

Pacifica Tidings



**July/August
2018**



A Note from the Executive Director

Summer is upon us here at Pacifica Newport Mesa! This time of year has always been my favorite.

Growing up in Southern California, I have fond memories of spending long summer days playing outdoors until the sun set and building sand castles on the beach in Newport. As many families do, we would spend time together by taking a family vacation and I still treasure those moments. Summer is a wonderful time to be together and enjoy each other's company. Please take time to continue these traditions with your family and stop by the community to spend some quality time with your loved one. Bring in a family photo album to share memories of past summer vacations and 4th of July celebrations. Do you have a favorite recipe that was enjoyed at your family gatherings? Why not prepare that

dish and bring it along to enjoy a picnic at the community!

In an effort to expand our services at the community we have implemented a Namaste Care Program. Would you like to know more about the program and what it can offer your loved one? Please join us on July 18th from 4:00-6:00pm for our Open House event to introduce Namaste to our families and outside providers. We hope to see you there!

Lastly, I would also like to take a moment to thank our veterans who made it possible for us to enjoy our freedom. I am thankful to live in this great country and work for the greatest generation! Happy Independence Day to you all!

**Stacie Anderson,
Executive Director**

Who am I?



Welcome to Our Community

Linda G.

Ruth B.

Josef N.

Linda V.D.

Marina V.V.

Edson T.

Gilbert C.

Activities & Special Events



Memorable Moments



Birthdays

Linda V.D.	07-05
Marina	07-08
Lillian	07-11
David	07-21
Ellen	08-06
Umberto	08-08
Rose Marie	08-21
Edson	08-22
Gilbert	08-25



A Note from the Activities Director

Summer is upon us and what better way to kick off the summer than with a 4th of July BBQ party! Join us as we devour hot dogs and hamburgers. Try your hand as we play corn-hole and horse shoes. It's sure to be a blast so mark your calendars, the party starts at 11:00 am!

This summer we will be indulging in summer outings! Every Friday we will be taking scenic drives down the coast or going on outings to places like Rogers Gardens or the Sherman library! Stay tuned and keep your eyes on our Facebook page for fun pictures and updates!

Lacey Saad
Activities Director

Who Am I? (ANSWER)

Hi, my name is Josef Nagel. Some people call me "Joe", some call me "The Silver Fox" (silver hair and I'm sly like a fox), and some call me "Opa", which is Grandpa in German. I prefer Opa, but I've been called every name in the book over my life, so whatever you decide to call me will be fine. :)

I love sharing my story on how I ended up in this great place called Pacifica, so let me start... I am 92 years old and married for 70+ years to my wife Erika – who now lives with my daughter and visits me often. My kin.... I have 2 children, 3 grandchildren, 2 great-grandchildren, have had a parrot (Charlie) and a cat (Mushy). They all think that I love them equally, but a little secret... my great-grandchildren are the best! I am so fortunate to have had a chance to live a good portion of my life with this full family.

My favorite hobby is watching airplanes take off and fly over. I was never much of a traveler, so watching the planes fly always made my imagination run wild with 'where they were heading'. And if you could feed me an Apple Fritter donut while I'm watching these planes.... I'd be happier than a pig in mud.

I came to the United States in the late 50's, from Germany. My dreams and my family's dreams have come true in this beautiful country. I am proud to be of German descent, but even prouder of being an American!

I hope this helped you to learn a little bit more about me. Next time you see me say hello and maybe can have a quick chat.

Health & Fitness by

It's starting to warm up! And we all know when it's hot outside, we need to make sure to stay cool inside. The easiest way to maintain that is proper hydration. As we get older our body water content decreases, and the risk for dehydration increases. We need to be diligent about drinking water. There are plenty of ways to make sure our fluid intake is maintained. For example, in between meals along with a snack pour yourself a tall glass of water. You can even add some fresh cut fruit to add some flavor. And if you really can't get yourself to drink water, keep in mind raw fruits and vegetables can pack a hydrating punch! Happy Summer!

Ninad Dadabhoy, LVN
Resident Service Director



Fitness Activities

Morning Walks

Balloon Swat!

Parachute Shake

Bowling

Hacky Sack Toss

Courtyard Exercise

Patio Yoga

Chair Zumba

Beach Ball Toss

Skee-Ball

Afternoon Walks

Spiritual Activities

Sunday Worship
10:30am

Friday Worship
10:30am

Tuesday and Thursday
Communion



Namaste Open House


PACIFICA
SENIOR LIVING
NEWPORT MESA
Memory Care

Thursday, July 18th 2018

4:00 PM—6:00 PM

2891 Bear Street

Costa Mesa, CA 92626

RSVP: 949-629-1020

Guided Namaste Tours

Hands on Experiences

Education

Fundraising Activities

Valet parking

Proceeds to Benefit the Alzheimer's Association

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!*



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

*www.PacificaNewportMesa.com
License # 306004640*

Welcome Home!