

Management Team

Susan Weisbarth
Interim Executive Director
Deidra Emerson
Community Relations Director
Leslie Schwartz
Director of Memory Care
Dino Castellano
Dining Services Director
David Burney
Maintenance Director
Tiffany Sanders
Business Office Manager
Jennifer Petit
Activities 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!*




SUN CITY
SENIOR LIVING
Assisted Living
Memory Care

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Sun City Center, FL 33573
(813) 633-3333
Lic.# AL7290
www.pacificaseniorliving.com

Welcome Home!

Pacifica Tidings


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Memory Care

SEPTEMBER/OCTOBER
2016



A Note from the Executive Director

Dear Residents and Families,

I am so happy to be in Sun City Center with all of you. I have been an Executive Director for the past 20 years and I probably could write a novel or be a stand-up comic with all of the stories I could tell. One time we asked the residents why they couldn't come to an activity and the best reply of all was "I'm expecting to get a head ache". Many of you are not aware that the best things to do to keep your memory intact is to play bingo or exercise. That my friends came straight from the National Inquirer. It truly is important to keep busy. Jennifer has come up with a wide arrange of activities for all of you so please come and try something new every week!

I'm very impressed with the Staff at Sun City Center! I have met some very warm and caring people. They seem to love what they do and are happy to take care of you. With that being said, I would like all to contribute to the Holiday fund for the staff. Whatever is collected is divided amongst the hourly staff. We do not allow tipping during the year and this is the one time you can make a donation to a fund that will help our staff have a wonderful holiday season. Please give from your heart to make this holiday time very special for our staff! Checks can made payable to cash or to Jennifer Petit and any amount of cash or check is acceptable. Thank you again for making me feel so welcome!

Sincerely,

Susan

Susan Weisbarth
Interim Executive Director



Who am I?

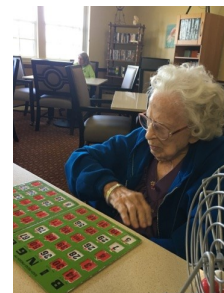


Welcome to Our Community

Eleanor Dubee
Lillian Aaron
Leroy Brown
Ruth Friedman
Anna Marie Nash
Sue Corbitt

*Welcome
Home*

Special Events & Memorable Moments



National Assisted Living Week, the Walk to End Alzheimer's Memory Care Manicures, Weekly Happy Hours and More!

Health & Fitness by Jennifer

Many chose to walk inside and utilize the Exercise Room more! Great job!! Did you know that exercise releases endorphins and endorphins make you happy? Yep!

Regular exercise has been proven to:

- Reduce stress
- Ward off anxiety and feelings of depression
- Boost self-esteem
- Improve sleep

Exercise also has these added health benefits:

- It strengthens your heart.
- It increases energy levels.
- It lowers blood pressure.
- It improves muscle tone and strength.
- It strengthens and builds bones.
- It helps reduce body fat.

It makes you feel happy AND healthy.

Did you also know that it's important to ALSO exercise your **BRAIN**? Last month we implemented an activity called **BRAIN GAMES**! Many have asked what it is... It's trivia for you and your friends as we recall the "Good Ole Days" and where we were "WHEN". Crossword puzzles, Word Searches and Wuzzle Puzzles are also a great way to exercise your brain!

Did you ALSO know that you can get your Flu shot for FREE in October!! Flu shots will be given on Wednesday, October 20th at 1:00 p.m.! Sign up today with Jennifer or Bertha!

Birthdays

September

Pushpa Nijhawan 9/1
Betty Eaton 9/3
Rosa Esther Rivera 9/11
Margaret Lewis 9/25
Mary Stephens 9/26
Jacqueline Wallace 9/30

October

Mable Berner 10/6
Ethel Binderman 10/7
Sara Garcia 10/9
Winnie Davis 10/10 (103!!)
Sarah Edwards 10/11
Eileen Goff 10/11
Anne Marie Nash 10/15
Delores Wingfield 10/16
Beverly Swanson 10/17
Sonia Howard 10/17
Lillian Muir 10/21
Dennis Gearhart 10/27
Lisa Storm 10/27

Spiritual Activities

Thursdays!!

Pastor Tanner is here every **Thursday** of the month at **1:30 p.m.!** Join us for praise and worship through sing-a-long hymns everyone knows downstairs!

Also on **Thursdays**, Pastor Randall is here for a group bible study reading from the old and new testaments. Join us every **Thursday from 10-11 a.m.** with other residents in a small group setting upstairs!

Sundays!!

Every **Sunday from 1:30-2:00 p.m.** Ed & Linda Bro from Prince of Peace Catholic Church is here for a communion service upstairs in the Exercise Room.

**** New Services! Every Sunday from 2:00-3:00** Pastor Bill Cable from New Beginnings Baptist Church hosts a Non-Denominational service in the Living Room filled with contemporary Christian Music and messages.

Every **Sunday from 3:00-3:30 p.m.** First Baptist Church of Ruskin is here for a Baptist Church service for all residents involved in praise and worship in a small group setting downstairs!

Who Am I? (answer)

I am a proud Irish woman originally from New York, Manhattan to be exact! I am a Catholic and have one child, Laura and two grandchildren that are grown and successful! I love celebrating the holidays, in particular Christmas, St. Patrick's Day and Birthdays (just not mine!) I've traveled all over the world attending reunions with the Naval Association and I have an amazing sense of humor! I love teddy bears and recently celebrated my 90th birthday! I enjoy getting out and enjoying a peanut butter and jelly sandwich or mac and cheese! I am... **Margaret Nugent!**

