

Pacifica Tidings


PACIFICA
SENIOR LIVING
CHINO HILLS
Assisted Living
Memory Care

May/June
2021



A Note from the Executive Director

Blossom by blossom the spring begins..

Spring is the nature's way of saying Let's Party! With all the flowers blooming, the butterflies flying and the sun shining, it's always a beautiful day here at Pacifica Chino Hills. We would like to introduce Christian Nubla Maintenance Director and Shelia Fike Sales Director to the Pacifica family.

May 1st we will be having a mother's day craft fair from 10am-1pm outside in front of the community. Our annual Mother's Day Tea Party is May 7th at 1:30pm, to celebrate all our wonderful mothers. "A mother is your first friend, your best friend, your forever friend."

Of course we can't forget about all of our amazing Fathers. "The heart of a father is the master-piece of nature." Our annual Father's Day BBQ will be June 12th at 11am. Robert and his team will be on the grill cooking up every father's favorite food. Come and enjoy the live band, food, classic cars, and enjoying time together.

Thankful,

Julie

Who am I?

I was born in 1942. A national historic park is named after me. Songs have been written about me. I am sturdy and tough. The Westinghouse Electric Company used me as part of an advertising campaign. I am partly responsible for women's changing role in American society. The identity of the woman who was the original inspiration for me is still a mystery. To say that I am iconic is almost an understatement. I was instrumental in the war effort. The government used me as a recruiting tool. I was partly responsible for a 10-percent increase in the female workforce during WWII. Norman Rockwell painted me. Rockwell was not the first artist to use me in his work. I sometimes wear a polka-dot bandana. Among many other things, those whom I called to duty helped build ships and airplanes. I am now a feminist icon. I am a symbol of resilience, strength, and patriotism. My famous slogan is "We can do it!"

Welcome to Our Community



Joy B.
Sumi H.
Juanito L.
Ida H.
Rosie K.
Connie P.
Cheryl R.

Activities & Special Events

Mother's Day Craft Fair



May 1st from 10AM-1PM.

Cinco De Mayo Fiesta



May 5th from 3:00PM



Memorial

May 31st from 11AM-
1PM

BBQ



Father's Day Car Show



June 12th from 11AM-
2PM.

Health & Fitness by

Cameron Coomes

Breathe easy with a couple of breathing exercises you can do anywhere.

The Stimulating Breath

is adapted from yogic breathing techniques. Its aim is to raise vital energy and increase alertness.

- Inhale and exhale rapidly through your nose, keeping your mouth closed but relaxed. Your breaths in and out should be equal in duration, but as short as possible. This is a noisy breathing exercise.
- Try for three in-and-out breath cycles per second. This produces a quick movement of the diaphragm, suggesting a bellows. Breathe normally after each cycle.
- Do not do for more than 15 seconds on your first try. Each time you practice the Stimulating Breath, you can increase your time by five seconds or so, until you reach a full minute.

The 4-7-8 Exercise

is utterly simple, takes almost no time, requires no equipment and can be done anywhere. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Birthdays

May Birthdays

Patricia E.	5/14
David G.	5/23
Jess L.	5/30

June Birthdays

Alan R.	6/1
Dolores P	6/13
Edward T.	6/14
Ida H.	6/14
Isabel G.	6/15
Bob W.	6/22

Spiritual Activities

Due to the Covid-19 Pandemic, all outside church services have been canceled until further notice!

Mary Ellen B.,
Deaconess & Pastor
Bob W.

Residents of
Chino Hills will be
conducting church
service for all
denominations on
Sunday mornings
10:30am
Activity Room

Who Am I?
(answer)

Rosie the Riveter



Management Team

Julie Olmedo, LVN
Executive Director

Shelia Fike
Sales Director

Eunice Cueva
Business Office Manager

Denise Medrano, LVN
Resident Services Director

Cameron Coomes
Activities Director

Vida Ross LVN
Memory Care Director

Robert Montijo
Food Service Director

Christian Nubla
Environmental Services 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!*



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CHINO HILLS

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Memory Care*

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Welcome Home!