

Pacifica Tidings


PACIFICA
SENIOR LIVING
BELLEAIR
Memory Care

**March
2018**



A Note from the Executive Director

Spring is upon us and we are excited to announce that we have a new putting green at our community just in time for the season. The putting Green isn't the only addition to our community, we also have a new Activity Director named Toya Swinton. Toya has years of experience and has several great activities planned for March. But to me March always makes me think of St Patrick's Day... The Luck of the Irish. When I was a wee lass, I would love to listen to stories told by my paternal Grandfather. He gave my family red beards, a great work ethic, and his endless jokes and laughter. It wasn't until he

was a much older man, that I found out that our ancestry wasn't really from Ireland. The surname was changed when coming to America some generations back. One thing that I have always loved it , no matter where you come from, we will all celebrate and be Irish on St. Patrick's Day!!!

An Irish Blessing:
To all the days here and after-
May they be filled with fond
memories, happiness and laughter.

Who am I?

- I was born in Alabama.
- I use to work in a Nursing Home helping patients. I never complained when they moved me around it was just part of the job.
- My favorite color is Red.
- I was 1 of 9 kids, but I have only 6 kids myself.
- I have 3 boys and 3 girls and love them to death.
- I work hard for my kids

Welcome to Our Community



Irma

Special Events & Memorable Moments

*When the mood is set just
Right...*

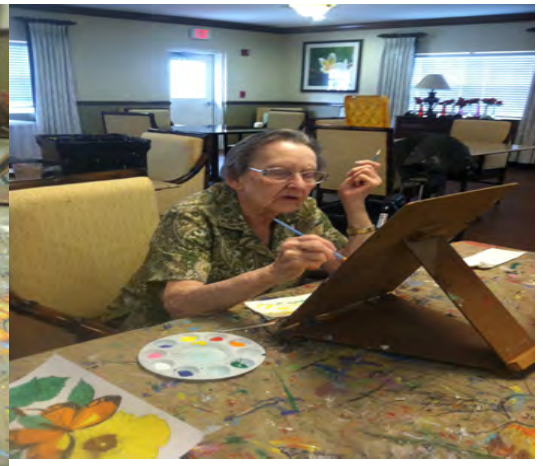


*There can be only Happi-
ness in sight!!!*

*It's the smiles and the memories we
share...*



*That show our loved ones we still care!!!! Be the reason
someone smiles daily!!!*



Health & Fitness by

March is National Nutrition Month. National Nutrition Month is used to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.



The challenge is on... How many of these tips will you be able to follow?

- Maximize with Nutrients packed foods.
- Energize with Grains
- Power up with Protein
- Vary your fruits and Vegetables
- Don't forget your dairy
- Balance your meals
- Drink lots of water
- Know how much to eat
- Mix it up with plant-protein foods
- Set and reach your goals

GOOD LUCK!!!

Birthdays



**David
Lula Pearl
Juanita**

Spiritual Activities

NEW!!!!

- Womens Ministry (BRWG)-BATTLE READY WOMEN OF GOD held every Monday @ 2pm and Thursday @ 6pm
- Bible Study- Weekly on Friday with Restoration Ministries @ 1pm



Who Am I?

(answer)



Management Team

Executive Director

Rachel Ashford

Community Relations Director

Lisa Ballantyne

Resident Care Supervisor

Mary Jane Sleger

Business Office Coordinator

Ashley Janczak

Activity Director

Toya Swinton

Maintenance Director

Michael Knappenberger

Food Services 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
Memory Care

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Lic.# 9666*

Welcome Home!