

Pacifica Tidings



PACIFICA
SENIOR LIVING

STERLING
Independent Living
Assisted Living

**December
2021**



A Note from the Executive Director

Tis the season.....
Christmas is my favorite holiday. Some of my fondest memories of Christmas is when I was a child. As a family, we would make homemade Christmas ornaments. I would always help my mother make & decorate Christmas Cookies. Growing up my family was huge, every Christmas Eve we would have a Christmas Eve Party at my Aunt Jane's house, where we would have good food, lots of Christmas fun & laughter. On Christmas morning, my siblings and I would always try to sneak down to see what was under the Christmas Tree before my par-

ents would wake up...but my parents heard us and would make us go back to bed until they had their first cup of coffee.

These memories will always make my heart warm & put a smile on my face.

What are your favorite Holiday memories?

I want to wish all of my Pacifica Family & Friends a wonderful Holiday Season.....

*Shelly Wells,
Executive Director*

Who am I?

- I am an animal with a bright red nose.
- I am made of snow and have 2 eyes of coal.
- I check my naughty & nice list twice.
- I have a dog named Max and I dislike Christmas.
- I am a little girl, with red ribbons in my hair and I live in Whoville.
- I am a representation of the New Years.
- I am a boy, who celebrates an extra Birthday once a year.

Check Page 7 for answer

Welcome to Our Community

Lore Fields
Richard Mitchell
Eugene Cagle
Victor Kemp
Carol Roll
Jeanne Williams

We welcome you to the
Pacifica Family!

Activities & Special Events



**Christmas Cookie Baking
December 6th & 12th**



Merry Christmas

Holiday Socials/Events

12/13 Hot Cocoa Social
12/14 Christmas Light Sightseeing
12/15 Cupcake Social
12/20 Santa Hat Luncheon
12/20 Christmas Light Sightseeing
12/21 Egg Nog Social
12/22 Resident Christmas Party
12/22 Christmas Light Sightseeing
12/23 Cocoa & Cookie Social
12/29 Resident Council
12/30 Resident Birthday Party
12/31 New Years Eve Party

National Days We Will Be Celebrating

December 1st National Pie Day
December 7th Pearl Harbor Remembrance Day
December 8th National Brownie Day
December 13th National Cocoa Day
December 15th National Cupcake Day
December 17th National Ugly Sweater Day
December 28th National Chocolate Candy Day

Memorable Moments



Birthdays

Residents

- Marcella Leftwich 12/12
- Patti Bassett 12/17
- Richard Slott 12/18
- Noreen Sibre 12/26

Staff

- Edward 12/16
- Sonia 12/20

We will be celebrating all of our December birthdays on December 30th at 2pm.

All staff are encouraged to participate and celebrate with the residents.

Enjoy!



A Note from the Activities Director

During the transition of a New Activity Director, we ask that everyone has continued patience.

Thank you to the residents and staff that have assisted with activities during this time!

Thank You!

Employee of The Month October 2021



Health & Fitness by

Our Mission

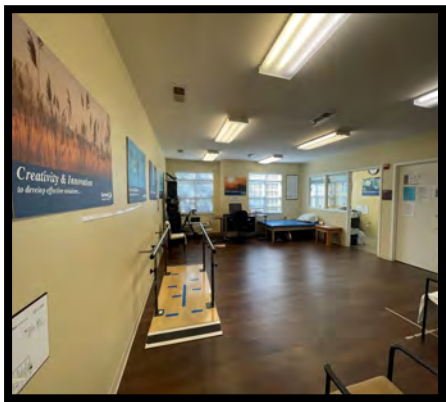
We improve the lives we touch through the delivery of high quality health care and everyday compassion.



Our staff in the Genesis Rehab Center 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)

Inside our Genesis rehab



Space at Pacifica Sterling!

**Genesis Discussion
Starting 2nd Tuesday
Monthly @ 11:00AM**

Fitness Activities



- Dynamic Warm-Up By Physical Therapy Team
Wednesday
 - Exercise with Tyler
Mondays, Tuesdays, Thursdays, & Fridays
- ⇒ Weights
⇒ Elastic bands
⇒ Flexibility
⇒ Reflexes

Spiritual Activities

The Redeemer Catholic Church — Father Mark
Leading Mass 4th
Thursday @ 11:00AM

Sundays at 10:30AM
Christ Redeemer Catholic Church—Rosary

Time w/ God lead by Edward! Every Saturday at 2pm!



Who Am I?

(answer)

1. Rudolph the Red Nose Reindeer
2. Frosty the Snowman
3. Santa Claus
4. Grinch
5. Cindy Lou Who
6. Father Time
7. Baby New Year



Management Team

Executive Director
-Shelly Wells

Business Office Manager
-Cindy Hamilton

Sales Director
-Karla Feliciano

Residents Service Director
-Christiana Antwi

Maintenance Director
-Morris Fofanah

Chef/Dietary
-Jessy Ford

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.



PACIFICA
SENIOR LIVING

STERLING
Independent Living
Assisted Living

*46555 Harry Byrd Highway
Sterling, VA 20164
(703) 896-9590
PacificaSeniorLivingSterling.com*

Welcome Home!