# Pacifica Tidings



November 2017



Who am I?



I was a draftsman and engineer.

I was in the navy.

I love Jazz and Blues.

I enjoy playing poker.





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





# Welcome to Our Community

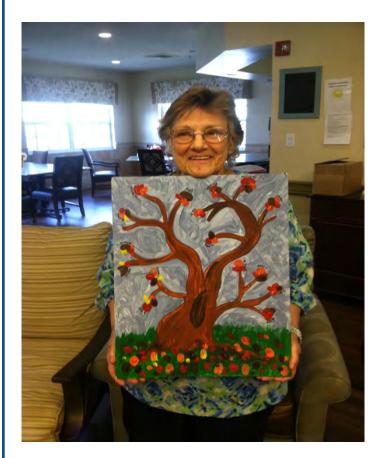
Gene Nora Eula Colonel Duane Patricia Tom



## 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 selfesteem.
- 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!







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

Welcome Home!