

Pacifica Tidings


PACIFICA
SENIOR LIVING
BELLEAIR
Memory Care

**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

WELCOME

**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!*



PACIFICA
SENIOR LIVING

BELLEAIR
Memory Care

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

Welcome Home!