

Pacifica Tidings



November 2017



A Note from the Executive Director

Let's take a moment and Welcome in November! Remember all we have to be thankful for, the big and small blessings, whether it is waking up to-day or even a clean bill of health from your doctor on that routine check-up. Maybe your big obnoxious family that drives you crazy year round but you wouldn't trade them for anything. Take this time of the year to reach out to the ones around you, co-workers, family, friends, even the cashier at your favorite store. Let them know how much you appreciate them and how grateful you are to have them.

This time of the year can be very hard on many; your thoughtful words might be the ones that bring comfort and warmth to them this holiday season.

Please Remember that our associates are not able to accept gifts or take gratuities, Pacifica will be hosting a party for all associates. If you would like to contribute to the party please see myself or Theresa our Business Office Manager
Melissa McDaniel

Who am I?



Welcome to Our Community

Billie Jean Sonnenberg

Atsu Hensley

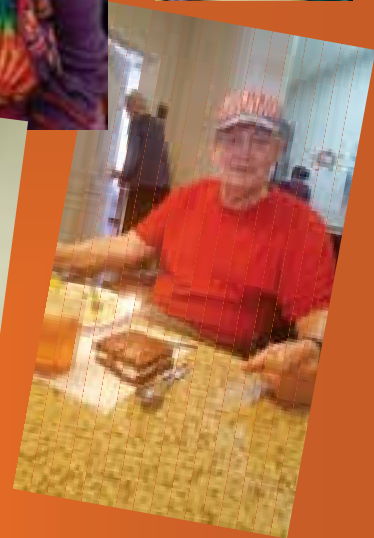
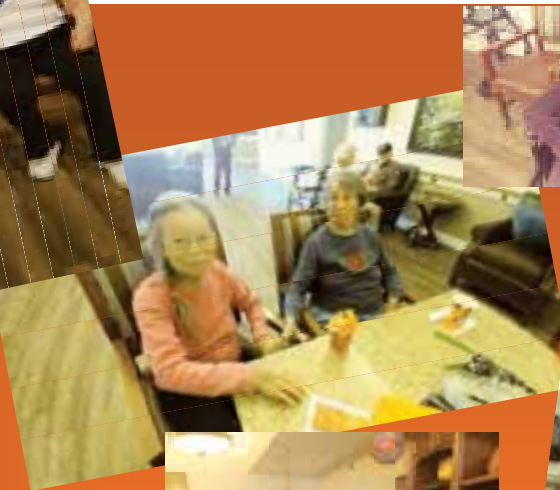
Catherine Martin

Maria Cordero

A graphic with the words "Welcome Home" in a cursive font, with a small leaf icon above the word "Welcome".

Welcome Home

Activities & Special Events



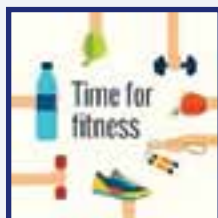
Health & Fitness by Reshmika

As always, our activities calendar for the month of November is packed with many interesting and great seasonal events. Let's start a walking group to improve your health. Can you really walk your way to fitness? You bet! So get started today. Our patios in our Community are a very pleasant place to enjoy a stroll. A regular walk can help you: Maintain a healthy weight, Strengthen your bones, Lift your mood, Improve your balance and coordination Remember that it is OK to start slowly. You might start with five minutes a day the first week and increase your time by five minutes each week. Ask a friend along and you will both benefit from the movement and conversation.



Walking Clubs
Find fitness,
friends and fun.

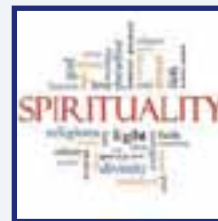
Fitness Activities



November Daily Physical Activities:

- Morning stretches
- Chair yoga
- Group exercise
- Dancing during music
- Circle Soccer
- Volleyball
- Bowling

Spiritual Activities



Weekly on Wednesday:

- **St. Joseph's Catholic Church**

1 on 1 visits and scriptures

Weekly:

- **Dan Scriptures on Thursday nights**
- **Sundays-9:15am Service**

Once a Month:

- **Community Hospice Chaplain Wayne**

Scriptures and Hymns

Pumpkin Pie Recipe

Ingredients

- $\frac{3}{4}$ cup Granulated Sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground cloves
- 2 large eggs
- 1 (15 oz.) can 100% Pure Pumpkin
- 1 (12 fl oz.) Evaporated Milk
- 1 unbaked 9 in (4 cup volume) deep-dish pie shell
- Whipped cream (optional)

Preparation

- MIX sugar, cinnamon, salt, ginger, and cloves in small bowl, Beat eggs in large bowl. Stir in pumpkin and spice mixture. Gradually stir in evaporated milk.
- Pour in pie shell
- BAKE in preheated 425 degree oven for 15 minutes. Reduce temperature to 350 degrees for 40 to 50 minutes or until knife inserted comes out clean. Cool on wire rack for 2 hours
- SERVE immediately or refrigerate and top with whipped



Management Team

Melissa McDaniel
Executive Director

Theresa Pettapiece
Business Office Manager

Sandi Lewis
Community Relations Director

Margarita Morales
&
Sarah Zavala
Activities

Martha Galan
Dietary Services Director

Reshmika Sharma
Wellness Nurse



*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!*



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Welcome Home!