

**Management Team**  
**Cristina Miller, CDP**  
 Executive Director  
**Britney Myles**  
 Business Office Manager  
**Robert Stansbury**  
 Resident Services Director  
**Judy Saliwan**  
 Sales Director  
**Rose Phillips-Carr**  
 Food Services Director  
**Melissa Polendo**  
 Memory Care Director  
**Patricia Russell**  
 Resident Care Coordinator  
**Jim Matthews**  
 Maintenance Director  
**Kalyn Brown**  
 Activity Director



*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.*



# Pacifica Tidings



August 2020



## A Note from the Executive Director

Have you seen our new inside visitation area? It is located in the Community Center. We now have approval to utilize this area for you to meet with your loved ones! If you would like to schedule a time to use the area, you or your loved ones can call to the front desk at (760) 322-3444 to schedule a time with our receptionists. While using this area we want to remind you to wear your face covering at all times, stay behind the plastic barrier and not to touch your loved ones. We are excited for you to be able to use this area!

We want to remind you about some the precautions that are still in place in our community.

- When you leave property you must sign in and out at the front desk.
- We highly encourage you to wear a face covering when you are off property at all times.
- Maintain proper distance between you and any residents, staff or visitors.

For the most up-to-date COVID-19 guidelines please visit our Pacifica Palm Springs webpage.



1780 E. Baristo Rd.  
 Palm Springs, CA 92262  
 (760) 322-3444  
 License # 331880550  
[www.PacificaPalmSprings.com](http://www.PacificaPalmSprings.com)

## Who am I?

Forwards I am heavy, backwards I am not. What am I?



## Welcome to Our Community

- Penny Romero
- Steve Sizzo
- Irene Southern
- Marjorie Hortsman
- Mary Lawler
- Carole Swanson
- Barbara Welt
- Marylen Naimark



*Welcome Home!*

## Special Events & Memorable Moments



## Health & Fitness by American Hospital Association

Because of the COVID-19 pandemic, geriatric mental health issues will likely increase. For some adults with pre-existing psychiatric illnesses, social distancing requirements increase their anxiety, depression, fear and, especially, social isolation and loneliness. Others, with and without known behavioral or mental health concerns, demonstrate extraordinary resilience because of the wisdom and perspective of years of life experiences. A particular tragedy of this pandemic is the social disconnection between adults and their families and friends, who ordinarily support the vital connections key for successful aging. It's important to remember that many adults need to be encouraged to ask for help, including in the use of technologies, such as video conferencing, so they can engage with friends and family. Along with physical health, food and safety needs, it is important for adults and their families to stay alert for early warning signs of anxiety and depression – including changes in sleep and appetite, increased symptoms of anxiety and worry, fatigue and an inability to focus on pleasurable activities. If a concern arises, ask for support from a primary care physician or any of our wonderful staff members at Pacifica Senior Living Palm Springs.

## Birthdays

Kathy Briski - 8/1

Nettie Figuhr - 8/3

Sheila Higgins - 8/20

Rosario Orozco - 8/23

Barbara Welt - 8/24

Mary Ann Dean - 8/25



## Spiritual Activities

### Sundays

10:30 a.m. Peace Christian Fellowship Worship with Pastor Bill in the Community Room.

### Tuesdays

9 a.m. Catholic Visitation from St. Theresa's volunteers. They will meet you in your room, please let Kalyn know if you would like to be added to the visitation list.

1 p.m. Hymnal Singing and Bible Lesson with Desert Chapel.

### Thursdays

6 p.m. Bible Study with Pastor Bill in the Community Room.

### Rabbi Kreiman

10 a.m. in the Community Center

**\*postponed until further notice\***

## Who Am I? (answer)

A ton!

