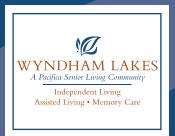
Pacifica Tidings



March 2018







A Note from the Executive Director

It is hard to believe that March is here. Seems like yesterday we were celebrating the New Year. If you are a basketball fan, then March represents the March Madness Basketball Tournament. If you are a gardener, March signals the start of spring and thoughts turn to planting flowers and enjoying all the plants coming back to life after the winter. When I was a child, my mother used to start planning our vegetable garden in March and she would sort through seed packets, choosing which to plant that year. How many of you had a vegetable garden?

When we think of March, we must think of St. Patrick's Day and the "wearing of the green." The color green is associated with Irish Catholics and it is a holiday to celebrate Saint Patrick who is said to have passed away on March 17th. Today, we normally think of the holiday as a reason to wear green and possibly drink green beer. No matter how you celebrate, it is a nice break in the middle of the month that otherwise has no holiday.

At Wyndham Lakes, we are hoping that March will start the beginning of the end of the construction projects. The community is so beautiful now and we have so many nice spaces both inside and out to enjoy. Let's hope that we have many sunny days to enjoy in March.

-Nancy Perry, Interim Executive Director

Who am I?

My birth name was Michael, but it was changed at the age of 5. I entered collage at the age of 15. I received my doctorate degree in systematic theology. I went to jail 29 times for civil disobedience. I narrowly escaped an assassination attempt in 1958. I was the youngest person, at the time, to win the Nobel Pease Prize. There are approximately 900 streets named after me. I am the only non-president to have a national holiday in his name.

Welcome to Our Community

Wendy Berkow
Janice Chase
Kevin Gallagher
Fredrick Moge
Rowena Moge
Alton Smith
Tom Sutton
Wanda Sutton



Special Events & Memorable Moments

Upcoming Events & Outings

March 2 at 11:00— Out to Lunch to Ale House

March 2 at 4:00– Happy Hour with Mike

March 5 at 3:30 – Mix and Mingle with Ruth

March 7 at 11:00– Out to Lunch to Potter's House

March 12 at 2:30– Mix and Mingle with Lorna

March 13 at 2:30 – Resident Town Hall

March 15 at 2:30– Senior Serenaders Choir Program March 16 at 11:00– Picnic at

Mandarin Park

March 16 at 4:00– St. Patrick's Day Party with Pam

March 19 at 3:00– Mix and Mingle with Vivian

March 20 at 2:30 – Cooking Demo with Chef Ronnie

March 21 at 11:00– Out to Lunch to Bonefish Grill

March 21 at 2:30– Mix and Mingle with Sass and Brass

March 23 at 4:00— Happy Hour with Nelson

March 27 at 2:30– Art Therapy with Pam

March 28 at 3:00– Health Talk with Shawn

March 30 at 11:00 – Out to Lunch to Barbara Jeans

March 30 at 4:00– Happy Hour with Sal

Mardi Gras Party!



Health & Fitness by

March is National Nutrition Month!

In 1973, there was a launch of Nutrition Week by presidential proclamation, and by 1980 it had taken over the entire month. Federal and state governments as well as the American Dietetic Association embraced Nutrition Month as an excellent way to promote and educate healthy eating to the public. Each year there is a different theme which this year is "Go further with Food".

Below are some tips from the Academy of Nutrition for Eating Right for Older Adults

- Make half of your plate fruits and vegetables. Eat a variety of vegetables, especially ones that are dark green, red and orange.
- Make at least half of your grains whole. Choose 100% whole grain breads, cereals, pasta and brown rice.
- Switch to fat free or low fat milk, yogurt and cheese.
 Older adults need more calcium and vitamin D to help keep bones healthy.
- Vary your protein choices.
 Eat a variety of foods from the protein food group each week, such as seafood, nuts, lean meat, eggs and beans.
- Cut back on sodium and empty calories from solid fats and added sugars. Drink water instead of sugary drinks and fruit for dessert instead.
- Enjoy your food but eat less.
 Most older adults need fewer calories than in younger years.
- Be physically active your way. Pick activities that you like doing and start by doing what you can. Every bit adds up.
- Consult a registered dietitian nutritionist, if you have special dietary needs.

Birthdays

Mar 2	Genevieve E.
Mar 3	Jere L.
Mar 5	Emma L.
Mar 6	Terry I.
	Connie C.
	Pauline H.
	Fredrick M.
Mar 10	Grace M.
	Faye D.
	Vera T.
Mar 17	Betty W.
Mar 18	Joseph R.
	Robert V.
Mar 22	David N.
Mar 23	Richard J.
Mar 24	Bonita K.
Mar 25	Martha L.
Mar 26	Alice M.
	Jeannette W.
Mar 26	Pat W.



Spiritual Activities

March 13th @ 10:30- Lent Confessions

March 21st @ 10:30-Catholic Mass

Every Thursday @ 2:30-Women's Bible Study

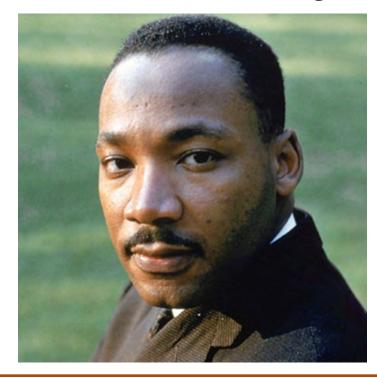
Every Sunday @ 9:30-Church Service with Pastor Gary

Every Saturday @ 10:00 Discussion of the Bible

Every Sunday @ 9:45-Catholic Communion



Who Am I? (answer) Dr. Martin Luther King Jr.



Management Team

Executive Director Nancy Perry

Assistant Executive Director Erica Nelson

> Director of Nursing **Judy Snow**

> Marketing Director Sharron Montes

Dining Services Director Ronnie Kaleel

Activity Director Crystal Melton

Housekeeping Supervisor Gloria Matthews

Maintenance Director Lloyd Walters



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!







10660 Old Saint Augustine Road Jacksonville, FL 32257 (904) 262-4600



Welcome Home!