

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
SANTA BARBARA  
Memory Care

**August  
2018**



## *A Note from the Executive Director*

I am so pleased to introduce your new Executive Director, Katrina Pennington.

Katrina comes to us from our community in Oxnard.

A bit about Katrina...she loves animals, boy does she love them! She and her husband have 20 chickens, and a tortoise that weights more than she does.

She is married and has 5 kids that are all in their teenage years.

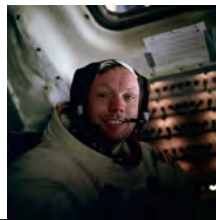
She grew up in Venture so she feels right at home here in Santa Barbara.

Katrina is so excited to get started and brings some great ideas. She is looking forward to meeting each family member and growing close to her residents and staff.

Please join me in giving her a huge, warm welcome!

~Wendy

## *Who am I?*



## *Welcome to Our Community*



## Activities & Special Events

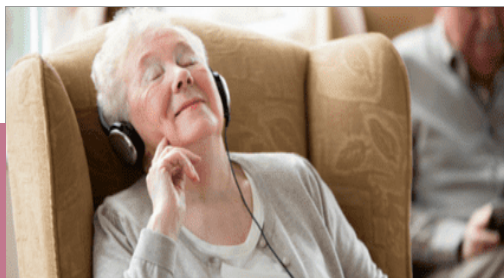


*Memorable Moments*



## Birthdays

WISHING YOU DREAMS  
TO GUIDE YOUR PATH,  
WISHING YOU HEALTH  
TO KEEP YOUR SOUL HAPPY,  
WISHING YOU PLEASURE  
TO WANT NOTHING AND HAVE IT,  
WISHING YOU THE HAPPIEST DAY IN THE WORLD  
YOU DESERVE IT ALL!



## Give the Gift of Music!

Do you have a gently used iPod that you no longer need? Help us spread the music and find your iPod a good home.

Music & Memory participants tap deep memories that are not lost to dementia and can regain a cognizance, enabling residents to feel like themselves again; to converse, socialize and stay present.

Music & Memory shows consistent results:

- Participants are happier and more social.
- Relationships among staff, friends and family deepen.
- Residents benefit from a calmer and more supportive environment.



## A Note from the Activities Director

The heat has been on! Luckily, we've had lots of watermelon and ice cream.

We've been exploring some new things and have discovered several unexpected karaoke fans.

During some of the hot afternoons we adjourn to the back patio for cold drinks and snacks. Everybody seems to enjoy the quiet conversation and laughter.

We've been trying to include more residents on our van rides around town, that has been quite an adventure!

The caregivers have been very involved and their participation makes every activity more fun! me of the hot afternoons we adjourn to the back patio for cold drinks and snacks. Everybody seems to enjoy the quiet conversation and laughter.

~Robin

### Featured Writer: Glenda Brown

Richard B. Brown, M.D.

Richard was born in England and grew up there during the WWII years. He still remembers being moved away from the Coast while living in Bournemouth due to the fears of invasion coming across the English Channel. He remembers seeing the barbed wire being spread on the sands to help slow down troops

At the end of the war he was in the Royal Air Force working with radar. After that he attended college and decided to go into medicine. But --- he still thinks, looking back, that he would really have enjoyed going into Astro Physics as an alternative.

He earned a Bachelor of Medicine and a Bachelor of Surgery degree from the University of London. From 1955 through 1957 he was a House Surgeon or House Physician at various hospitals in England--- probably comparable to our internship/residency program here in the States.

The highlight of his training there was being at Queen Square which is the Post Graduate Teaching Hospital in London for neurological disease. Persons came from all over the English speaking world for the training offered there. It was (and is) highly competitive to obtain house jobs there as the training is very sought over. There are only two posts of house surgeon there, and Richard had one of them.

After his training in England, he came to Canada to Montreal Neurological Institute where he was a Fellow, and then became a Senior Fellow. The name of the Senior Fellow is inscribed on a plaque that is kept in the Fellows Lounge that lists the Senior Fellows from the first one ever appointed. Montreal Neurological Institute is internationally known.

From there, Richard came to California where he took the exams needed and fulfilled the rest of the training needed for a non-American citizen to obtain licensure in California. This was done first in San Francisco through the University of California, and then did his residency at Stanford Hospital in Palo Alto, California. From there, he came to Santa Barbara to set up his own practice in Neurosurgery.

Richard had a Norwegian Elkhound that he trained in obedience and competed with in obedience trials. Later he had some Golden Retrievers which he trained and obtained tracking titles, obedience titles, hunting tests titles, and then his very, very favorite doggy sport which he did once retired, he trained and competed in agility earning an Agility Championship with "Boater" when the sport was still young.

He loved to play bridge and chess. He enjoys reading very much, especially as he now has time to do it which he did not have when he was working full time with the very, very long hours that entailed. Once retired, he attended a lot of classes at UCSB in Physics which he thoroughly enjoyed.

## Health & Fitness by

Dear Pacifica Senior Living Santa Barbara Residents, Family Members, and Responsible Parties,

I am pleased to introduce to you Omnicare, A CVS Health Company. Omnicare is a long-term care pharmacy with over 30 years of experience providing services to residents in senior living communities. Omnicare offers many advantages with its comprehensive pharmacy services, including:

- Open 24 hours 365 days a year
- Multiple deliveries per day, including STAT emergency deliveries at no charge
- Advanced, automated, and error-free packaging systems
- \$2.59 Over-The-Counter medication program!
- Accurate Medical Records
- Nurse and Pharmacist Consulting Services
- Omniview (on-line portal to help staff with pharmacy services)
- My.Omniview (on-line portal for families to review med profile, easy bill pay)
- Resident Care Center (assists w/ insurance enrollment, billing questions, and more)

They directly bill and accept virtually all prescription drug and Medicare Part D plans. Omnicare monitors medications routinely to prevent drug-related problems, protects your health, reduces your medication expense, and offers professional advice to your physician when needed. Omnicare can also help reduce your healthcare expense.

Karla



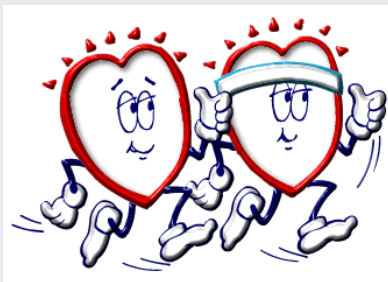
## Fitness Activities

Sundays Walking Club 3:30

Mondays Walking Club 3:30

Fridays Stretching Fun 9:30

Wellness Clinic is the second Friday of each month.



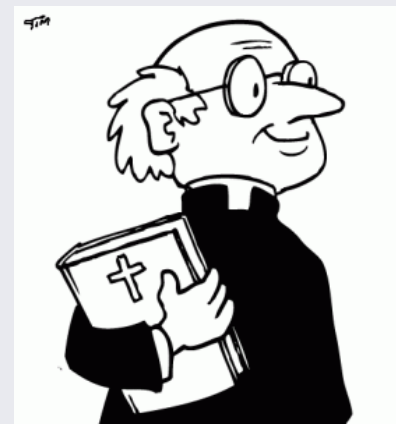
## Spiritual Activities

Catholic Communion each Sunday at 10:00

Inspirational Poetry each Sunday at 10:30

Chaplain Visits each Tuesday at 1:30

Pastoral Visits each Wednesday at 1:30



The time has come for me to move on to another community that needs my help. I have enjoyed getting to know all of the residents, families, and staff and am sad to be leaving.

Thank you to everyone for all your kindness and help. I have worked at many communities but this will remain as one of my favorite ones.

~Wendy



## *Management Team*

Katrina Pennington  
~Executive Director

Karla Wriath  
~Nurse

Miriam Santiago  
~Business Office Manager

Robin Weiler  
~Activity 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.*



**PACIFICA**  
SENIOR LIVING  
SANTA BARBARA  
Memory Care

*325 W. Islay Street  
Santa Barbara, CA 93101  
(805) 898-2650*

*[www.PacificaSeniorLivingSantaBarbara.com](http://www.PacificaSeniorLivingSantaBarbara.com)*

*Welcome Home!*