

Pacifica Tidings



**September– October
2018**



A Note from the Executive Director

What happens in the month of September? Well, the last days of summer and the first days of fall. September in Old England was known as the Haervest-monath (Harvest Month), time to gather up the remaining harvest and prepare for the winter months. I love the quote by Mary Howwit (1799-1888) as she reminds us the following; " There are flowers enough in the summertime– more flowers than I can remember– but none with the purple, gold and red that dyes the flowers of September!"

Labor Day falls into the first Monday of the month which is September 3rd and interestingly Canadians also observe Labor Day too! The Jewish holiday, Rosh Hashanah begins on September 9th at sundown.

By presidential proclamation, Patriot Day is observed in the United States on September 11th, (9/11) in memory of thousands who lost their lives as a result of the 2001 terrorist attacks that involved four hijacked planes. We at Pacifica South Coast encourage all to devote the day to serving their neighborhood and communities.

September's birth flowers are Aster and the Morning glory. The Aster signifies power of love, and the China Aster expresses variety or afterthought in the language of flower. The Morning glory symbolizes affection. The power of love is what propels us here everyday at Pacifica South Coast in expressing our affection and care for all of our amazing residents!

Mandy Taylor

Who am I?



Welcome to Our Community



Call to schedule your
Complimentary
Lunch & tour today!

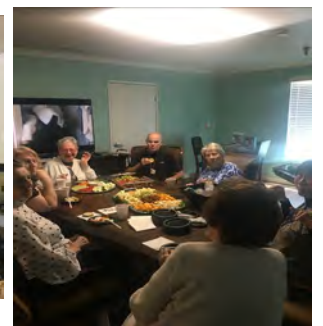
(949) 515 - 0121

Special Events & Memorable Moments



We would be delighted for you to join us during our Happy Hour events!

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



Health & Fitness by

Fitness Program At Pacifica

Staying fit with Daily Yoga
Shopping / Luncheon on
Thursdays' & Happy Hour
Tuesdays'
Daily Morning Program On
Current Events
Daily Neighborhood Strolls



Special Recipes

By Chef Alex

Organic Rice Crispy
Treat
Ingredients

1 pack /10 OZ organic
Marshmallows.
6 cups of organic rice crispy
cereal.
3 Tbsp organic butter.

Directions

Melt butter in large sauce
pan.

Add marshmallows and stir
until melted & blended.

Add cereal, stir until well
well coated.

Using buttered spatula or
waxed paper pour mix evenly
and firmly in buttered 13X9
inch pan .

Cut into 2X2 inch square
when cool.

Enjoy!

Birthdays

Madeline Joy Nowak
Priscilla Chantler

9 / 5
9 / 3

Beauty Salon

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



Spiritual Activities

Saddleback Church Service
Saturdays
10:00 am

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

Holy Trinity
Sundays 10:00 am



Who Am I? (answer)

The one and only beautiful Carol Nordstrom, born in Los Angeles California and has two siblings. She tells the story of her father who owned a successful metal manufacturing factory based out of LA county during the second world war.

Preformed with the choral (a-cappella) group during high school, Carol mesmerized all with her enchanting voice. She got married to her high school sweetheart at the age 18 and was given the most extravagant wedding of the time by her father.

Carol gave birth to three beautiful children, Robin, Erin and Shellee. She loves to crochet and sing for our residents here at Pacifica South Coast.



A great addition to our Assisted Living neighborhood, we find Carol to be an absolute joyful participant in our church services and bingo. She is a kind hearted woman and a good Samaritan. We love having Carol as apart of our family here at Pacifica!

Management Team

Mandy Taylor

Executive Director

Gerardo Garibay

Business Office Manager

Tammy Pich

Community Relations
Director

Neil Chandra

Resident Services Director

Suzan Pouretezadi

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!