

Pacifica Tidings



PACIFICA
SENIOR LIVING

VISTA
Independent Living
Assisted Living • Memory Care

**January/February
2019**



A Note from the Executive Director

Welcome to 2019 Pacifica Vista! New Year's resolutions are all about new beginnings and I am excited about what the coming year has in store. We are so grateful that you have chosen Pacifica Vista as your home! This New Year I salute you for filling up all the years of your life with vibrant positivity and spreading those to the lives you have touched. Please feel free to stop by my office at any time, my door is always open.

Karen Enciso

Who am I?

I tend to be quiet & reserved and don't boast about myself. I have a special friend named Dinah. Sometimes my friends and family know about me are that I love nature & the outdoors. I have hiked the 211 mile John Muir trail and carried all my necessities in my backpack. I have climbed Mt Whitney and 2 other mountains over 10,000 feet in elevation. I've published a book entitled "Quilts From Old Fabrics" which sold over 10,000 copies. My hobbies include embroidery, cross-stitch, gardening, bird watching. Quilters groups.

Welcome to Our Community

**Anne L.
Betty R.
Gwen H.
Concepcion C.
Patrick V.
Patricia S.
Lois M.
Margaret R.**



Activities & Special Events

**“It’s not the years in your
life that count.
It’s the life in your years”**



Health & Fitness by

Common Cold Myths

While there is no cure for the common cold, much folklore surround it. Here are some popular myths and the truth behind them.

The cold causes a cold.

Have you ever heard someone say to bundle up or you'll get sick? People do tend to catch more colds in winter, but frigid air is not to blame. We spend more time indoors and in closer contact with others during this time, causing germs to spread more easily.

Coughs and sneezes are the only way colds spread.

Airborne germs can make others nearby sick, but studies show that hand-to-hand contact is the biggest culprit in spreading viruses.

Hand sanitizer works as well as soap. Gels are fine in a pinch but scrubbing with soap and water is the best way to rid your hands of germs. If sanitizer is all that's available, it needs to contain at least 60 percent alcohol to be effective.

Feed a cold, starve a fever.

The truth is simple: Eat if you are hungry, but don't force yourself. Staying hydrated is important when you are ill, so be sure to drink plenty of fluids.

Garlic around your neck will ward off colds. Wearing garlic will not keep you from getting sick, but eating the antioxidant-rich plant may boost the immune system.

Happy Birthday

January & February

Residents:

1/7 Rodney N	2/2 Shirley F
1/7 Raquel S	2/3 Dolores C
1/8 Joyce T	2/5 Betty D
1/18 Beverly S	2/8 Kristina B
1/21 Hilda M	2/9 Mamie W
1/22 Richard B	2/19 Eva V
1/22 LaVonne	2/24 Yolanda
1/24 Margaretta	2/28 Clea C
1/24 Julie K	1/27 Robert T

Employees:

January & February

1/1 Marjorie P	2/3 Maria G
1/3 Deomedy L	2/18 Gloria E
1/22 Nadia G	2/21 Maria D
1/28 Devin B	2/22 Eva S
1/28 Yolanda Z	

Wishing you a birthday filled with sweet moments and wonderful memories to cherish always!

Spiritual Activities

Church Transportation every Sunday.
Please sign up at the front desk.

9 a.m. Rosary– 1st Monday of every month
In the Library (2nd Floor).

Bible Study with Ralph–
Monday's at 10:00 am
In Baja(1st floor).

Faith Lutheran Communion
w/ Victoria -
Wednesday's at 10:00 am
In Baja(1st floor).

Catholic Communion
Every Thursday.
(Please see activities asst. or
reception if interested in
receiving communion).



Who Am I?

(answer)

GWEN HURLBURT!



Management Team

Karen Enciso

Executive Director

Mike McCoy

Maintenance Director

Stacey Seeburger

Sales Director

Gabriela Alvarado

Sales Director

Jhonalyn Libunao

Business Office Manager

Loida Venturina

Resident Services Director

Brian Cloud

Dining Services Director

Leslie Holmes

Asst. Dining Services Director

Diana Rezkalla

Memory Care 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.*



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License # 374602547

Welcome Home!