A Heartfelt Message from Sandy



It is with a heavy heart that I have to bid a fond farewell to my Forest Trace family. I can't quite believe I've been here for more than 18 years. Yes, I was young and thin back then!

I have met many wonderful people over the years that I will always fondly remember. I have learned a lot from you and your life experiences. I have always put my heart and soul into everything I did at Forest Trace. Hopefully, I pleased most of you, most of the time. I realized a long time ago you can't please all of the people all of the time, although I never stopped trying! You, my residents, are my family whom I shall miss dearly. The managers and staff have also become part of life.

Why then, you might ask, am I leaving? I didn't plan on retiring right now but sometimes life changes when you least expect it. I am fortunate enough to have found the love of my life at this grand old age of 65 and I want to enjoy every minute of this exciting new time of my life. At the time when snowbirds are usually settling down to one place, I am becoming one. I'll be spending winters in Florida and summers in New Hampshire. I'll still be singing and maybe once in a while I can come and sing for you.

It's nice of you to say things like "you'll never be replaced," however I remember 18 years ago the same words were said to my predecessor and look what happened! I wish you all good health and happiness and thank you for all the years of happiness you've brought me.

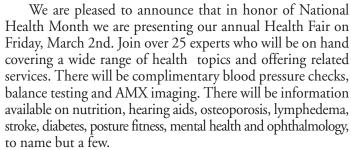
All my love,

—Sandy Warren, Director of Entertainment



HEALTH FAIR

Friday, March 2nd • 10:00 a.m.-Noon



Pharmacies will be represented by My Care Pharmacy and Walgreens. Christin will also be there representing Holy Cross Hospital and Dr Koch's medical group. Eric from the Veterans Administration will be answering questions regarding veterans' benefits. Any insurance questions will be answered by Furity. Florida Medical will also represent and Dr. Stein, our dermatologist, and Dr. Ressler, our podiatrist, will be on hand to help you in any way they can.



With dozens of **door prizes** to be won, **free giveaways** and interesting displays, this is an event not to be missed.

The Health Fair is arranged each year by **Comprehensive Wellness**, which provides the wonderful services in our Wellness Center. It is a Certified Medicare Home Health Agency that provides a wide range of home healthcare services.

Good health is essential to maintaining your quality of life and full enjoyment of your retirement years. Allow Comprehensive's on-site professional team to become familiar with you and your health needs and design a continuum of preventive and routine health services vital to your individual health.

You may be surprised at the vast array of services available, so pop in, see them and educate yourself on how to spend more time enjoying your retirement years and less time worrying about your health.

Forest Trace wishes you all a very healthy March!

PACIFICA SENIOR LIVING FOREST TRACE

Your Pacifica Forest Trace Management Team

Campbell Epes III	IExecutive Director
	Entertainment Director
	Sales Director
	Sales Director
Owano Boothe	Director of Dining & Catering

Stephen Fornataro		
Direct	or of Environmental Services	
Rani Persad	Director of Finance	
Pearl Osilaja McKenzie		
	Director of Resident Services	

The Grove

Assisted Living at Pacifica Senior Living Forest Trace



What a Grand Opening it Was!

Last month's Grand Re-Opening of the Pacifica Senior Living Forest Trace Clubhouse was truly an exciting event. In addition to our management team, Tamarac Mayor **Harry Dressler,** Pacifica Senior Living Vice President of Operations **Carl Knepler** and Lauderhill Mayor **Richard J. Kaplan** helped cut the ribbon. Check the back page for photos of stellar entertainer **Chris MacDonald**, who opened the Theater with his *Memories of Elvis* show.

HAPPY ST. PATRICK'S DAY

St. Patrick's Day is here again on Saturday, **March** 17th. Wear green and have some good old fashioned Irish fun. You'll see some Irish delights on the dinner menu including corned beef and cabbage and shepherd's pie.

At 7:00 p.m., make sure your wearing the "green" and come on over to the Theater for a great show featuring **Phil and Lauri Adams**, who'll be doing a little tribute to the Irish as well as their own wonderful selection of songs.

For each petal
on the shamrock
this brings a wish
your way, good health,
good luck, and happiness
today and every day!



5500 N.W. 69th Ave., Lauderhill, FL 33319

(954) 572-1800

www.PacificaForestTrace.com



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MARCH 2018

