

Pacifica Tidings



**March / April
2021**



A Note from the Executive Director

It's Spring and time for beautiful weather and creating memories. We have lots of wonderful activities and events that promote and enhance our mind, body and spirit.

We are excited to see what this new year shall bring. It is with great pleasure that we are able to provide a warm, comforting home for your loved ones, because, to us, they are family.

Although we have had a challenging year, we have a wonderful, fun-filled calendar of activities planned for 2021. From in-house entertainment, birthday celebrations, and a fun filled daily activity program, we are ready to continue making this a fantastic new year.

Please be patient with us, as we deal with these uncertain times. We are all in this together, and we are committed to bringing the best to our lovely community.

Sincerely,

Donald

Who am I?

- I was considered to be one of the most pivotal stars of the early days of Hollywood.
- I was born on April 16, 1889 in London, England.
- The toothbrush mustache, bowler hat, bamboo cane and signature walk was my trademark.

Who Am I???
Check me out on the last page.

Welcome to Our Community

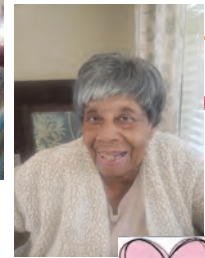
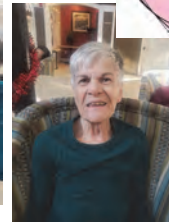
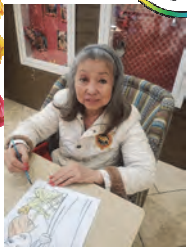
We warmly welcome our new additions to the Pacifica Family.

Ron C.
Shirley C.
Sydelle D.
Pauline K.
Kathy S.
Jean T.
Shirley C.
Delores C.
Sally T.

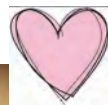
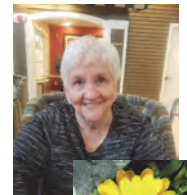
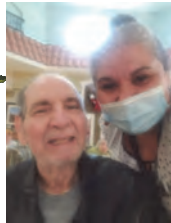
Welcome Home!!



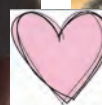
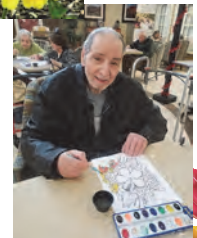
Special Events & Memorable Moments



Spring Is Here!



Friends Are Family



Health & Fitness by

How to Prevent A Cold

1. Wash your hands every time.
2. Sanitize yourself.
3. Get enough sleep.
4. Get your Flu Shot.
5. Eat healthy.
6. Work out.
7. Stay Away from sick friends.
8. Quit smoking.
9. No nail biting.
10. Try to smile more.

But if you're already sick:

1. Sneeze where you should sneeze.
2. Hydrate.
3. Get some "Me" time. Rest.
4. Watch your symptoms.
5. Dispose of all used tissues.

Especially in this Spring Season, it's better to be safe than sorry.

Good Luck!!



Birthdays



Spiritual Activities

Spirituality is important to many of our residents. We provide a wide-range of services to honor the different denominational beliefs we have within our community.

From Bible stories, spiritual songs of all denominations and cultures, to group discussions about different faiths, our residents are able to embrace that in times like these, we are all in this together .

Who Am I? (answer)

Charlie Chaplin

April 16, 1889—December 25, 1977



Management Team

Executive Director:

Donald Trump Jr.

Community Relations Director:

Deanne Forsyth

Resident Care Director:

Christine Carpio

Business Office Manager:

Alma Monterroso

Dining Services Director:

Christian Shelton

Activities Director:

Venessa Neder

Maintenance Director:

Kevin Smith



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
SPRING VALLEY
Memory Care

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Welcome Home!