

Management Team
Pete Budzinski
 Executive Director
Kat Kerr
 Business Office Manager
Clara Edmiston, RN
 Director of Nursing
Charmaine Dolan, LPN
 Memory Care Director
Robyn Lindbeck
 Community Relations Director
Ian Baker
 Dining Services Director
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

3855 Upper Creek Dr.
 Sun City Center, FL 33573
 (813) 633-3333
 Lic.# AL7290
www.pacificaseniorliving.com

Welcome Home!

Pacifica Tidings


SUN CITY
 SENIOR LIVING
 Assisted Living
 Memory Care

September/October
 2017



A Note from the Executive Director

I have officially been here for almost one month and have enjoyed my time immensely. The residents have been a pleasure and I thoroughly enjoy my discussions I have had with all. If I have not met or talked with you, I will. Being the new Executive Director takes a lot of time learning about the different aspects of the community. Pacifica Sun City Center is no different and has a lot of challenges. We have a lot to do to make this place the best it can be and it will be my main focus of attention going forward.

A little about who I am...I am married to a wonderful woman Mikhaila or Mickey. She is my soulmate and best friend. We have four children, Jennifer, Michael, Jackie, and Patrick. They have all graduated college and are out of our house. Therefore, you all will understand when I say my wife and I travel a lot now. We can finally afford it without any kids in school. My kids now are my three dogs, Remy (Jack Russell Terrier), Stella (Silver Labrador), and Vina (Borador, which is a Border Collie/Labrador mix). They are wonderful dogs and I will bring Stella in sometime very soon for the residents to pet. She is a wonderful and obedient dog. Most Labradors are!

I have been in Senior Living for over 18 years; the first 10 were as the Director of Accounting and Finance and the last 8 as Executive Director. I have a passion for working with and providing great care to our residents. You can come and talk with me at any time. Very rarely do I have my door closed. The residents are why I come to work every day and it is an honor and privilege to serve each and all of our resident family. Thank you for welcoming me into Pacifica, now let's get to work!!!

Peter (Pete) Budzinski – Executive Director

Who am I?

- I am originally from Northfield, VT and have lived in Vermont, Connecticut and Florida.
- I served in the US Army occupying forces in Germany Post WWII.
- I am a Roman Catholic and member of Prince of Peace Catholic Church.
- I love Big Band music!
- I am related to Carol Griggs by Marriage!
- I love baseball, golf and classic car shows!
- I AM.... (answer on page 3)

Welcome to Our Community

September

Emma S.	9/26
Bill & Gloria W.	9/26
James S.	9/27
Gene S.	9/29

October

Liliana G.	10/7
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Special Events & Memorable Moments



Solar Eclipse Fun, Mystery Rides to EG Simmons Park, The Alzheimer's Walk, Gardening Fun, Birthday Celebrations and MORE!! For more frequent updates, please check us out on Facebook at Sun City Center Senior Living!!

Health & Fitness by

Yes, it's that time of year again! Cold and Flu season! It's always good to practice healthy habits and more so important during Cold and Flu season!

While you may not be able to avoid the flu, there are precautions that you can take to help reduce YOUR risk of getting the flu!!

Below are some reminders of how to stay healthy and avoid getting catching a cold and/or the flu!

1. Getting an annual FLU vaccine can reduce the risk and severity of the illness. It is usually offered during the fall and winter months!
2. Washing your hands regularly or using hand sanitizer regularly can also help reduce the spreading of germs!
3. Exercising regularly can help the immune system better fight off the germs that can cause illness! We have exercise classes Monday through Friday at 10:00 and 10:15 am in the Exercise Room to help you!
4. Other healthy habits include eating balanced meals, getting enough rest and keeping your stress in check!!!

Remember, a body at rest stays at rest! A body in motion stays in mo-



Birthdays

September

- Pushpa N. 9/1
- Betty E. 9/3
- Dag Z. 9/8
- Helena S. 9/12
- Barbara W. 9/19
- Margaret L. 9/25
- Mary S. 9/26
- Emery D. 9/27
- Jackie W. 9/30

October

- Beverly S. 10/2
- Sara G. 10/9
- Sarah E. 10/11
- Eileen G. 10/11
- Anna Marie N. 10/15
- Delores W. 10/16
- Sonia H. 10/17
- Lisa S. 10/27
- Donna F. 10/31

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 at 9:30**. Prince of Peace Catholic Church is here for a communion service upstairs in the Exercise Room. (This is a temporary time change for the summer)

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.... Mr. Philip Duffany!

