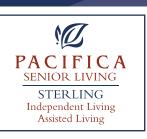
Pacifica Tidings



June 2022







A Note from the Executive Director

Summer is upon us...finally! Summer is time for good sunshine and time well spent with family and friends.

The Pacifica Sterling team is working together to plan exciting events that will create lasting memories for years to come!

We encourage all residents to take advantage of the back patio and remember to stay hydrated on days of scorching sun and blazing heat.

Paige Salao Executive Director





Who am I?

- I was born on August 4th, 1961
- I was a senator for the State of Illinois from 1997 till 2008
- My middle name is Hussein
- I was born in Honolulu Hawaii
- I was the 44th President
- My wife is named Michelle
- I have two Daughters

Welcome to Our Community

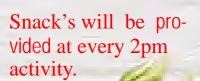
Penelope Smith
Gloria Hammer
Mary Lange

We welcome you to the Pacifica Family!

Activities & Special Events

National Days We Will Be Celebrating

June 1 Global Day of Parents
June 4 National Cheese Day
June 5 National Cancer Survivor Day
June 5 National Donut Day
June 8 National Best Friend Day
June 14 Flag Day
June 18 International Day
June 19 Father's Day
June 19 National Juneteenth Day
June 21 National Selfie Day
June 23 National Pink Day
June 27 National Bingo Day
June 27 National Sunglasses Day





SOCIAL EVENTS

June 8th Mission BBQ Trip

June 13th Pie Social

June 16th Cookie Social

June 19th Father's Day Social

June 22th Trip to Algonkian Park

June 27th Ice Cream Social

June 29th Pizza Social

Memorable Moments







Birthdays

Residents

- Carol Roll 06/02
- Billy Massey 06/04
- Doris Hoffman 06/16



Staff

Harriet Frempong 06/21

- Moris Fofanah 06/10
- Nafisatu Thomas 06/26
- Alpha Sesay 06/24

We will be celebrating all of our June birthdays on June 30th at 3pm.

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



A Note from the Activities Director

Being able to spend my days with Individuals who have an abundance of knowledge and love to offer is a Job I enjoy very much. Thank you all for making my job so much easier. The fun and joy you all bring is something we all look for in a workplace. And with that here is the quote for this month

"If learning is like a sponge, don't ever stop soaking it up. Never stop learning."— Catherine Pulsifer



Employee of The Month May 2022 Congratulations Miss Soledad



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
- "Ruchi Patei (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 Tuesday & Thursday
 - ⇒ 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)

Barack Hussien Obama



Management Team

Executive Director -Patricia Salao

Business Office Manager -Cindy Hamilton

Sales Director -Karla Feliciano

Residents Service Director -Christiana Antwi

Maintenance Director
-Morris Fofanah

Chef/Dietary
-Alex Esswein

Activities Director - Spiddy Foncha



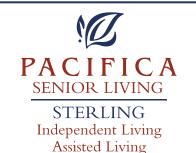
Our Mission

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.





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

Welcome Home!