

Pacifica Tidings



May — June
2021



A Note from the Executive Director

Hello Everyone,
Welcome to Spring flowers and Summer warmth!

We are also welcoming visitors! Yes, visitors are welcome in our community!

If you are FULLY IMMUNIZED, you may visit in a Resident's apartment, and need to:

- Call the front desk for an appointment. We are scheduling 30-minute visits at this time.
- Show proof of your vaccination at the front door.
- Follow all safety protocol upon entry to our community.

If you are not fully immunized, you can still visit!

- Call the front desk for an appointment. We are scheduling 30-minute visits at this time.
- You can meet in our Private Dining Room and other designated areas that have barriers to protect all parties.
- Follow all safety protocol upon entry to our community.

See you at Pacifica Senior Living Millcreek soon!

Jill

Who am I?



Welcome to Our Community

Meet Shirley

She was born and raised in Murray, Utah. She enjoyed riding horses, and helping her father on their mink farm. Shirley attended Murray High School where she was class president. She got married and had three children. She enjoys sewing and her beautiful flower garden. Please give her a warm welcome.

Activities & Special Events

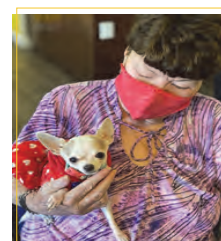


Happy Birthday Jane!
Celebrating 103 Years

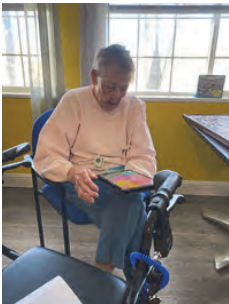
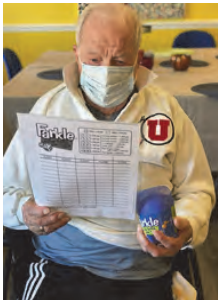
National Laugh Day



Puppy Kisses



Memorable Moments



Bus Adventures
St. Patrick's Day



Birthdays

May Birthdays

May 5 Kathleen
May 10 Barney
May 17 Lorna
May 26 Nevin
May 26 George
May 28 Verna D.
May 30 Sue M.

June Birthdays

June 29 Jean
June 24 June K.



A Note from the Activities Director

Activities Vision

To bring inspiration and innovation to our community, while combining the physical, emotional and spiritual aspect for each individual. To work with each resident to create a quality of life program, where family and friends stay connected. Our program serves as an effective way to keep our minds energized and engaged.

Visitation Guidance information

The safest way to visit with your loved one at our community is to be fully vaccinated. It is suggested that all residents friends and family are fully vaccinated.

We still require a call to schedule visits as we are monitoring the number of resident visitors entering our building at any one time.

Our residents are anxious to see their family and we are excited to safely welcome family members back. We look forward to seeing you soon.

Health & Fitness by



Noodle Ball



Fitness Activities

Benefits of Physical Activity

**Improve joint pain
& stiffness**

Reduce feelings of anxiety

Improve quality of sleep

Lower blood pressure

Improve heart health

**Improve your memory and
brain function.**

Spiritual Activities

Ways to improve your Spiritual Health

**Activities that nurture
your spirit allow you to
think bigger than your-
self. Spiritual self care
does not have to be re-
ligious, although for
some it is. Examples
are:**

Meditation:

Yoga:

**Try going to a place of
worship, be in nature,
dedicate time for self-
reflection, etc...**



Easter Delight

Community Team

Jill Vath
Executive Director

Launnee Symes
Community Relations
Director

Susan Johnson
Business Office Manager

Sharon Gibson
Activities Director

Meryl Kornet
Food Services Director

Jamison Maloney
Maintenance Director

Jacque Ramos, LPN
Resident 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!*



PACIFICA
SENIOR LIVING

MILLCREEK
Independent
Assisted Living

777 East 3900 South
Salt Lake City, UT 84107
(801) 288-0700

Welcome Home!