

Pacifica Tidings



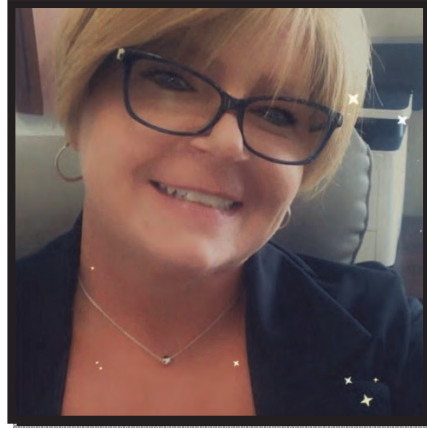
PACIFICA
SENIOR LIVING

STERLING
Independent Living
Assisted Living

**August
2021**



A Note from the Executive Director



We have been having a lot fun lately with new activities, outings for shopping, pet therapy and volunteer visits. The activity program is flourishing and the residents are really enjoying it.

Joy is doing an outstanding job keeping everyone busy. We have a few new members that have joined the Pacifica Sterling Leadership Team.

Shannon Spence is our new Community Relations Director, she comes to us with over 10 years' experience in Senior Living. Rene Santos is our new Maintenance Director, he comes to us with many years of experience in the Maintenance field. We are happy to have you both join the Pacifica Senior Living family!

Best,
Shelly Wells

Who am I?

What's Lucky in August?

Lucky Color: Orange
Lucky Animal: Moose
Lucky Letters: J and L
Lucky Day: Wednesday
Lucky Plant: Peony

*Welcome to
Our Community*

"Everyday is a new beginning. Take a deep breath, smile and start again."



Activities & Special Events

August



Special Socials

- ◇ Watermelon Social
- ◇ S'mores Social
- ◇ Root Beer Float
- ◇ Happy Hour
- ◇ Cherry Popsicle Social



Peter Bechtel
August 17th
@ 2:00pm
CiCi - Karaoke Music

August 12th
@ 3pm

Audrey Harris

August 28th
@ 3:00pm

Ron Howard
August 4th



Pet Therapy
Fridays 2:00pm

Memorable Moments



Birthdays

Happy Birthday!!!

- Don B 8/03
- Cynthia T 8/03
- Robert D 8/04
- Elizabeth M 8/14
- Shirley V 8/17
- Leon W 8/17
- Willa L 8/27
- Maryellen R 8/28
- Marguerite R 8/29



August Zodiacs

Leo (The Lion)
August 1–22
Virgo (The Virgin)
August 23–31

We will be celebrating all the August birthdays on Wednesday 25th at 3:00pm! All residents and staff are welcome and invited to join in on the celebration!

A Note from the Activities Director



Hopefully you enjoyed July! Many residents spend time relaxing on our patio where the breeze has been unusually cool and refreshing ...great after a busy day!

As August rolls in we are looking forward to a schedule of fun outside activities, Happy Hours, and new entertainment!

Thank you all for welcoming me to the Pacifica community. I am very blessed and fortunate to be a member of this wonderful team! Keep those suggestions for new activities coming– together we grow!

*Remember to pick up a **DAILY ACTIVITY SHEET** at the front desk! As we begin to get back to our normal activities we encourage you to try something new...do come down and lets make this our best summer ever!

Hope to see you soon!

-Joy Neal

Staff Appreciation



Beatrice Care Staff for 4yr

Thank you for all your hard work in assisting residents and inviting them to activities! Great Team work!

Health & Fitness by

Healthy Tips:

After an exercise routine, take a few minutes to do gentle cool-down stretches and rehydrate. These exercises are all meant to be done in an upright seated position. You may want to do each exercise more than once or do two sets of the whole series. Have water on hand to stay hydrated, especially during the dog days of summer.



Genesis Rehab

Our staff here in the Genesis Rehab Center names are as follows:

- *Lauren Hester
(Director of rehab, Speech-Language Pathologist)
- *Kasey Sydnor
(Occupational Therapy Assistant)
- *Darpan Singh
(Physical Therapy Assistant)
- *Krysta Gardner
(Occupational Therapist)
- *Ruchi Patel
(Physical Therapist)

Genesis Discussion
2nd Tuesday monthly @
11:00AM

Fitness Activities

- Dynamic Warm-Up By Physical Therapy Team
Wednesday
- Exercise with Joy
Mondays, Tuesdays,
Thursdays, & Fridays
 - ⇒ Weights
 - ⇒ Noodles
 - ⇒ Elastic bands
 - ⇒ Tai Chi
 - ⇒ Yoga



Spiritual Activities



- The Redeemer Catholic Church —
Father Mark Leading
Mass 4th
Thursday @ 1:00AM
- Sundays at 10:30AM
Christ Redeemer
Catholic Church—
Rosary

Who Am I?

(answer)

June Employee Of The Month



Sabrina Wright

Management Team

Executive Director
-Shelly Wells

Business Office Manager
-Cindy Hamilton

Sales Director
-Shannon Spence

Residents Service Director
-Christiana Antwi

Maintenance
-Morris

Food Service Director
-Peter Schoebel

Concierge
-Meg Brown

Activities Director
-Joy Neal



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!