

Pacifica Tidings



**March
2018**



A Note from the Executive Director

March is possibly one of my favorite months! Daylight Savings happens on the 11th – we all look forward to more daylight and sunshine! St. Patrick's Day is on the 17th – being an Irish girl, that's important! Then, Spring begins on the 20th, Palm Sunday is on the 25th, and Good Friday is the 30th. With the introduction of Spring, we want you to take the necessary precautions to stay as fit as a fiddle (or as close to it as possible!). To stay at peak performance, get in touch with your physician to make sure you are where you need to be. Put on your walking shoes and take advantage of the Walking Club that Brooke our Activities Director is starting in a couple of weeks. If you seem to be spending too much time indoors, get outside! The weather is perfect for taking advantage of the rocking chairs up front. Most importantly, STAY HYDRATED! I understand your thirst may start to decrease, however, dehydration can negatively affect your memory, concentration and increase your fatigue. Lastly, invite your family and friends to our Family Night! This is your night to have a good time with your family and friends. This month we are having a Great American BBQ, so let's get ready for some fun!

Who am I?



**I HAVE BEEN
WORKING HERE 3
YEARS, I AM FROM
PENNSYLVANIA, I
HAVE 3 KIDS 1 BOY
AND 2 GURLS. I LOVE TO
BAKE ON MY TIME OFF
WHEN I AM NOT TAKING
CARE OF MY WONDERFUL
RESIDENTS. PACIFICA IS
MY HOME AWAY FROM
HOME!**

Welcome to Our Community

**Baylee Brad
B & C McCarraher
Leonard Krause
Krista Rose
Betty Michaels
Gloria Wangerian
Loretta Gutterman
Jany Gregor**

Activities & Special Events



Memorable Moments



Birthdays



Janet Stevens
Feb. 02

Elena Przybyszewski
Feb. 03

June Beresheim
Feb. 14

Robert Fox
Feb. 14

Natalie Schneider
Feb. 16

Barbara Rodenbach
Feb. 22

TRIP SCHEDULE PUBLIX AND WALMART LEAVE AT 10:30AM

March 7th-
Publix (S)

March 14th-
Lunch Outing (S)

March 21st-
Walmart (S)

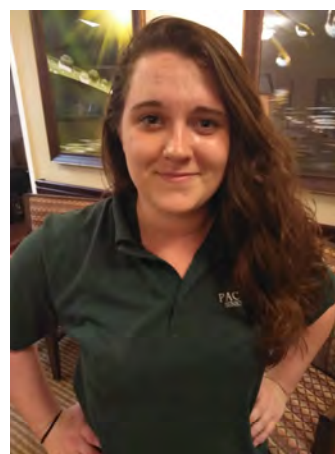
March 23rd-
Scoops Ice Cream (S)



A Note from the Activities Director



EMPLOYEE OF THE MONTH



KIMBERLY FIKE

KIM IS NEVER AFRAID TO LEND A HELPING HAND. SHE IS A GOOD WORKER AND WE ARE SO LUCKY TO HAVE HER AS PART OF OUR PACIFICA FAMILY!

Health & Fitness by

March is the month that kickoffs off spring. Flowers start blooming, weather starts warming, and we are so close to summer you can almost taste it.

Here are a few more interesting things you might not have known about the month of March:

1. March is named after Mars, the Roman god of war as it was the month in which the military campaigning season got under way after winter.

2. March was the first month of the year until the Gregorian calendar began to be used in 1752.

3. March is the only month with three consecutive consonants in its name in English.

4. An old proverb says, "March comes in a like a lion, and goes out like a lamb," which is reference to winter ending and spring beginning. Another popular saying is "March is mad as a hare," which is a reference to the animals fighting each other.

5. Some famous people born in March are "James Bond" actor Daniel Craig, celebrated children's author Dr. Seuss, actress Jessica Biel, teenage heartthrob Justin Bieber, actress Eva Mendes, basketball star Shaquille O'Neal, "Orange is the New Black" actress Lauren Prepon, tattoo artist Kat Von D, theoretical physicist Albert Einstein, reality star Rob Kardashian, "Maroon 5" front man Adam Levine, "Die Hard" star Bruce Willis, Oscar-nominee Reese Witherspoon, Lady Gaga and Grammy winner Elton John.

Fitness Activities

Fitness Experience

with Charlie each morning at 9:15am

Wii bowling

Wednesday, Thursday, Friday and Saturday

Poker

Monday at 3:30pm

Bocce Ball

Tuesday at 3:30pm

Fit & Fun with Freda

each Friday at 9:15am

**Who Am I?
Rebecca Rosario**

Spiritual Activities

Rosary & Communion

every Friday at 10am in the Salon.

Friendship Church

Every 3rd Sunday at 2pm

College Road Christian

service on the 2nd and 4th Wednesday of each month at 10:00am.

Robert Freeman

Devotional hour on the 2nd and 4th Sunday of the month at 2pm.



Management Team

Kelly Hudson
Executive Director

Donna McMahon
Business Office Manager

Carrie Hinson
Resident Care Director

Athena Acosta
Community Relations

Brooke Dyruff
Activities Director

Pete Rosario
Environmental Services

Gary Shaw
Dining Services 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

OCALA
Assisted Living

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Welcome Home!