

Pacifica Tidings


PACIFICA
SENIOR LIVING
BELLEAIR
Memory Care

**FEBRUARY
2018**



A Note from the Executive Director

February is the shortest month out of the year, but that doesn't mean we will be shortening any of the fun or events! This month there is Mardi Gras, Ash Wednesday, Chinese New Year, Valentine's Day, Groundhog Day, President's Day, the Super Bowl, and I'm pretty sure there is a National Drink Wine Day too... There are so many different celebrations in the month of February that there is certainly something for everyone to enjoy. Most notably in the month is Valentine's Day. This holiday is associated with Love and Romance, and we will be celebrating by making and giving cards, flowers, and candies to those special people in our

lives. The Belleair Community will also be celebrating Valentine's Day earlier than the observed date for those who cannot make the events during the weekdays. Our Sweetheart's Luncheon will be on February 10th at 11:00am. Please RSVP by phone or email to reserve a table. Whether you are celebrating with a parent, spouse, or a special friend, remember to spread the love this month!

Who am I?

I enjoyed traveling to Las Vegas.

My dogs were very important to me.

Some of my hobbies included, going to the VWF and reading.

I worked for HARRAHS entertainment.

I love children.

I enjoy Westerns and action movies and I love Country music.

Welcome to Our Community



Joe
Barbara

Special Events & Memorable Moments



From friends to family, we have captured many great moments that we want to share with you. Each of you are a gift to us. That kind of sentiment often goes unexpressed in relationships, so we are glad to share what is in our hearts with you now.



Health & Fitness by

February is American Heart Month. It provides a wonderful opportunity for us to focus on the organ that beats around 3 billion times, nonstop, in the average human lifetime.

Your heart keeps you alive. It sends life-giving oxygen, nutrients, and natural medicine through your bloodstream to all parts of your body. What have you done for your heart lately?



Why not take this month to pay attention to your heart's health? Here are six ways to do it:

1. Exercise to support your heart.
2. Take time to relax.
3. Connect with friends and family.
4. Eat more heart-healthy foods.
5. Get 6-8 hours of sleep at night.
6. Laugh, smile, and play.

Birthdays



Alberta
Peter
Betty
Carrol

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 @ 1:00pm
(Cottage 6)



Who Am I?

(answer)

Jeannette



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!*



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SENIOR LIVING

BELLEAIR

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

Welcome Home!