

Pacifica Tidings



December
2021



A Note from the Executive Director

Greetings,

As a new administrator it is always a challenge settling into a new setting. I am enjoying the HSL community and getting to know the staff, residents and families. I hope to find more time in the near future to explore and enjoy the quaint town of Healdsburg and beautiful Sonoma County.

I understand the struggles and uncertainties residents and families have experienced in the past year. My hope is to bring stability back to the community. I am confident in the ability of the team to bring about such change with support and guidance. I would like to commend the many staff members who have done an amazing job maintaining the heart and soul of the community.

We are happy to be bringing back some old traditions like the Family Thanksgiving Dinner and the upcoming Holiday Dinner. Employees recently enjoyed a long overdue Appreciation Luncheon.

I look forward to being a part of the success of HSL and enjoying the holidays with everyone here. My door is always open.

Happy Holidays!

Dwayne Davis, Executive Director

Who am I?

I served in the US Army and was stationed in New Jersey.

I loved every bit of being a nurse for 50 years.

I was married to the love of my life, Courtland, for 60 years.

We loved travel and visited 39 countries.

We enjoyed boating and fishing on our boat Courtship.

I love music.

Frank Sinatra makes me swoon.

I have lived at HSL for 7 years.

I enjoy being the greeter in the lobby.



I am Joan Meyborg

Welcome to Our Community

Assisted Living
Harriet

Memory Care Cottage 2
Maria and Silvia



Activities & Special Events

Holiday Traditions and Magical Moments at HSL



Happy Hanukkah

November 29th to December 6th
Eight Nights of Candle Light

Hanukkah Celebration

Friday, December 3rd 3:00pm
L'Chaim To Life!



HOLIDAY DECORATING

Wednesday, December 1st
2:00 to 4:00 pm

Staff, Family & Friends
Invited to Deck the Halls!
The more the merrier!

Hot Chocolate and Cookies
Music and Merriment!



HOLIDAY WRAP-UP

Thursday, December 9th
3:00 to 6:00 pm

Residents and Volunteers
will be available to wrap your
holiday gifts.

Fund raising proceeds
benefit HSL
Activity Programs.



You Are Invited! *Family Holiday Dinner*

Skilled Nursing - Wednesday, December 15th
Assisted Living - Thursday, December 16th
4:30 to 6:30 pm



RSVP by Monday, December 13th 2 guests per resident please

Christmas Music Recital

Saturday, December 18th
2:00 pm

AL Main Dining Room
ALL Residents Invited!

Join us for
Music of The Season
by Local Piano and Voice
Music Students



A Visit from Santa

Santa Tim is excited to be
coming back!

Tuesday, December 14th

2:00 pm Memory Care

2:45 pm Assisted Living

3:30 pm Skilled Nursing

HO, HO, HO!!!



Health & Fitness by

A Blue Christmas

Winter's shorter days and reduced sunlight can increase incidents of Seasonal Affective Disorder, (SAD), a depression that tends to occur during the winter months. Linked to a biochemical imbalance occurring in the brain, SAD can cause bouts of fatigue, depression, and social withdrawal. It is more than just the "winter blues." People with SAD can experience mood changes that can be distressing and interfere with day-to-day life. 16 million Americans struggle through it every year. SAD is compounded for many during the holidays as we remember days gone by with family and friends. The CDC reports that social support is associated with reduced risk of depression, illness and even mortality.

Some ways to stay engaged are:

- Brain Games
- Physical Activity
- Friendships
- Hobbies
- Volunteering
- Pets

Residents at HSL are encouraged to stay connected and maintain, meaningful social connections with friends and family through our life enrichment activities programs.



Fitness Activities

Namaste



Chair yoga is a great way for older adults to get the wonderful health benefits of yoga. Staying seated means that even frail seniors or those who aren't flexible can safely do the exercises.

Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation.

Residents were introduced to a new chair yoga fitness program in November. Although a bit resistant... yes... change and new things can be hard, they are attending and participating much to their benefit.

Spiritual Activities

Music for The Soul

Music and spirituality are frequently partnered in cultures around the world, with the intention of enhancing engagement with the divine. Music is used specifically to create a spiritual setting for church services, meditation and rituals.

HSL infuses the community environment with music to set the tone throughout the day and offers opportunities for enjoyment of live music and sing-a-longs.

Live Music in December

Music on Mondays
w/ Michelle in
The Fireside Room



Volunteers for The New Year!



Are you looking for a way to make a difference in your community?

Make a new year's resolution to
Give The Gift of Time!

Healdsburg Senior Living is looking for volunteers to support our resident activity programs.

Independent & Assisted Living
Memory Care and Skilled Nursing

Anything from A to Z....

We have needs...

You have skills, talent, time & heart.

Please share with your family, friends, church groups, clubs, schools and colleagues.



Contact Michelle at the front desk

Management Team

Dwyane Davis
Executive Director

Tru Coiner
Resident Services Director

Cintha Gamino
Community Relations Director

Mitchell Moore
Business Office Director

Erika Gonzalez
Food Services Director

Diana Avila
Admissions & Medical
Records Director—SN

Cacie Fowler
Activity Assistant-AL

Katie Jensen
Activity Director— SN

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!*



HEALDSBURG

Senior Living

A Pacifica Community

725 Grove Street

Healdsburg, CA 95448

Phone 707.433.4877

www.HealdsburgSeniorLiving.com

CA License Pending #496801635

Welcome Home!