

Pacifica Tidings



July
2021



A Note from the Executive Director

Hey Friends!

Summer has arrived! We welcome all of our new residents! Join us in one of our many new activities going on this month from Spanish class with Jess, Scenic Drives, and some of the fun activities we have always done like Bingo, Yahtzee, and card games.

Please remember, guest must still sign in at the front lobby before visiting and also wear a mask while on campus. Have a wonderful Summer and also Happy Father's Day!

Sincerely,

Tracy Mease,
Executive Director

Who am I?

In the olden days of July —On average, gas cost 18 cents per gallon at the start of the '50s and 25 cents per gallon at the end of the decade. In today's terms, that's the equivalent value of \$1.90 and \$2.16 per gallon, respectively.

July for baseball—
The New York Yankees were in eight of the 10 MLB World Series of the decade, and they won six of them.



Welcome to Our Community

Clara S.

*Welcome
home*
♡

Activities & Special Events

- FUN FITNESS
- CHIAR YOGA
- WEIGHT FITNESS
- BINGO
- YAHTZEE
- BAKING
- SPANISH CLASS WITH JESS
- CARD GAMES
- PAINTING
- GROUP MUSIC TIME
- OUTDOOR WALKS
- COLORING
- JEWELRY MAKING
- PRETTY NAILS

Health & Fitness by Jessica !!!

Tips for staying healthy by EXCERSISING

Getting moving can help boost your energy, maintain your independence, protect your heart, and manage symptoms of illness or pain as well as your weight. Regular exercise is also good for your mind, mood, and memory. It's never too late to find simple, enjoyable ways to become more active, improve your mood and outlook, and reap all of the physical and mental health benefits of exercise.



Fitness Activities

- ◇ Fun Fitness
- ◇ Noodle Fitness
- ◇ Zumba
- ◇ Out door walks
- ◇ Animal Therapy
- ◇ Flower Walks
- ◇ Dance Party

Spiritual Activities

St John's Catholic Church & Grace Community Church of Healdsburg provide virtual services and sermons each week for residents to view.

St John's Catholic Church
Sundays at 10:30Am in the
Activities Room.

Grace Community Church
of Healdsburg
Sundays at 10:30Am
In the Fireside room.



Independent Living • Assisted Living • Memory Care

Bridge from Hospital to Home

Respite stays with
compassionate and
personalized care.

Perfect for individuals who are
recovering from a hospital or
rehabilitation stay.

Customized service plans that meet
the individuals needs and provide
support available 24 hours a day.
Residents enjoy assistance with daily
activities, meals, medication
management, bathing, dressing,
mobility, transportation and a full
activity calendar.



HEALDSBURG
Senior Living
A Pacifica Community

Please call to schedule your visit
or to reserve a respite stay.
707.723.4320

CA License #496801635



725 Grove Street | Healdsburg, CA 95448 | HealdsburgSeniorLiving.com



Management Team

Tracy Mease

Executive Director

Lisa Baricevic

Marketing Director

Tru Coiner

Resident Service Director

Passion Cain

Social Services Director

Lori Marquez

Business Office

Jessica Sanchez

Program Activities Director

Hannah Bennett

Food Service Manager

Kenny Green

Maintenance Director

LiLa Sanchez

Housekeeping Manager

Diana Avila

Medical Records

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.

*The right choice. The right time.
Welcome Home!*



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A Pacifica Community

725 Grove Street

Healdsburg, CA 95448

Phone 707.433.4877

www.HealdsburgSeniorLiving.com

CA License Pending #496801635

Welcome Home!