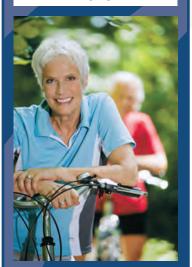




#### January 2018







## A Note from the Executive Director

Dear Residents, Family Members, and Friends of Pacifica Belleair:

Each coming New Year, Americans around the country vow to change something in the upcoming year. While it is important to set goals for the future, I want everyone to keep in mind that every moment is precious. Life is precious. We all know too well, in this setting, the importance of living in each moment. New Year's resolutions are meant to improve life, but if you put something off for the future, you may never be able to make that change. So make that purchase, make time, and tell someone how you feel...and often!

This January, as we celebrate a New Year and toast to bettering ourselves, let's keep in mind the small things in life.

This year our programming has a theme of "Around the World'. Each month, we are going to celebrate a different country with crafts, snacks, and food through planned activities. So get your passports ready for travel!

Thank you, Rachel Ashford Executive Director

#### Who am I?

I enjoy walking and reading.

I have three children and two grandchildren.

I was born in Hickory, North Carolina.

I was married in 1951 in North Carolina.

I love ice cream.

Welcome to Our Community



Norma Leena Isaiah Nellie

## Special Events & Memorable Moments

Thank you for your generosity of spirit and for all that you contributed to our holiday season. From gifts and caroling to friends and family, our holiday season was magical.



#### Health & Fitness by

Even if you don't have a specific health issue, massage therapy can provide many benefits, such as:

Increased circulation

• Stimulation of the lymph system, the body's natural defense against toxic invaders

• Release of endorphins, the body's natural painkiller

• Improved range of motion and decreased discomfort associated with lower back pain

• Relaxation of injured and overused muscles

- Reduced muscle spasms and cramping
- Increased joint flexibility
- Help recover from strenuous workouts
- Pain relief from migraines

\*We are now introducing Robyn, who will be providing massage therapy twice monthly.



Birthdays



William Billie Rick

## 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 6)



# Who Am I?

(answer)

Dot



#### Management Team

Executive Director Rachel Ashford

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!