

# Pacifica Tidings



**July - August 2018**



## *A Note from the Executive Director*

Summer has finally arrived! I'm very excited about all the special events that our community will be offering for the next two months for our residents and family members. First and foremost the up and coming Independence day, fourth of July is a day to be cherished as to it stands for freedom in totality. As a result, America is the most desired country to live in the world.

For many, the long awaited summer months bring to mind family picnics, cool drinks on the porch, and lazy afternoons at the beach. But as temperatures soar, warm weather activities can increase the risk of another staple of summer: dehydration. Not getting enough fluids, especially when it is hot outside, can pose serious health problems for anyone, but older adults are at particular risk for dehydration.

Drinking plenty of fluids and eating foods with high water content is a great way to keep our bodies properly hydrated in warm weather. Most adults need about 64 ounces of fluid everyday, but the amount increases with heat and humidity and can be changed based on various medications and health conditions.

Remember, water isn't the only option. Most fluids can count towards the 64 ounces (except for alcohol), and many foods do too. A good rule of thumb is to try balancing fluid intake with output. Keep in mind that water and beverages are not the only source of fluids, raw fruits and vegetables can pack a hydration punch as well!

*Mandy Taylor*

## *Who am I?*



## *Welcome to Our Community*



Call to schedule your  
Complimentary  
Lunch & tour today!

(949) 515 - 0121

## *Special Events & Memorable Moments*

July 3/10/17/24/31 Residents Happy Hour!	3:30 PM
July 3st - Shopping at CVS	1:00 PM
July 4th - Independence Day BBQ Buffet	11:30 PM
July 5th - Senior Medical Lunch & Learn	12:00 PM
July 9th - David on the keyboard	2:00 PM
July 10th - Shopping at Target	1:00 PM
July 12th - Meeting with Chef Alex	10:30 AM
July 16th - David on the Keyboard	2:00 PM
July 17th - Lunch at El Matador	11:00 AM
July 18th - Health Talk with Mandy	2:30 PM
July 19th - Entertainment with Chris	2:30 PM
July 21st - Travel Club	3:00 PM
July 24nd - Lunch in Laguna Beach at K'ya	10:30 AM
July 26th - Shopping at Ralph's	1:00 PM
July 31th - Lunch & Movies at Fashion Island	10:30 AM

We would be delighted for you to join us during our Pet Therapy visits!

**All Residents Are The Pride & Joy Of Our Pacifica South Coast Community**





## Health & Fitness by

### Fitness Program At Pacifica

Staying fit with Yoga Stretch  
10:00 A.M.

Shopping / Luncheon &  
Movies 1:00 P.M. Tuesdays /  
Thursday's

Daily Morning Program On  
Current Events  
9:30 A.M.

Daily Neighborhood Strolls



### Special Recipes

#### By Chef Alex

Here is a special guacamole  
recipe

#### Ingredients

3 Avocados  
1 firm tomato finely chopped  
1/2 cup chopped cilantro  
2 tbsp. fresh lime juice  
Add salt and pepper to taste

Mix and enjoy!

## Birthdays

Marie "Louise" Mann	7/15
Astrid Vierra	7/04
Martha Nesseth	7/05
Nancy Lee	7/17
Teddy Hinkel	7/27

### Beauty Salon

Call to schedule your apt.  
With Gia our Hair Stylist  
949-630-5358



## Spiritual Activities

Liberty Baptist Church Service  
1st Saturday of the month  
9:00 am

St. Joachim Visiting  
Communion  
Sundays and Tuesday's  
2:45 pm

Holy Trinity  
Sundays 10:00 am



## Who Am I? (answer)

Marie "Louise" Mann was born in Omaha, Nebraska on July 15th, 1933. She is the youngest of 3 sisters, and along with her family has traveled to many states and settled in California by year 1952. Louise was married for first time in 1960. She has two beautiful daughters, Diane and Peggy, and adores her 2 grand children name Hayden & Caitlin.

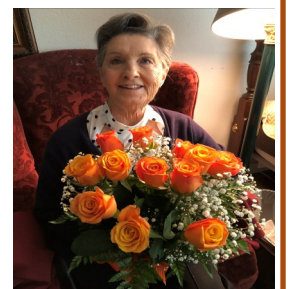
She didn't find true love until with second hubby ( Melvin Mann) in1992, and remained happy married for 25 years.

Since 1975, Louise had a successful career as an interior designer for 35 years , where she brought beautifully decorated and personalized spaces to many of her clients.

Louise has many fond memories with her daughters at their family cabin in Running Springs, and loves trees and mountains. She also built and decorated her home in "Beaumont Estate" in Henderson Ville, North Carolina where she enjoyed the views of more mountains and trees.

Melvin and Louise moved to Florida to a retirement Community and remained there for 10 years. The couple Shared their mutual passion for golf, which allowed them to spend quality time together.

Here at Pacifica South Coast, we find Louise to be an absolute delight and addition to our family. Also, we are happy to have her beautiful Persian kitty, Jenny. Please come and visit for all that are not allergic!



## *Management Team*

**Mandy Taylor**

Executive Director

**Gerardo Garibay**

Business Office Manager

**Tammy Pich**

Community Relations  
Director

**Neil Chandra**

Resident Services Director

**Suzan Pouretzadi**

Activities Director

**Alex Ayala**

Dining Services Director

**Victor Roman**

Environmental Services  
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!*



**PACIFICA**  
SENIOR LIVING

SOUTH COAST

Assisted Living  
Memory Care

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(949) 515-0121*

*PacificaSouthCoast.com  
License # 306004480*

*Welcome Home!*