

Pacifica Tidings


PACIFICA
SENIOR LIVING
NEWPORT MESA
Memory Care

**March/April
2018**



A Note from the Executive Director

Residents and Family,

Spring is a time of awakening. Although the climate in Southern California doesn't undergo dramatic seasonal change, the arrival of spring signals a rebirth – an enlivening of the senses and of the spirit, encouraging us to live in the moment and enjoy. This awareness of the present moment is something we practice all year long, and that permeates everything we do at Pacifica Newport Mesa. Being present and living in the moment allows us to clearly see the generosity unfolding around us every day. Whether it

be a smile, the joy of laughter or the gentle touch of a caregivers hand while giving assistance, it is these simple gestures that we strive to share with our residents, and their families.

"Even the smallest act of caring for another person is like a drop of water – it will make ripples throughout the entire pond."

~Jessy and Bryan Matteo

Warm regards,
Stacie Anderson

Who am I?



Welcome to Our Community

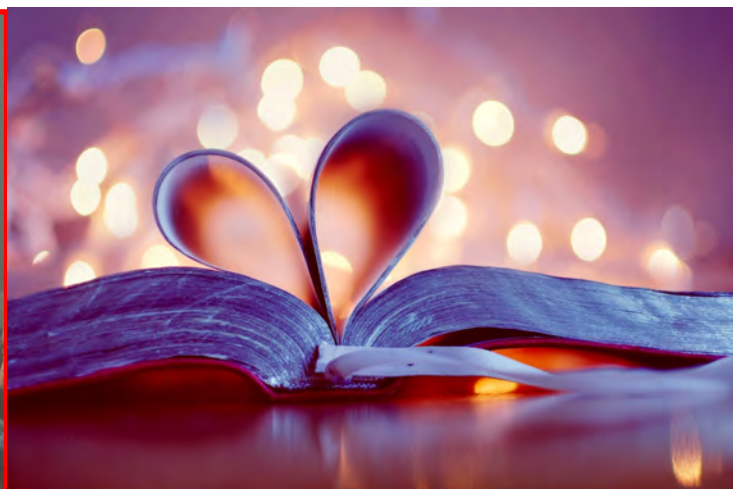
Jeanne McCrae

Jim Wood

**Welcome to our Pacifica
Family!!**

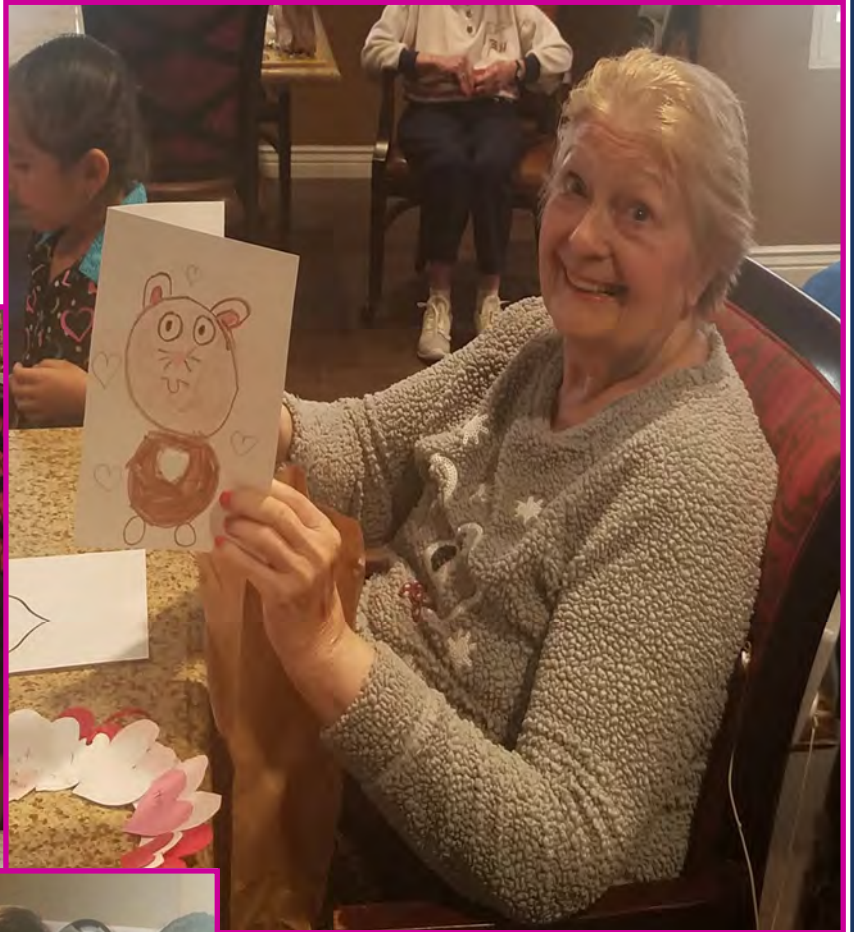
Welcome

Activities & Special Events



First graders from Sonora Elementary School brought joy and laughter to our residents with Valentines day cards and crafts

Memorable Moments



LIVE, LOVE,
LAUGH AND
ENJOY EACH
MOMENT OF
YOUR LIFE

Birthdays



Thelma C. 3/10

Joan B. 3/28

Margaret S. 4/4

**Happy Birthday to
you!!**

You are always thought of in a
very special way, And you're
wished the finest things in life

Today and every day!

Happy Birthday

A Note from the Activities Director

Hello,

I'm Lacey, the new Activities Director!
I am so excited to be a part of the Pacifica
team! I can't wait to bring in some fun and
creative ideas.

I'm following in my mom's footsteps who was
also an activities director at this same
community fifteen years ago.

I'm looking forward to meeting all of you!!

Lacey Saad
Activities Director

WHO AM I? (ANSWER) Edward Miller

Born May 8, 1936 in New York, where his
father was a detective for the NYPD. At age
14 he moved with his family to North Ben-
nington, Vermont. He graduated from Dart-
mouth College, and studied French lan-
guage and literature at Yale University and
in Paris on a French Government Fellow-
ship. Eddie worked as an Editor in the for-
eign language divisions of McGraw-Hill,
The MacMillan Company and Litton Educa-
tional Publishing Company in NYC. He
moved to Santa Barbara to study and teach
at the University of California and this is
where he met Debbie, his wife of 40 years.
Together they founded the American Col-
lege of Forensic Psychiatry and the Ameri-
can college of Forensic Psychology, which
Debbie continues to run.

Health & Fitness by

Spring is in the air! While we are focused on clearing out our closets, garages and attics, we shouldn't forget our bodies. Sometimes giving our body a good ol' cleanse can help clean out the toxins, and boost our immune system. Adding a few more greens to your meals and eliminating heavy carbs will help you feel light on your feet. Try incorporating more grains to your diet. You can make a fresh fruit smoothie with chia and flax seeds to help with your digestive tract. If you had set a New Year's Resolution to eat better and exercise, now is a good time to revisit that goal and see where you're at. You might have to make a few healthier changes, or maybe you're on the right path. Either way, let's get to Spring Cleaning!

Ninad Dadabhoy, LVN
Resident Service Director



Fitness Activities

Morning Walks

Balloon Swat!

Parachute Shake

Stretches With Lacey

Bowling

Golf

Beach Ball Toss

Afternoon Walks



Spiritual Activities

Sunday Worship
10:30 am

Fridays Worship
10:30am

Tuesday & Thursday
Communion



Our resident Linda is pictured here with a group of volunteer's who lovingly made handmade blankets and gifted them to all of our residents!

Management Team

Stacie Anderson
Executive Director

Rosie Nakadaira
Business Office Manager

Ninad Dadabhoy
Resident Service Director

David Lopez
Food Service Director

Lacey Saad
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!*



PACIFICA
SENIOR LIVING
NEWPORT MESA
Memory Care

*2891 Bear Street
Costa Mesa, CA 92626
(949) 629-1020*

*www.PacificaNewportMesa.com
License # 306004640*

Welcome Home!