

Pacifica Tidings


PACIFICA
SENIOR LIVING
OXNARD
Assisted Living
Memory Care

**July-August
2018**



A Note from the Executive Director

We are so pleased to have such a wonderful group of residents joining us here at Pacifica Oxnard.

As we continue our growth process we hope that you get to meet each other, learn the tremendous history and diversity we share. We are proud to have such people with us and will share some of these stories and back-

grounds in future issues.

Thank you for choosing Pacifica Senior Living Oxnard.

Ken Mahler

Who am I?



Welcome to Our Community

Mary S.
Mary M.
Sandra S.
Robert W.
Shirley T.
Kosta D.
Evelyn K.
Connie B.
Hani Lori C.
Olivia C.

Special Events & Memorable Moments



Health & Fitness by

Carole Anderson Lucia

August is National Breast-feeding Awareness Month. Here are 6 benefits of breastfeeding your baby:

- 1. A healthier baby.** "The incidences of pneumonia, colds and viruses are reduced among breastfed babies," says infant-nutrition expert Ruth A. Lawrence, M.D.
- 2. Lower SIDS risk .** Breast-feeding lowers your baby's risk of sudden infant death syndrome by about half.
- 3. Less risk of cancer .** Breastfeeding can decrease your baby's risk of some childhood cancers.
- 4. More effective vaccines.** Research shows that breast-fed babies have a better antibody response to vaccines than formula-fed babies.
- 5. A custom-made supply.** Formula isn't able to change its constitution, but your breast milk morphs to meet your baby's changing needs.
- 6. Benefits for all .** According to a study published in the journal *Pediatrics*, the United States would save about \$13 billion per year in medical costs if 90 percent of U.S. families breastfed their newborns for at least six months.

Birthdays

RESIDENTS

Blanche Callaway
August 03

Lois Reimers
August 23

STAFF

Jemiah Solis
August 02

Martiel Hay
August 19



Spiritual Activities

Friday Bible Study

11:00 AM– First and Third Fridays
(Mel Bova)

3:00 PM— Second and Fourth Fridays
(Dennis Diaz)

Sunday Mass
Every Sunday at 3 PM

Sunday Bible Study

10:15-Every Sunday
(Cynthia)

Who Am I?

(answer)

Annie Knight

Annie was born in Los Angeles, CA. She attended Fullerton Junior High and played softball. She loves watching movies and reading books.

Annie worked as a secretary at the Department of Water and Power in LA. That's where she met her husband, Freddie Knight. Every three day holiday weekend was spent at Lake Meade, Nevada with other boating friends. Days were spent camping, boating, swimming, and exploring the upper area of Lake Meade. It was a beautiful place. Since they were so close to Las Vegas, they decided to elope and get married there. When they got their wedding license at the hall of records, they drove to the nearest drive in chapel and tied the knot. Annie always said that the honeymoon came before the wedding. She also made her wedding dress from scratch. Annie and Freddie were married for 40 years before he passed away in 1997.

It is delightful to have Annie in the community! She is one of our friendliest residents!

Management Team

KEN MAHLER
Executive Director

KATRINA PENNINGTON
Business Office Manager

ERIKA MILLER
Resident Care Director

AMANDA SENDER
Sales Director

RONALDO MAKALINAW
Maintenance Director

JOSE HURTADO
Dining Services Director

ELA JULIANO
Activities Director



Our Mission

*Privately owned, Pacifica Senior Living
strives to create a lifestyle of
independence and peace of mind
for each individual and their family.*

*We do what we love and
what we truly believe in –
providing compassionate, personalized
care services with dignity and respect.*

*Our dedicated, professional team supports
each resident and goes above and beyond
to help them feel at home.*



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Welcome Home!