

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING  
NEWFOREST ESTATES  
Independent Living  
Assisted Living

**March  
2018**



## *A Note from the Executive Director*

Greetings,

Spring is right around the corner! I hope everybody spent time with their loved ones over the holiday season... I'd like to cover a few important topics regarding our property for the next few months. Firstly, the entire staff at Newforest Estates strives to provide the safest and most comfortable environment as possible. That being said, it is important that we keep all walkways and hallways clear of traffic and clutter so that everybody can move freely around the property. Secondly, if you're in need of essential goods, our country store is open from 12:00pm-1:30pm and 2:00pm-3:30pm on Monday and Friday. Lastly, we would like all residents to actively engage in our *Refer a Friend Program*. If you refer your friend or loved one you will receive a \$750.00 credit to your rent, once he/she moves in. It's that easy!

Regards,  
Randy Stevens

## *Who am I?*

We've been married for over  
49 years

We moved to San Antonio  
from Tulsa and Hawaii

Our dog's name is Amelia

Our favorite foods are prime  
rib and Spam

## *Welcome to Our Community*

Welcome to the Pacifica  
Family!

Kyoko Deanda  
Elizabeth Cornell  
Paul Moore  
Debra & Edwin Heinrich  
Edda Fernandez  
Connie Alvarado  
Cliff Fehrenbach

## *Activities & Special Events*



*Memorable Moments*



## *Birthdays*

3-01 Joel Garcia  
3-01 Douglass Pargeter  
3-05 Kyoko Deanda  
3-06 Paul G King  
3-08 Rose Badillo  
3-08 Betty Teachout  
3-09 Wilbur Dunn  
3-10 Gloria Sowell  
3-10 Susan Janet Derozier  
3-12 Carol Seagroves  
3-13 Wayne Aaron  
3-20 Musia Shimnovich  
3-21 Esmeraldo Saenz  
3-23 Jeanie Sims  
3-27 Pauline Crugnaley  
3-27 Janie Silguero 6208  
3-28 Dessie Bowman  
3-30 Kelly Works



### *A Note from the Activities Director*

A study in the *American Journal of Preventative Medicine* adds to the evidence that tai chi is a helpful exercise for older adults. Researchers found that when compared with usual physical activities, tai chi appears to have positive effects on a wide range of thinking skills, such as attention, learning, memory, and perception.

Tai chi is also known to help improve balance, since it combines leg strength, flexibility, range of motion, and reflexes. Refer to your activities calendar to participate in our tai chi class on Thursday mornings at 10:00 am.

## *Health & Fitness by*

Want to help your aging loved one derive all of the benefits of working out? Encourage him/her to do it every day. According to the Mayo Clinic, committing to regular exercise has a number of benefits, including improving energy levels, enhancing your mood, weight control, better sleep, and decreased risk of everything from hypertension to cardiovascular disease. Just 30 minutes of walking a day can yield incredible benefits.

## *Fitness Activities*

Monday-Tue-Thursday-Friday-Ex.  
10:00 a.m. - 10:30 a.m. - AR  
Wednesday – Exercise-Singing-  
Brain Teasers-AR  
10:00 a.m. - 10:30 a.m.  
Monday & Thursday  
6:00 p.m.  
Exercise Plan Just for You with  
Legacy

Those of you with disabilities, weight challenges, inflexibility, or who just cannot get on the floor for whatever reason can benefit from a daily practice on a chair in the comfort of the activity room. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of Tai Chi, Laughing Yoga. Upper & Lower Strengthening Body Exercise Even if you are in a wheelchair, you can receive the many benefits of chair exercise—the integration of body, mind, and spirit that keeps the us strong & healthy. Anyone wishing to use weights, are located in the activity closet. All weights are two pounds each. If you would like to use heavier weights you may bring your own to exercise class.

## *Spiritual Activities*

**Spiritual Growth**  
Spiritual growth is essential for a better, happier and more harmonious life, free of tension and strain, fear and anxiety.  
Tuesdays  
10:35 a.m. - PDR  
Bible Reading Enrichment

**Wednesdays**  
2:45 p.m. - AR  
St. Lukes Catholic Service  
Priest, present second  
Wednesday of the month.

**Sing-A-Long Bible Hymns**  
10:00 a.m. - AL- 2nd  
Thursday of every month.  
Sundays  
10:30 a.m.— AR  
All Are Welcomed for Bible  
Study

Answer to guess who...



**Management Team**  
**Randy Stevens**  
**Executive Director**  
**Lisa Flores**  
**Business Office Director**  
**Marlene Hall**  
**Resident Care Director**  
**Jake Wycoff &**  
**Michael Rivera**  
**Sales**  
**Directors**  
**Michael Douglass**  
**Food Service Director**  
**Jason Everding**  
**Activity Director**  
**James Sonny Driskell**  
**Environmental Service**  
**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!*



**PACIFICA**  
**SENIOR LIVING**

**NEWFOREST ESTATES**  
Independent Living  
Assisted Living

*5034 NewForest Drive*  
*San Antonio, TX 78229*  
*(210) 680-3649*  
*License # 102550*

*Welcome Home!*