

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
VACAVILLE  
Memory Care

**December  
2021**



## *A Note from the Executive Director*

### ***Welcome Home December!***

***December welcomes the arrival of winter, comfort, good food and warmth, from the touch of a friendly hand or a talk beside the fire with family and friends.***

***We invite all to celebrate the season. Enjoy celebrations and cheer, colors of the season , and hundreds of lights!***

***If you have time, stop in at the office and have a warm drink—coffee, tea, and hot cocoa for all.***

***Happy Holidays!***

***Melody Allmond, Executive Director***

## ***Who am I?***



***Welcome to  
Our Community***

***Lorraine***

***Haven***

## *Activities & Special Events*



**Baking Club Every  
Thursday at 2pm**



**“Merry Monday”  
Christmas Movie  
Mondays  
at 2pm**



**Hot Apple Cider Social  
12/14**



**Christmas  
Cookie Social  
12/21 at 2pm**





## *Memorable Moments*



Georgia and Beryl visiting with therapy dogs



Sandy and Shirley posing with their pumpkins, getting ready for Halloween



## *Birthdays*

Juanda 12/01

Karen 12/01

Shirley 12/04

Helen 12/10

James 12/15

Lorraine 12/15

Haven 12/16

Jacqueline 12/17



## **Staff Birthday's** **December**

Carmen 12/01

Queen 12/08

April 12/10

Mae 12/13

Melody 12/15

Desirea 12/29

### *A Note from the Activities Director*

**"There is no winter without  
snow, no spring without  
sunshine, and no happiness  
without companions."**

**- Korean Proverb**



## **Monthly Family Meeting**

Please join us

December 9th at 4PM

Via ZOOM

## *Health & Fitness by*

Alyssa Cox, CTRS

The days are shorter and so it's harder than ever to want to get up and exercise. Now it is more important than ever though. Holidays are known for causing an uptick in depression and anxiety. Stress of planning and travel combined with less sunlight mean it's more important to move around.

Since it's been cold, morning exercise has moved inside, but that doesn't mean it's any less rambunctious. Keeping our residents moving means they are happier and healthier.



## *Fitness Activities*

Balloon Fitness

—

Chair Aerobics

—

Chair Yoga

—

Kickball

—

Walking Club

—

Basketball Toss

—

Bean Bag Toss

—

Parachute Drop

—

## *Spiritual Activities*

### **Catholic Church Service**

Will resume when volunteers are available

### **Liberty Church**

3rd Saturday of the month @ 3pm in Journey House

### **Catholic Communion**

1st Wednesday of the month at 9:30am

## *Who Am I?*

Frank Sinatra is one of the best-selling music artists of all time, having sold an estimated 150 million records worldwide.

While Sinatra never learned how to read music well, he had a fine, natural understanding of it, and he worked very hard from a young age to improve his abilities in all aspects of music.



## *Management Team*

*Executive Director*  
**Melody Allmond, CASRM**

*Resident Services Director*  
**Mae Mora**

*Sales Director*  
**Rosa Gracida**

*Business Office Manager*  
**Rosa "Rosie" Marrero**

*Wellness Nurse*  
**Oasis Buensalido**  
*Resident Care Coordinator*  
**Crystal Crow**

*Food Service Director*  
**Maria Gallegos**

*Recreation Therapy Director*  
**Alyssa Cox, CTRS**

*Maintenance Director*  
**Donald Antiado/Rod Patindol**



*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**  

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**VACAVILLE**  
**Memory Care**

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*[www.PacificaVacaville.com](http://www.PacificaVacaville.com)  
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*Welcome Home!*