

Pacifica Tidings



PACIFICA
SENIOR LIVING

BELLEAIR
Memory Care

November
2017



A Note from the Executive Director



We thank all of you who participated in Walk to End Alzheimer's. It mattered and it was meaningful!

Who am I?

- I was born in Virginia.**
- I was a draftsman and engineer.**
- I was in the navy.**
- I love Jazz and Blues.**
- I enjoy playing poker.**

Welcome to Our Community

**Gene
Nora
Eula
Colonel Duane
Patricia
Tom**



Special Events & Memorable Moments

“Trees of Hope”

Everyone’s dedication to the “Trees of Hope” project was the root of our inspiration, and the force behind our drive to succeed in contributing to find a cure for Alzheimer’s. We thank you for all of your contributions. Happy Thanksgiving!



Health & Fitness by

Give Thanks

It's that time of year where many people begin thinking about everything they have to be thankful for. Although it's nice to count your blessings on Thanksgiving, being thankful throughout the year could have tremendous benefits for your quality of life.

In fact, gratitude may be one of the most overlooked tools that we all have access to every day. Cultivating gratitude doesn't cost any money and it certainly doesn't take much time, but the benefits are enormous. Research reveals gratitude can have these seven benefits:



1. Gratitude opens the door to more relationships.
2. Gratitude improves physical health.
3. Gratitude improves psychological health.
4. Gratitude enhances empathy and reduces aggression.
5. Grateful people sleep better.
6. Gratitude improves self-esteem.
7. Gratitude increases mental strength. grateful people sleep better.

Birthdays



Dawn Prince

Barbara Lindgren

Spiritual Activities

Church Services

**Rolling Guitar w Rick
Twice monthly @1:15pm
(Ministries McAbee)**

St. Cecelia's Catholic Church

Communion is Offered

Bible Study

**Every Friday with Restoration
Ministries @ 1:30pm
(Cottage 7)**



Who Am I?

(answer)

Paul



Management Team

Executive Director

Richard Hopkins

Community Relations Director

Lisa Ballantyne

Resident Care Supervisor

Debbie Smith

Business Office Coordinator

Rachel Ashford

Activity Director

Ivania Rodriguez

Maintenance Director

Michael Knappenberger

Food Service Supervisor

Daniel Montgomery



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

BELLEAIR

Memory Care

*620 Belleair Road
Clearwater, FL 33756
(727) 467-9464
Lic.# 9666*

Welcome Home!