

Pacifica Tidings


WYNDHAM LAKES
A Pacifica Senior Living Community
Independent Living
Assisted Living • Memory Care

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.
Mar 9.....Connie C.
Mar 9.....Pauline H.
Mar 10.....Fredrick M.
Mar 10.....Grace M.
Mar 15.....Faye D.
Mar 17.....Vera T.
Mar 17.....Betty W.
Mar 18.....Joseph R.
Mar 22.....Robert V.
Mar 22.....David N.
Mar 23.....Richard J.
Mar 24.....Bonita K.
Mar 25.....Martha L.
Mar 26.....Alice M.
Mar 26.....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!*



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Jacksonville, FL 32257
(904) 262-4600*



Welcome Home!