

# Pacifica Tidings

  
**WYNDHAM LAKES**  
*A Pacifica Senior Living Community*  
Independent Living  
Assisted Living • Memory Care

**January 2018**



## *A Note from the Executive Director*

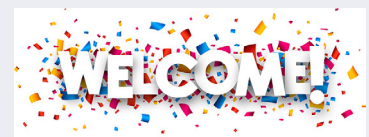


### *Who am I?*

At 12, I auditioned for my first role and won the part. I was the first female to run a major Hollywood studio. I was an avid gardener. I was the first pregnant actress to play a pregnant woman on television. I had both of my children later in life, at 40 and 42. My natural hair color was brown and I actually wasn't all that red on my TV show. I used the stage name Diane Belmont for my auditions on Broadway. My husband and I were the first interracial couple on television.

### *Welcome to Our Community*

**Michelle Birch  
Donnell Dunn  
Sandy Dunn  
Julian Halsema  
Richard Johnson  
Wayne Patton**





## *Special Events & Memorable Moments*

### Upcoming Events & Outings

**January 1 at 3:00**– New Years Traditions Around the World Social  
**January 3 at 11:00**– Out to Lunch at Red Lobster  
**January 5 at 4:00**– Happy Hour with Sal  
**January 8 at 2:30**– Mix and Mingle with Lorna  
**January 9 at 2:30**– Resident Town Hall  
**January 12 at 11:00** Out to Lunch at Blackstone  
**January 12 at 4:00**– Happy Hour with Don  
**January 15 at 3:00**– Mix and Mingle with Vivian  
**January 17 at 2:30**– Mix and Mingle with Sass and Brass  
**January 18 at 12:00**– New Resident Lunch  
**January 19 at 4:00**– Happy Hour with Pam  
**January 22 at 3:00**– Health Talk with Shawn  
**January 25 at 3:00**– Painting Class with Margarette  
**January 26 at 11:00**– Out to Lunch at Outback  
**January 26 at 4:00**– Happy Hour with Mike  
**January 29 at 2:30**– Mix and Mingle with Ruth  
**January 30 at 2:30**– Art Therapy with Pam  
**January 31 at 9:30**– Out to Lunch at Olive Garden

### **Around the Community**



## *Health & Fitness by*

### **Healthy Tips for the New Year!**

1. **Wear a pedometer.** New research says that wearing a pedometer encourages people to walk around an extra mile a day, lose weight and lower blood pressure.
2. **Drink water.** Water should always be the first thing you drink when you are thirsty.
3. **Sleep 8 hours a night.** The benefits are decrease risk for cardiovascular disease, boost memory and makes you feel better.
4. **Keep sugar and caffeine to a minimum.** Decreasing sugar actually increase peoples energy.
5. **Eat 3 different foods at every meal.** It provides a more balanced meal.
6. **Don't take too many vitamins.** Try to get vitamins from food instead.
7. **Eat at least 2 fish meals per week.** There is evidence that the oils in darker types of fish, like salmon and tuna are beneficial for the heart and brain and may lower the risk of cancer.
8. **Talk to your doctor about taking aspirin for heart protection.** It is not right for everyone but a study shows that the best candidate for long term aspirin are women over 65 and have a history of cardiovascular disease or diabetes. Talk to your doctor first before taking aspirin.

## *Birthdays*

Jan 3.....Paul M.  
Jan 3.....Janice R.  
Jan 8.....Samuel F.  
Jan 9.....Nan B.  
Jan 11.....Jeanette G.  
Jan 14.....Cathy S.  
Jan 18.....Cyndy M.  
Jan 18.....Pat W.  
Jan 18.....Rita K.  
Jan 18.....Winifred W.  
Jan 19.....Pauline D.  
Jan 22.....Nancy W.  
Jan 23.....Nena R.  
Jan 26.....Gloria H.  
Jan 26.....Shirley W.  
Jan 29.....Betty G.  
Jan 29.....Lyle S.  
Jan 31.....Peggy S.



## *Spiritual Activities*

**January 4 @ 10:30–  
Catholic Mass**

**Every Thursday @ 2:30–  
Women's Bible Study**

**Every Sunday @ 9:30–  
Church Service with  
Pastor Gary**

**Every Saturday @ 10:00  
Discussion of the Bible**

**Every Sunday @ 9:45–  
Catholic Communion**



*Who Am I?*  
(answer)

**Lucille Ball**





## Management Team

**Executive Director**  
CJ Reeves

**Assistant Executive Director**  
Erica Nelson

**Director of Nursing**  
Judy Snow

**Memory Care Director**  
Nina Newman

**Marketing Director**  
Corie Robbins

**Dining Services Director**  
Ronnie Kaleel

**Activity Director**  
Crystal Melton

**Housekeeping Supervisor**  
Gloria Matthews

**Maintenance Director**  
Lloyd Walters



*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!*



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*10660 Old Saint Augustine Road  
Jacksonville, FL 32257  
(904) 262-4600*

*Welcome Home!*