

# Pacifica Tidings



**March/April  
2018**



## *A Note from the Executive Director*

**... by Melanie Rivera**

Spring is upon us which means so is the beginning of Daylight savings Time, so be sure to Spring forward 1 Hour on March 11th. Jumping into Spring brings so many great things! Like beautiful pastel colors, the stunning earthly flowers sprouting all about, and warmer weather, which means we need to do our best making sure we are staying healthy during the beginning of the warmer season. Drinking plenty of water to keep hydrated, and wearing the proper protection of SPF sunscreen when going outside. Spring is a beautiful thing there is no doubt about that , It brings us such wonderful weath-

er, flowers, and is the perfect time to head outdoors. The term Spring has many meanings one of them is "rebirth" and I think that is a great motto to have for March we are never too wise to not learn more, or "grow" which is also another word to describe Spring. So let us put fourth our best foot forward and give way to a new day! Wishing you a bountiful and beautiful Spring season!

## *Who am I?*

I was born & raised in Los Angeles,  
California

I love the Beach

I lived on a houseboat for some  
years.

I enjoy playing Solitaire

My favorite dessert is chocolate ice  
cream.

My favorite color is blue

## *Welcome to Our Community*

Bill Buck  
Margaret Fleming  
Selby Horowitz  
Julianna Kolbeins  
Ethel Kramer  
Barbara Postel  
Dorothy Wakefield  
Peter Yu

*Welcome to the  
Pacifica Family!*

## *Special Events & Memorable Moments*



### **Happy Hour & Wine & Cheese Parties At Pacifica!**

#### **Happy Hour with...**

Karaoke with Noel on March 2nd at 3:00pm  
Drinks with Bill Carter on March 9th at 3:00pm  
Crooner Tunes with Mark on March 16th at 3:00pm  
Classics with Yoly on March 23rd at 3:00  
Fun with Irby on March 30th at 3:00pm

Come on down to the Activity Room at 3:00p.m. and enjoy Happy Hour while listening to our wonderful Entertainers!

**"Tiny bubbles in the Wine..."**

Top of the Mornin' to Ya! Coming in March we will be having a Saint Patrick's Day Celebration on March 17th 2018 at 6:00 p.m. Come By and get some Corned beef & Cabbage and don't forget the Green Beer!



### *Wellness and a Clean bill of health*

We are excited to announce that Advanced Audiology will be coming to our community on Thursday March 8th at 10:30 a.m.

Last but not least, the Podiatrist will be here. on Tuesday March 20th at 10:00a.m. for Legacies

Passover and goof Friday start March 30th



#### **Don't Miss...**

Cat Therapy with Benji! On Sunday March 4th & and again on Sunday March 18th starting at 11:00a.m. It's puuurfect for Cat Lovers !



### *A look at some of our pictures from our sweetheart dance!*



## Health & Fitness by



**Mildren McNulty:**

**Legacies Care Director**

Spring is upon us!

During this time of the year when we crank up our heaters and try to keep warm as best as possible we tend to make the perfect environment for bacteria and viruses to thrive in, so prevention, and protection are our best resources to minimize are chances of getting sick. Here are a few helpful hints and staying healthy!

- Hand washing! Especially after touching common area surfaces, and using the restroom. Hand sanitizer is good to use, but follow directions on how to use it properly, hand washing is the most effective way of disinfecting our hands.
- Eat plenty of fruits and vegetables the best are organic!
- Keep Moving. Exercise is important, not only is it beneficial to our health but it helps us build immunity.
- Spring is also Liver and Gallbladder awareness month so be aware to stay away from junky fats; these include fried oils, hydrogenated fats, and the low-quality oils commonly used in most restaurants.

Let's have a Healthy Spring Season!

## Birthdays

Eileen Hudson March 12th  
Earle Moore March 15th  
Inez Vasquez March 17th  
Bettie Provinse March 20th  
Linda Russum March 21st  
Dorothy Hazard March 31st

*Happy Birthday!*

Helen Ravenstine April 9th  
Peggy Stasko April 19th  
Gae Alexander April 22nd  
Barry Martinson April 22nd  
Barbara Carroll April 30th



## Spiritual Activities

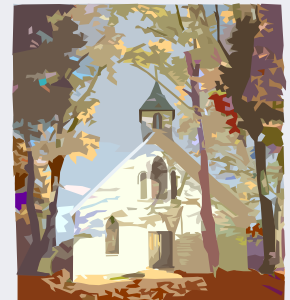
**Out: Grace Baptist Church  
Worship Service**

*Every Sunday at 8:15 a.m. We will return approximately 10:00a.m.*

**Communion with  
Deacon George**

*Every Wednesday  
At 10:00 a.m.*

**Devotions with Arianna  
Every Tuesday at 10:30**



## Who Am I? Billie Gallagher

*(answer)*



## *Management Team*

**Melanie Rivera**  
*Executive Director*

**Angelica Quiblat**  
*Business Office Director*

**Cristina Castro**  
*Community Relations  
Director*

**Mildren McNulty**  
*Legacies Care Director*

**Arianna Ruelas**  
*Activity Director*

**Dan Milliken**  
*Food Services Director*

**Donato Perez**  
*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**  

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**SANTA CLARITA**  
*Assisted Living  
Memory Care*

**24305 W. Lyons Ave.**

**Newhall, CA 91321**

**(661) 255-3100**

**Lic.# 197607592**

***www.pacificaseniorliving.com***

*Welcome Home!*