

# 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 SENGER**  
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!*