

Pacifica Tidings


PACIFICA
SENIOR LIVING
SANTA BARBARA
Memory Care

**September
2018**



A Note from the Executive Director

I am so happy to be a part of this community. I came from our sister community located in Oxnard. I have loved the transition and how everyone has been so sweet and welcoming.

If I haven't met you yet,
please swing by and introduce yourself.

Last month Wendy introduced me as an animal lover with teenagers. I can tell you it's all true. I have chickens, dogs, cats and turtles all along with having a 14 year old son, 15 year old son, 19 year old daughter, 22 year old daughter and 28 year old son.

I do love people and animals can you tell?

We have some great activities planned for the month and hope to see our residents & families enjoying their time here.

Who am I?



Welcome to Our Community

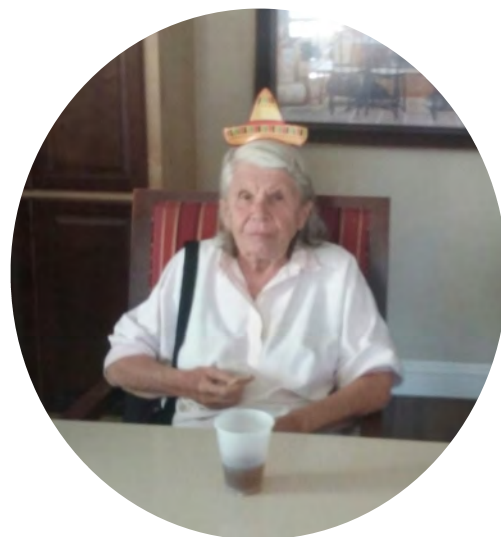
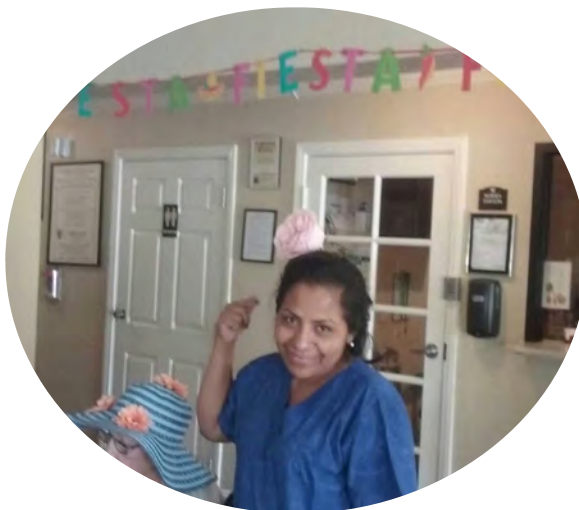
We'd love to welcome our new residents Tim & Hubert to our community.



Activities & Special Events



*We celebrated the
Santa Barbara
Fiesta too.*



Memorable Moments



Time for our weekly cruise around beautiful Santa Barbara.

We can't catch every moment, but we sure try. If you would like to see you and your loved one in next months calendar please ask to be photographed.

Family time is so important.



Birthdays

We are excited
to celebrate
our resident Brigitte's
birthday on
September 17th.

We also have two
Employee birthdays.
Carlos one of our cooks on
September 22nd and
Hansel one of our
med-techs on
September 24th.



A Note from the Activities Director

Well, we're still enduring the heat! We try to
get outside in the morning, while it is still
'cool'.

We continue to enjoy lots of ice cream and
watermelon; although one day we made a
chilled zucchini salad!

There was a great turn-out for the Family
Night - you may think you're visiting just your
loved one, but all of our residents enjoy
seeing you.

We've had some more Karaoke participants
with some interesting song stylings!

In honor of Fiesta, we've added maracas to
our musical instruments collection! For those
of you (within a 5 mile radius) who have
heard our Polka with bells performances - just
wait until you hear the added flair of our glitter
maracas!

Who Am I Answer:

The picture from the front page is
Michael Douglas.

He was born
September 25, 1944.

It's estimated he's been in at least
51 movies.

His first leading man role was in
Romancing the Stone in 1984.

Health & Fitness by

Whether it's basketball, parachute stretching or noodle 'jousting' the goal is to move.

To move our bodies and to have some fun along the way.

Better sleep, improved blood pressure and other circulatory benefits are just some of the results of exercise.

In addition playing games is fun!

We make sure to stay fueled (and hydrated) with a variety of fruits and vegetables.

So far this summer, Canary melon has been the most popular!



Thank you Robin for this month's Health & Fitness.

Fitness Activities

Saturday's Walking Club
3:30pm

Monday's Walking Club
3:30pm

Friday's Stretching Fun
3:30pm

Wellness Clinic is the second Friday of every month.

Spiritual Activities

Catholic Communion every Sunday at 10:00am

Inspirational Poetry every Sunday at 10:30am

Chaplain Visit every Tuesday at 1:30pm

Pastoral visits every Wednesday at 1:30pm

If your loved one has another preference please let us know.

eFunnyCartoons



"Remember when shake, rattle and roll meant more than just getting out of bed?"

Management Team

Katrina Pennington
Executive Director

Karla Wriarth
Nurse

Miriam Santiago
Business Office Manager

Robin Weiler
Activity Director

Ponciano Orozco
Dietary



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!