

### Management Team

**Pete Budzinski**  
Executive Director  
**Kat Kerr**  
Business Office Manager  
**Clara Edmiston, RN**  
Director of Nursing  
**Charmaine Dolan, LPN**  
Memory Care Director  
**Deidra Emerson**  
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](http://www.pacificaseniorliving.com)

*Welcome Home!*

# Pacifica Tidings



**SUN CITY**  
SENIOR LIVING

Assisted Living  
Memory Care

**NOVEMBER/  
DECEMBER 2017**



## A Note from the Executive Director

WOW! I can't believe it has been three months since I came to Pacifica. Three long months, but I have enjoyed every minute of my time with our family. Yes, I consider all of our residents, family members, Management Team, and Employees our family. We need to show appreciation and respect between every person in this building. If we do not have this belief, we will not succeed in turning Pacifica Sun City Center into the best Senior Living Community in the Tampa Bay Area. It will be a long journey, but together we will accomplish our ultimate goal.

The six week period beginning with Thanksgiving in November, Hanukkah, Christmas and New Year's in December and January is the best holiday time of the year. We sit down for a huge turkey day meal with family and friends giving thanks for what the good Lord has provided for us. I am thankful for my family and loving wife Mickey, as well as this opportunity with Pacifica.

While I do not celebrate Hanukkah, the Festival of Lights brings our Jewish Family and Friends together. Hanukkah is the Jewish eight-day, wintertime "festival of lights," celebrated with a nightly menorah lighting, special prayers and lots of good food. We also celebrate Christmas, the birth of Jesus Christ. Growing up I looked forward to Christmas mornings around our tree waiting to open all of the presents from my parents. We may not have had much growing up, but my parents always made certain Christmas was special for each of my siblings. Now, with all of my children grown and two granddaughters, I can spoil my little princesses; which of course I do! Christmas is a time for family togetherness; it is a time I have always cherished, but now so more than ever with my beautiful princesses Alice and Harper.

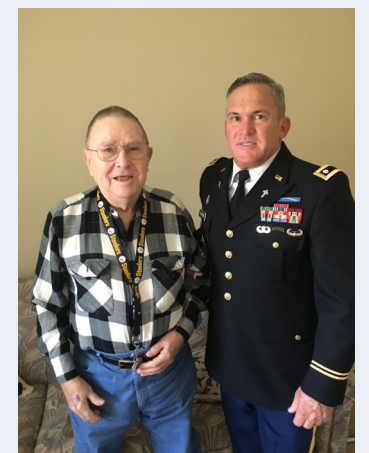
Merry Christmas and Happy New Year to All of our Pacifica Family and Friends. God Bless to All.  
Pete Budzinski – Executive Director

## Who am I?



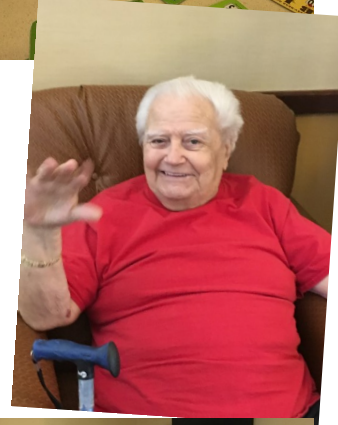
## Welcome to Our Community

**Joseph D. 12/4**





## Special Events & Memorable Moments



Family Fun Night & Holiday party, ugly sweater day, the countdown to Christmas, weekly happy hours and more! For more frequent updates to our community please like us on Facebook at Sun City Center Senior Living! Happy New Year!



## Health & Fitness by Jennifer Petit

The single best way to prevent seasonal flu is to get [vaccinated](#) each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are [flu antiviral drugs](#) that can be used to treat and prevent flu.

1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

2. Cover your mouth and nose. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

3. Clean your hands.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

4. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids,



## Birthdays

### NOVEMBER

Gloria W.	November 5th
Wilmer (Bo) L.	November 13th
Gene C.	November 18th

### DECEMBER

Glenna R.	December 1st
Bernice P.	December 8th
Ruth P.	December 11th
Beverly F.	December 12th
Frances P.	December 13th
Jerry W.	December 15th
Bert G.	December 21st
Bobbie S.	December 22nd



## Spiritual Activities

### Thursdays!!

Pastor Tanner is here every 1st and 3rd **Thursday** of the month a **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 upstairs!

## Who Am I? (answer)

- I am a proud Army veteran having served as a cook from 1973-1975!
- I was born and raised in Tampa, Florida and spent many years in Dade City & Zephyrhills!
- I worked in the furniture business and met the love of my life, Dorothy and married shortly after!
- I have two children, a boy and a girl and two grandchildren!
- I used to love to saltwater fish and listen to country music!
- I am ... CLARENCE!!

