises
Mondays at 10:00am and
11:00am

Morning Exercise

Uses Weights and Bands
Tuesdays, Thursdays,
Fridays at 10:00am and
11:00am

Yoga

Stretching and Breathing
Saturdays at 10:00am

Spiritual Activities

Rosary Prayer

Catholic Prayer
Wednesdays at 930am
in the Library

Daily Calm

Meditation, Relaxation
and Mindfulness
Thursdays at 9:30am in
the Theater

Bible Study

Non-denominational
Thursdays at 2:00pm in
the Theater

More services to be
added as we transition
to opening back up.

Days to Celebrate in July

There are 100 Holidays in July. Here are some highlights:

July 1st

International Joke Day

July 4th

Independence Day

July 7th

World Chocolate Day

July 10th

National Kitten Day

July 12th

National Pecan Pie Day

July 17th

National Lottery Day

July 23rd

National Gorgeous Grandma Day

July 24th

National Cowboy Day

July 28th

Buffalo Soldier's Day

July 30th

International Day of Friendship

Management Team

Eddie Rangel
Executive Director

Jasmine Hernandez
Business Office Manager

Marcos Espinosa
Move-In Coordinator

Ashlea Jones
Food Service Director

Ralph Edwards
Restaurant Manager

Sussana Cervantes
Resident Care Director

Rupinder Singh
Resident Service
Coordinator

Carmen Stevens
Activities Director



Our Mission

*Privately owned, Pacifica Senior Living
strives to create a lifestyle of
independence and peace of mind
for each individual and their family.*

*We do what we love and
what we truly believe in –
providing compassionate, personalized
care services with dignity and respect.*

*Our dedicated, professional team supports
each resident and goes above and beyond
to help them feel at home.*



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Welcome Home!