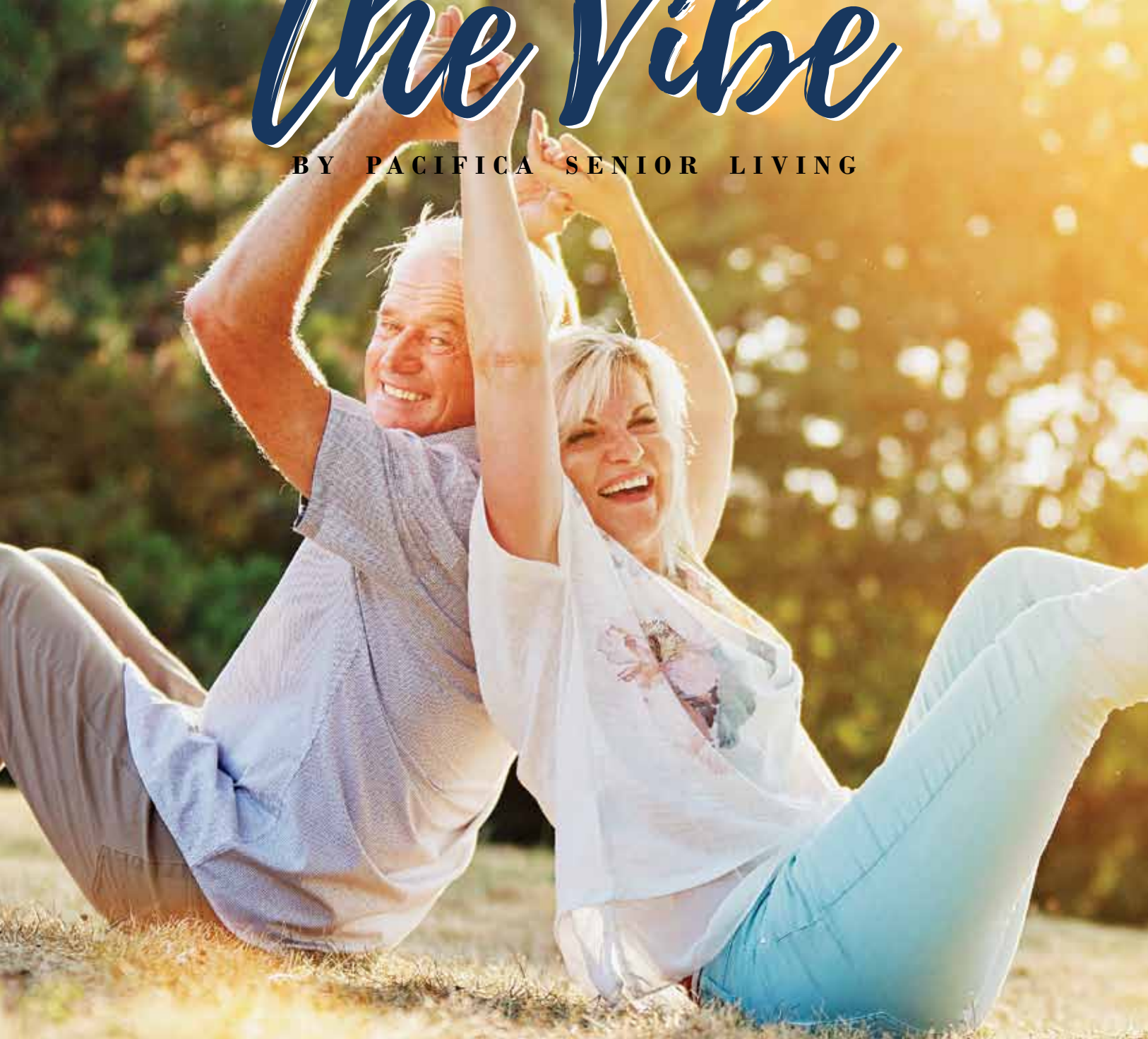


THE FALL ISSUE  
THIRD QUARTER - 2018

# the Vibe

BY PACIFICA SENIOR LIVING



## LIVING WITH PURPOSE

PERFECTING THE ART OF LIVING IN  
THE PRESENT MOMENT

## GALLERY

A LOOK AT SOME OF PACIFICA SENIOR  
LIVING'S BEST IN LUXURY SENIOR LIVING

## STYLE QUOTIENT

A FASHION GUIDE TO STAY  
FABULOUS IN YOUR 50s






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**Deepak Israni**  
President and Managing Partner,  
Pacifica Companies

At Pacifica, we take great pride in helping families figure out senior care options by providing solutions and resources that they may not be aware of. Our goal is to serve our residents, their families and the community. Our in-house magazine, *The Vibe*, is an extension of this same philosophy.

The Fall Issue brings you great stories about personal triumphs, and also throws light on some of Pacifica's most celebrated properties. We start off with a few insights on how 'living in the moment' is crucial to one's overall good health. The story offers a few tricks to perfect the art of living in the present.

Pacifica Senior Living Newport Mesa, CA has introduced the brilliant Namaste Care program for its residents with advanced dementia, who can no longer participate in 'traditional' activities, and need an activity program that meet their needs, regardless of their diagnosis. We look at the recently held Namaste Open House event, which had guided hands-on tours, and also a fundraiser, the proceeds of which were donated to benefit the Alzheimer's Orange County.

Next, meet our star resident at The Meridian at Anaheim Hills, CA, Betty Bradley who is the wife of a professional baseball player, the late Fred Bradley. She talks about how she fills her days with activities and loves listening to fascinating stories from other residents. Also, we are happy to add Pacifica Senior Living Fort

Myers and The Meridian at Westwood to the list of winners from Caring Star Awards and SeniorAdvisor.com.

Next, get acquainted with Iris Apfel, a fashion icon in her 90s, who's a true inspiration. Apfel shows the world the art of dressing up for yourself. We look at her take on style and life itself. We are also proud to announce that three new spectacular properties have been added to Pacifica's California portfolio—Pacifica Senior Living Palm Springs, Pacifica Senior Living Hemet and Pacifica Senior Living Vista.

A company is best represented by its team and the staff, who work tirelessly. Pacifica is truly blessed with some of the most sincere and hardworking group of people. This issue, the spotlight is on Michael Anthony Rivera, ED at NewForest Estates, a Pacifica Senior Living Community in Texas, and Victoria Bendzou, the Activities Director at Pacifica Senior Living Fort Myers in Florida.

This time around, our travel section takes you to a village without roads and cars in Netherlands. So, take a visual tour of Giethoorn through our pages. Our style segment shows how fashion in the 50s needn't be frumpy. Lastly, the health of our senior residents is of utmost importance to us. So, in this edition, we've showcased Pilates, which can be a great workout for older adults.

We hope you enjoy reading the third instalment of *The Vibe*, as much as we've enjoyed putting it together. ♦



LIVING WITH PURPOSE  
PROTECTING THE ART OF LIVING IN  
THE PRESENT MOMENT     GALLERY  
A LOOK AT SOME OF PACIFICA SENIOR  
LIVING'S BEST IN CALIFORNIA SENIOR LIVING     STYLE QUOTIENT  
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### Disclaimer:

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"The Vibe" by Pacifica Senior Living is published by Pacifica Senior Living

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# The Art of Living in the Present

Living fully in the moment is the greatest secret behind good health and a long peaceful life. Here's how you can make this philosophy a practical part of your daily life.

“Do not dwell in the past, do not dream of the future. Concentrate the mind on the present,” said Buddha. This quote by the founder of Buddhism, perhaps simplifies the phrase, ‘living in the now’ in the best way possible. It just means that your complete awareness is centered on ‘the here and the now’. You are not worrying about the future or thinking about the past. When you live in the present—you’re living where life is happening.

Today, we live in a world that keeps us distracted with all of its contemporary trappings—from gadgets to social media. This results in mental fragmentation and disintegration of our faculties. We’re constantly doing something, and in the chaos of daily living, we often forget to give ourselves some time off to practice and find a little stillness and calm within ourselves. This calmness is crucial for our overall health.

To simplify this further, think about the number of times you thought about going on a holiday while you were at work? And when you finally get to go on that dream vacation, how much did you agonize over the unanswered emails and other work piling up? How often do we beat ourselves up for mistakes that we’ve made, no matter how much time has passed? The answer is, too much.

It’s an uncontested fact that mental stress can be detrimental to your overall well-being and health. Once you start training your mind to live in the present, you’re also training yourself to live in acceptance—of your life as it is now, and not how you wish it would have been. And that there, is the biggest secret to living a happy, long and peaceful life.

## 5 ways to start living in the present

‘Enjoy the moment’ is a phrase that’s thrown around loosely. It’s not easy to break away from years of social conditioning and focus. It takes time, practice and patience. So, start making small changes to the way you do things daily. The key is to try and find a balance. Here are a few simple steps to help you train your mind.



### 1. Be right here, right now

Thinking too hard about what you’re doing actually makes you do worse. Focus less on what’s going on in your mind and more on what’s going on in the environment you are in. The less mental chatter, the more you will become a part of something. Focusing on the present moment also forces you to stop overthinking. In an article published in *Psychology Today*, Stephen Schueller, a psychologist at the University of Pennsylvania said, “Being present-minded takes away some of that self-evaluation and getting lost in your mind—where we

make the evaluations that beat us up.” Instead of getting stuck in your head and worrying, let yourself go.

### 2. You are not your thoughts

Living in the moment—also called mindfulness—is a state of active, open, intentional attention on the present. When you become mindful, you realize that you are not your thoughts; you become an observer of

your thoughts from moment to moment without judging them. Mindfulness involves being with your thoughts as they are—neither grasping at them nor pushing them away. Too often we identify ourselves with our thoughts, we actually believe we are the dialogue inside our mind. However, we are much more than just our thoughts, we are the force that moves through our mind, spirit and body. Knowing this helps us overcome our fear of quietness and silence, and can make peace with the fact that when our minds are quiet, we are not losing touch with ourselves, but getting in-sync with that present moment.

### 3. Do less

If you do less, you can do those things more slowly, more completely and with more concentration. If you fill your day with tasks, you will be rushing from one thing to the next, without stopping to think about what you’re doing. But you’re busy and you can’t possibly do less, right? You can—it’s a matter of figuring out what’s important, and letting go of what’s not. Take five minutes out of your day and just sit in silence. Become aware of your surroundings. Focus on your breathing. Notice the world around you. Become comfortable with the silence and stillness. This way, you will start appreciating the present and your immediate surroundings. It’ll do you a world of good too!

### 4. Meditation

Practice conscious breathing to bring your mind back to the present through meditation—the ultimate tool to train your mind to focus and find some stillness, thereby living in the now. It relieves stress, clears the mind of clutter such as negative thoughts and feelings, and brings you right back into the zone of mindfulness—of your surroundings and your inner self.

### 5. Practice mindfulness

Practicing mindfulness means you practice awareness in all your actions. Whether you’re cooking or tying your shoes, your mind is focused on whatever you are doing. And, not thinking about the bills that you have to pay, or the impending deadlines at work—you are simply living in the moment. You can become mindful at any moment just by paying attention to your immediate experience. You can do it right now. Just observe the moment. What do you see, hear, touch or smell? It doesn’t matter how it feels—pleasant or unpleasant, good or bad—you roll with it because it’s what’s present; you’re not judging it. And if you notice your mind wandering, bring yourself back. Just say to yourself, ‘Now. Now. Now.’ Make a conscious effort towards living slowly. Just as you would savor your food by eating—slow down and savor each and every moment. Tune into the sights and sounds and awaken your senses to the world around you. ♦

### Benefits

Countless studies have proved that people who live in the now are happier than people who dwell in the past or daydream about the future. Some of its good side-effects are:

\* Developing better focusing skills, thereby,

keeping your brain active and healthy.

\* Keeping your life stress-free and peaceful.

\* You become more confident and aware of who you are, and are not intimidated by the new people you meet.

\* Working out gets easier. When you overthink it, your exercise routine may seem like a grueling thing. When you’re actually doing it, you realise that you’re never required to do more than a single moment’s action!



# Namaste Open House



(Left to right): The management team at Pacifica Newport Mesa —Ninad Dadabhoy, LVN, Resident Care Director, Lacey Saad, Activity Director, Stacie Anderson, Executive Director, Rosie Nakadaira, Business Office

Pacifica Senior Living Newport Mesa in California, recently held an open house with guided hands-on tours of their Namaste Care program.

## What is the Namaste Care Program?

Residents with advanced dementia who can no longer participate in 'traditional' activities utilize Namaste Care, which uses sensory stimulation that helps soothe and evoke feelings of comfort, diminishing feelings of stress and

anxiety or agitation. The person-centered-care approach adds meaningful activities to individualize care, therefore, enhancing the quality of life. It creates a calm, relaxing environment for the provision of care, which eases suffering and promotes personal relevance.

Pacifica Senior Living Newport Mesa teamed up with Season's

Hospice and Palliative Care to implement the Namaste Care program for its residents with advanced dementia, who can no longer participate in 'traditional' activities, and need an activity program that meet their needs, regardless of their diagnosis.

The recently held Namaste Open House had guided hands-on Namaste tours and education. Participants enjoyed hors d'oeuvres, fruit-infused drinks, a potato martini bar, adult beverages and desserts. There was also a fundraiser and the



◆  
*My soul honors your soul. I honor the place in you where the entire universe resides. I honor the light, love, truth, beauty and peace within you, because it is also within me. In sharing these things we are united, we are the same, we are one – Namaste.*  
◆

“ It is comforting to be able to spend precious moments improving the quality of his life. Being in the lovely, tranquil Namaste room with dimmed lights, lavender aromatherapy and classical music playing softly in the background is relaxing for both of us—he in the very comfortable recliner, and me gently massaging his face, hands and feet. Gentle touch communicates my love to him, when words no longer seem to have a meaning. Although he can no longer communicate with language, I can see his face and body completely relax after just a few minutes in the Namaste room. The experience momentarily alleviates the stress of this difficult time for both of us. I will hold the memories of the time spent with my husband in this very special room in my heart forever.” - A loving family member



proceeds were donated to benefit the Alzheimer's Orange County, CA. Special thank you the 501st Legion—The World's Premiere Star Wars Costuming Group for their assistance.

We at Pacifica Senior Living Newport Mesa teach loved ones ways to interact with the person with advanced dementia while adding support by providing coping skills. We provide value and purpose to those who are needing more.

We are Pacifica Senior Living Newport Mesa, and we honor light, love, beauty and peace. Namaste. ◆

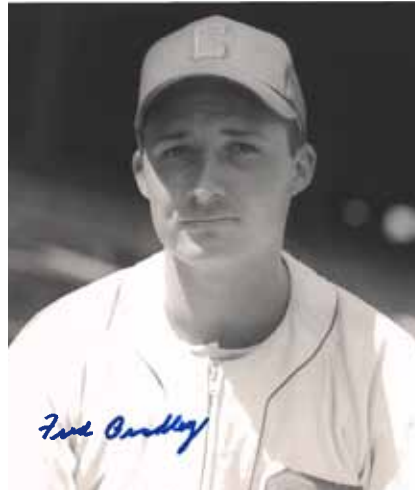


The relaxing and cozy Namaste room



## The Good Life

As the wife of a professional baseball player the late Fred Bradley, Betty Bradley, has enjoyed being a member of the Major League Baseball Players Alumni Association Wives Club for many years. At 93 years young, she now calls The Meridian at Anaheim Hills in California her home, and continues to fill her days with activities, meeting new people and sharing fascinating stories.



### What made you choose The Meridian at Anaheim Hills? Tell us your story.

I lost my husband Fred in 2012, and have been living in my own home for over 65 years. I lived by myself for two years and was looking for a simpler lifestyle for myself. My family lives in Yorba Linda, and I wanted to be located close by. When we decided to find another living option for me, we first visited The Meridian at Anaheim Hills. Then, we visited a couple of other local facilities. Nothing really compared to the Meridian's size, amenities, location and so on. The beautiful entry and décor, the wide hallways; everything felt like a nice hotel.



(Top to Bottom): The late Fred Bradley; Betty at the recently held Major League Baseball Players Wives Alumni Club's Alumni Day celebrations at Angel Stadium; An early photograph of Fred and Betty Bradley with his teammate Bill Evans and his wife Melva Evans.

### When did you move into The Meridian at Anaheim Hills?

After recovering from a hip replacement, I knew it was time to make a change in my living arrangements.

So, in April 2014, once we confirmed The Meridian at Anaheim Hills was the place for me, I moved into my one bedroom apartment here. It was easily one of the best decisions we made.

### What do you enjoy the most in this community from the many activities that are offered?

I was initially on the welcome committee, and I thoroughly enjoyed being on the Resident Board where I was the 'voice of the residents' regarding food and beverages served here. I am also an avid Bingo player, and play a small role in assisting in the many weekly games with regards to assisting in cash payouts. I truly appreciate the many opportunities I get to be involved in as many or as few activities that are available, whether it be—card games, exercise options, attending learning sessions, entertainment and more. Last year, I helped coordinate our senior choir called The Meridian Melodies. We practice and perform popular songs (including holiday favorites) for our residents a couple of times a year. I'm not a singer, but I enjoy the interaction with my neighbors, and, of course, love hearing the choir sing familiar tunes. I also love decorating the entry of my apartment with seasonal holiday décor, and have even won the first prize thanks to my daughter-in-law Pam Bradley's help. It's fun to see the other residents participate in this activity, which brightens our hallways and our spirits!

### How would you say The Meridian at Anaheim Hills has changed your life?

When you move into a new 'neighborhood' so to speak, you reach out and want to meet new people. I have met many nice people here, and have created meaningful friendships over the years. I particularly find listening to the residents' stories and experiences the most interesting—everyone has lived a long life, and has fascinating stories to share! ♦

  
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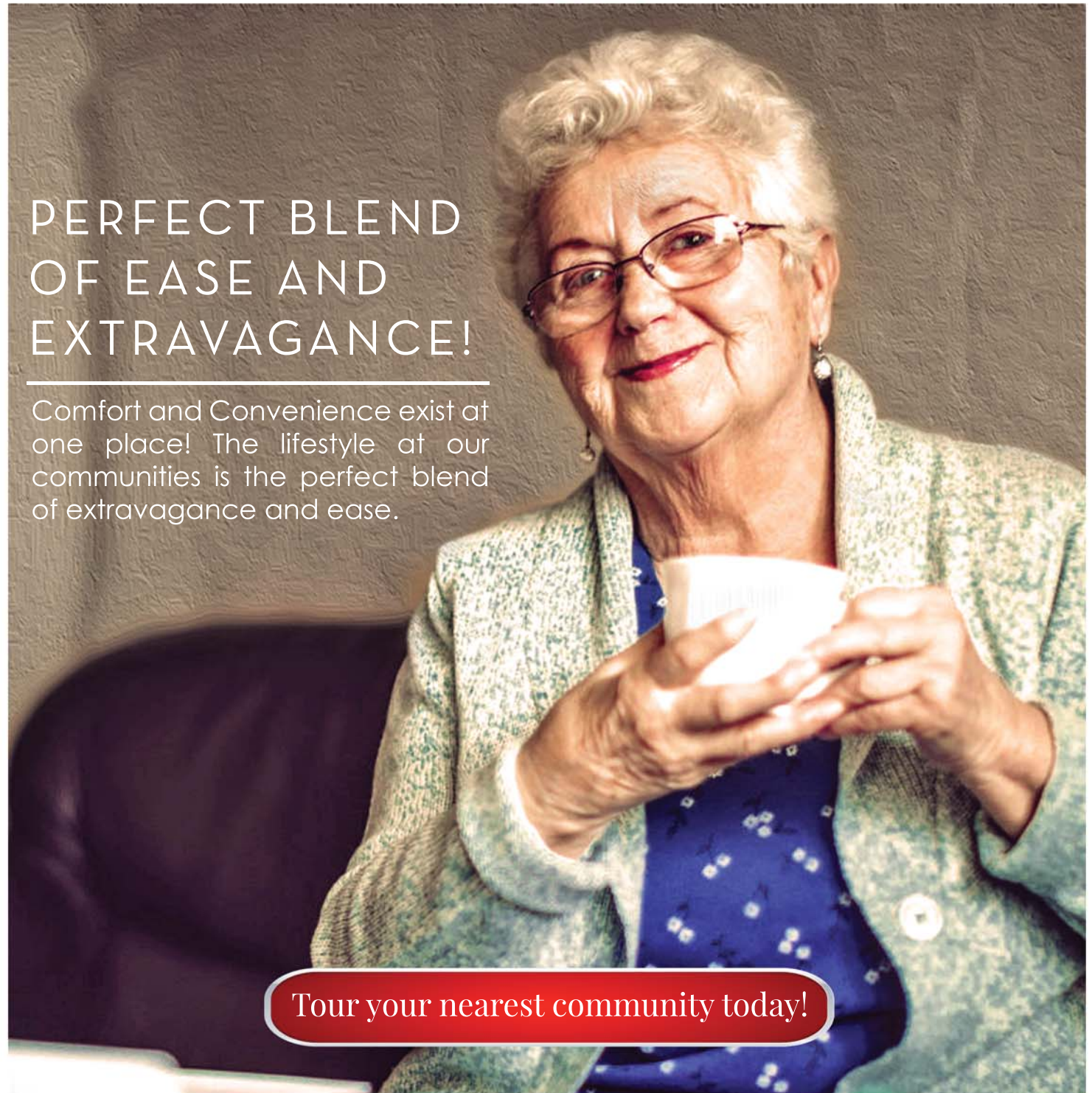


**P**acifica Senior Living Fort Myers has been thoughtfully designed for seniors who want to maintain an active lifestyle with the surroundings and comforts of home. At Pacifica Senior Living Fort Myers, we believe in getting to know each individual that we serve and learning about their life story. We use this knowledge about their life and who they are to customize our care to fit them. Our staff is available 24-hours a day, seven days a week. Our nursing staff is committed to providing the best medical monitoring and care to each of our residents. We also utilize resources, such as physical therapy, and occupational therapy to ensure that your loved one receives the very best in senior care. The community also offers well-appointed private or shared accommodations. We offer dementia-specific activity programs, nutritious, delicious meals and snacks, scheduled transportation, extensive social activities, and the convenience of weekly housekeeping. This community has been awarded **The Best in Senior Living Nationwide by SeniorAdvisor.com** and **the Caring Star for The Best of Assisted Living in Fort Myers for 2018**—an exclusive designation awarded to the top one percent of providers in the US and Canada.



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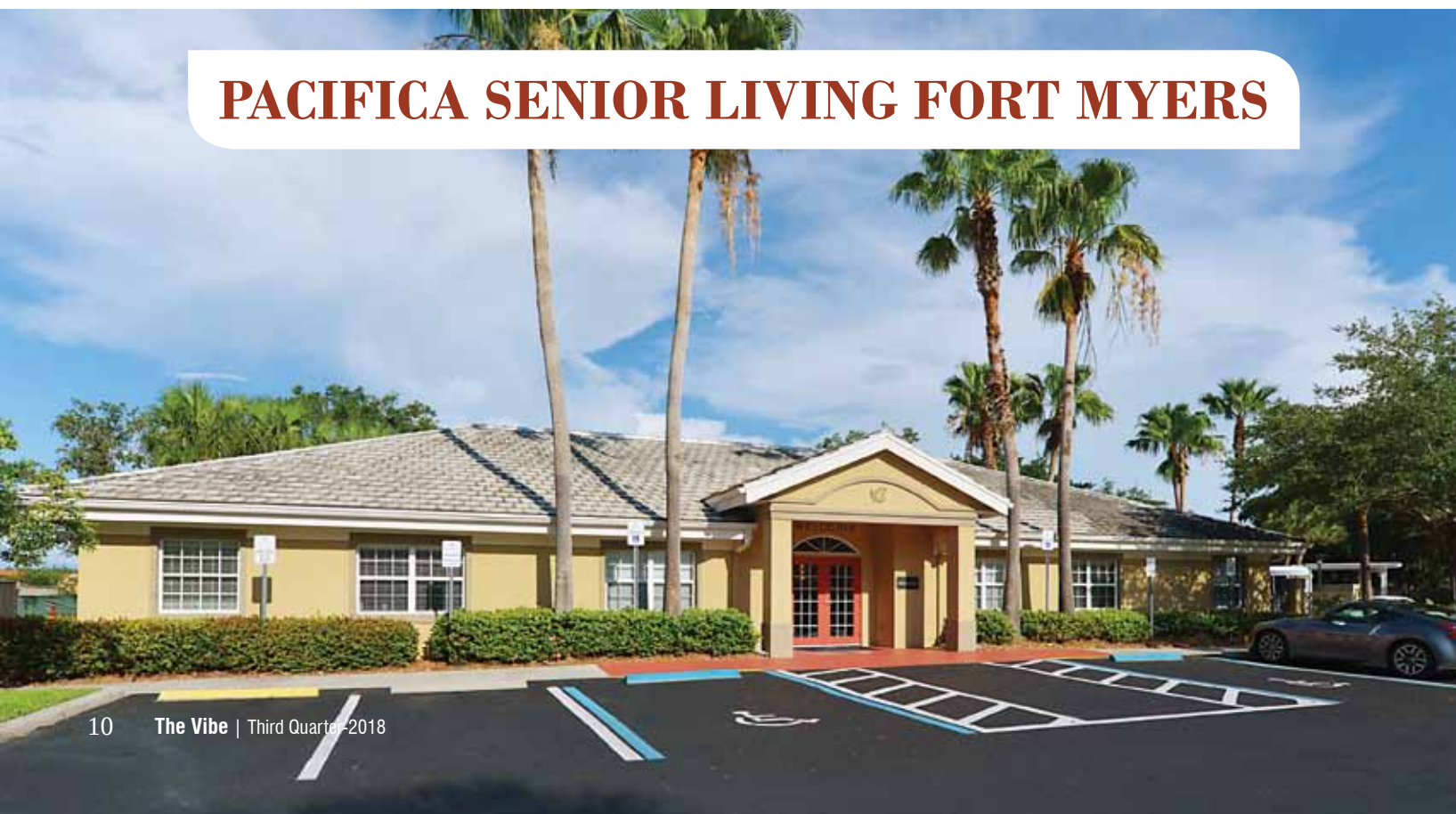
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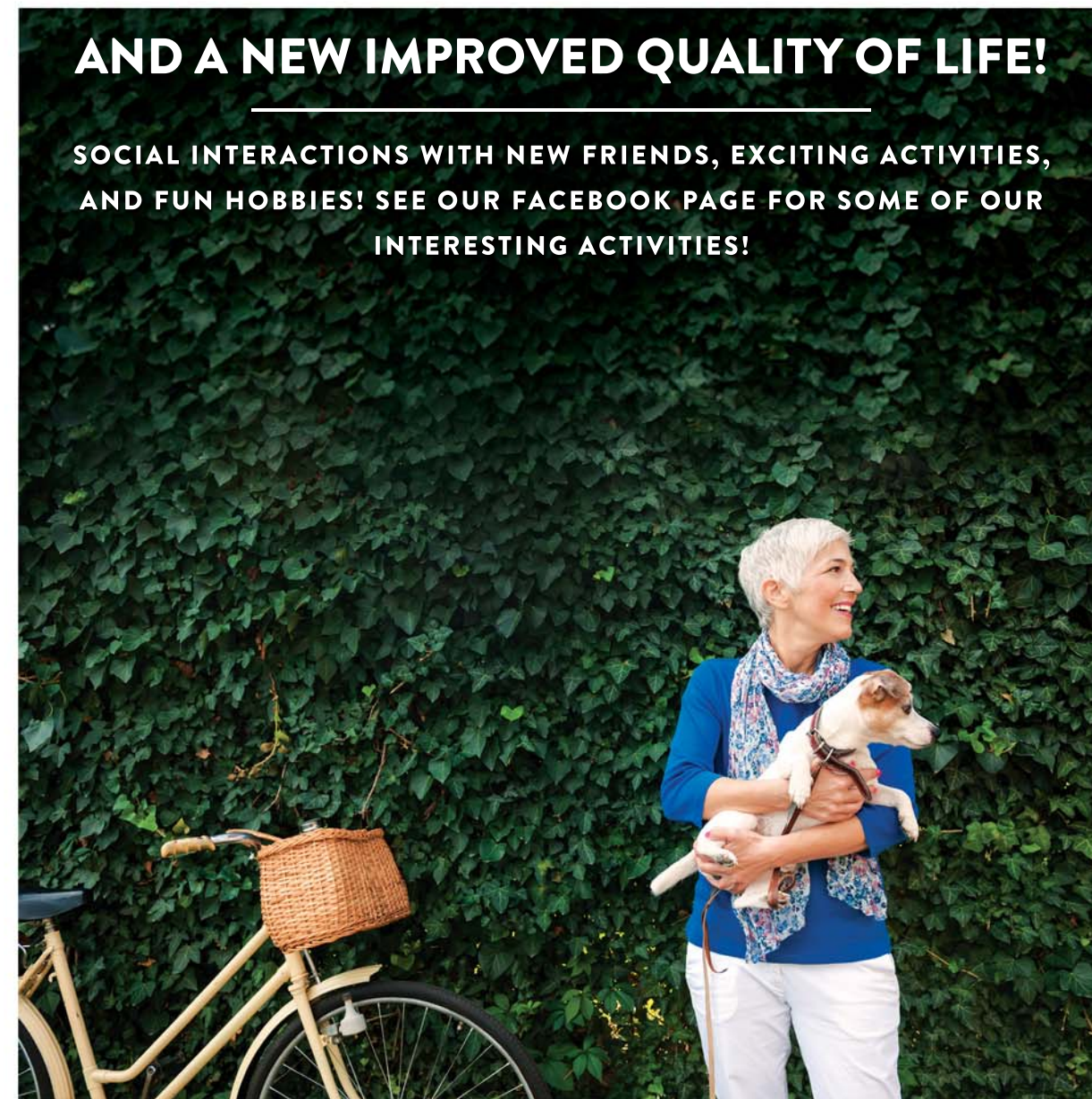


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## The Accidental Fashion Icon

At 96, Iris Apfel is way cooler than all the so-called fashion influencers across social media platforms put together.

Her bold maximalist style is a reflection of someone who lives life to the fullest, and on her own terms. Here's looking at this formidable woman's classiest takes on life and style.

Iris Apfel was born in 1921 in Queens, New York. A single child to a businessman father and entrepreneur mother who ran her own fashion boutique, Apfel accompanied her parents to family events. Most of these soirees were at her paternal grandparents' house. Her grandmother used to let her play with fabric scraps, just to keep Apfel occupied. Obsessed with texture, color and patterns, she spent her whole evenings this way. And thus, began a long-standing romance with fabrics.

This self-dubbed 'geriatric starlet', started off her career as a writer for *Women's Wear Daily* before getting into interior decoration. She married her husband, the late Carl Apfel in 1948.

Two years later, they co-founded Old World Weavers, which was an international textile manufacturing company that specialized in reproducing antique fabrics. Her impressive clientele included names like Greta Garbo, Estee Lauder, Montgomery Clift, and Joan Rivers to name a few. She also undertook design restoration projects at the White House for nine presidential administrations. In 1992, the couple shut shop and retired.

However, Apfel's tryst with fashion was far from over. In 2005, 13 years into her retirement, she received an unexpected call from Harold Koda, a curator at the Costume Institute at the Metropolitan Museum of Art (Met), the result of which was *Rara Avis: Selections from the Iris Apfel Collection*—an exhibition that was unlike any other. It was the first-ever show at the Met, which showcased a collection of a living person who wasn't a designer. The mannequins at the exhibit were also styled by Apfel. The word spread, and the response was overwhelming to say the least. People loved her quirky combinations, and just like that a new fashion star was born.

Today, she's even more current than most of the millennial fashion bloggers or trendsetters out there. Her fandom cuts across genders and ages. The nonagenarian fashion maverick has several campaigns and collaborations with brands, a costume jewelry line, gives talks and lectures on fashion and style and is often seen on glossy editorial spreads and magazine covers.

In March 2018, Harper Design, an imprint of HarperCollins Publishers, released *Iris Apfel: Accidental Icon*—a lavishly illustrated collection of musings, anecdotes, and observations on all matters of life and style by this globally celebrated fashion muse. The book filled with personal photos, isn't the first look into Apfel's personal life; she was the subject of the late Albert Maysles' 2014 film *Iris*, one of his last films. Even if you aren't interested in bold, bright fashion, Apfel's take on

aging, individuality and success are worth reading. Here are a few words of wisdom from her book:

### Embrace aging

In her book, Apfel reveals that she doesn't obsess over her age—it's a passing thought; just a number. She says, "The man upstairs has been very kind to me, and every year, is another gift. You may not like getting older, but what's the alternative? You're here. Embrace it. I say, put your experience to work, to give something back to other people. You've got just one trip; and the present is all you've got. The past isn't coming back, and the future isn't here yet. So, live each day as if it were your last."

She has never undergone plastic surgery, as she views wrinkles as a badge of courage. When you're older, trying to look years younger is foolish,

*"The way I dress may be 'different' or 'eccentric' to some who feel the need to label, but that's of no concern to me. I dress for myself."*

and you're not fooling anyone. When you're 75, and you get a face-lift, nobody is going to think you are 30," she says.

### Choose a partner who celebrates you

Apfel was married to Carl for almost seven decades, before he passed away in 2015 a few months short of his 101st birthday. In her book she says, "Carl's humor and generosity was legendary. His encouragement and unwavering support made this book possible. He pushed me into the limelight and then basked in my success. He got much more of a kick from the accolades I received than I did. I miss him madly." In a 2015 interview with *The Guardian* she said that the secret to their successful marriage was their idea of fun. "I think there's a difference between being childish and keeping a quality that's childlike. I'm very grown up in a lot of ways, but I think

that's so sad—it's good to maintain a sense of wonder."

### Keep working till you can

This fame and recognition was not on the style ace's daily planner. Apfel reveals that she never expected to be a cover girl in her 90s or have such reverence in an industry that's often dictated by societal standards of beauty. "I just feel things in my gut and I do them." In a recent interview with *WWD*, she confessed about being a workaholic. "I work like a crazy person. I love to work, and particularly in the last two-and-a-half years since I lost my darling husband," said Apfel. "We were in business together and everything else, so the loss was monumental. And I decided that to keep my sanity, I better work even harder, because if I stay home and think, I'll be very unhappy. God was good to me, and I got a lot of interesting commissions. All kinds—designing, modeling, speaking, traveling, and so, I've been working like mad."

### You don't have to fit in

Apfel is known for her eccentric fashion, trademark oversized glasses and costume jewelry. And, she owns it every step of the way. "Style is about self-expression, and above all, attitude. The way I dress may be 'different' or 'eccentric' to some who feel the need to label, but that's of no concern to me. I don't dress to be stared at; I dress for myself. When you don't dress like everyone else, you don't have to think like everyone else."

### Think young

If you want to stay young, you have to think young. Having a sense of wonder, a sense of humor, and a sense of curiosity—these are my tonics," she says. "They keep you young, childlike, open to new people and things, ready for another adventure. I never want to be an old fuddy-duddy; I hold the self-proclaimed record for being the world's oldest living teenager, and I intend to keep it that way." ♦





## Pacifica Senior Living Palm Springs, Pacifica Senior Living Hemet & Pacifica Senior Living Vista

Three more stunning properties have been added to Pacifica Senior Living's California portfolio. Each of these offer only the best in care and living options for older adults.

### Pacifica Senior Living Hemet

Nestled in a quiet residential neighborhood near the intersection of Palm Avenue and West Stetson Avenue, Pacifica Senior Living Hemet is a beautiful senior living community, surrounded with lush landscaped gardens. It serves seniors and their families from Hemet, San Jacinto, Green Acres, Valle Vista, Winchester, Menifee, and other nearby towns and neighborhoods in the San Jacinto Valley.

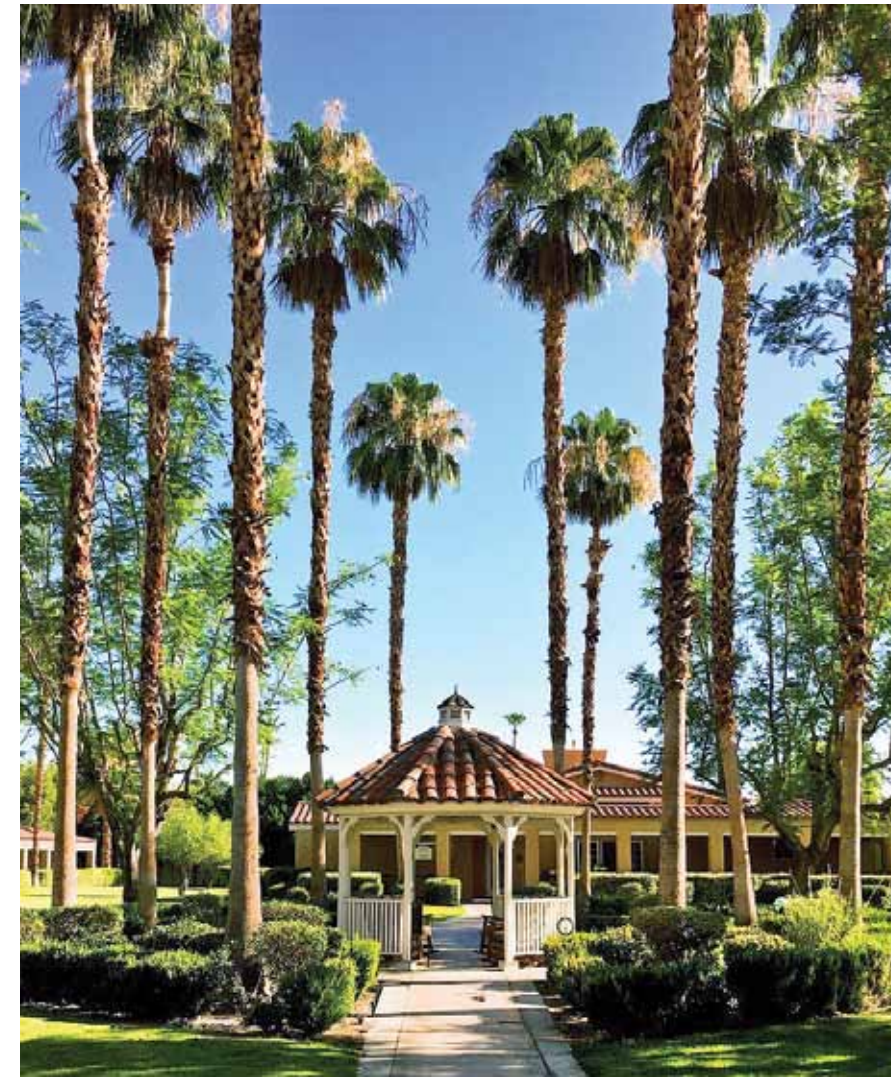
To ensure that the residents live at their highest level of comfort and security, Pacifica Senior Living Hemet also offers specialized personal attention. It creates a customized service and assistance plan for each resident with a variety of therapies and life-enrichment activities. The professional and friendly staff interact daily with the residents, and regularly monitor their individual needs.

From local hiking, biking, or just getting away and enjoying



the beautiful California weather, Hemet offers a number of local parks that include Weston, Simpson, Mary Henley, Gibbel and the largest featuring all kinds of sporting activities—the Valley Wide Community Sports Park. Pacifica Senior Living Hemet is in close proximity to a variety of shops, a Walmart, restaurants, banks, senior centers, the Hemet Museum, the Western Science Center, and parks. The residents living at Pacifica Senior Living Hemet, also enjoy the security of having the Hemet Regional Medical Center nearby, and the Loma Linda Hospital, just 30 minutes away in Menifee.

Some of the amenities are, special dietary and fresh meals, housekeeping and grocery shopping transportation and so on. No wonder then that Pacifica Senior Living Hemet has been voted The Best in Assisted Living in 2014, 2016 and 2017 by the Caring Community.



### Pacifica Senior Living Palm Springs

At 487 feet above sea level, Palm Springs is sheltered by the Little San Bernardino Mountains in the north, the Santa Rosa Mountains in the south, and the San Jacinto Mountains in the west. This geography is responsible for its famed warm, dry climate—with 360 days of sun-kissed weather and drop-dead gorgeous scenery. Warm days and balmy nights make Palm Springs, the perfect location for seniors to spend their retirement years.

Pacifica Senior Living Palm Springs is an exceptional southern California senior living community set against a backdrop of the San Jacinto Mountains, which looks like a desert resort spread over an expansive 4.5 acres of land. Located in Downtown Palm Springs in a residential neighborhood, the community lies near the intersection of East Baristo and

South Sunrise Way, with easy access to Highway 111 and Interstate 10.

It serves seniors and their families from Palm Springs as well as Cathedral City, Rancho Mirage, Palm Desert, and other nearby towns and neighborhoods in Coachella Valley, Morongo Valley, and Yucca Valley. The community provides assisted living for seniors who need a little help with mobility and daily tasks from trained caregivers, while enjoying the convenience of resort services and the privacy of their own apartment. The state-of-the-art Clare Bridge Program employs the latest research as well as the knowledge base and experience of Pacifica Senior Living Palm Springs—the largest provider of Alzheimer's and dementia care in the nation—which can help your loved one maintain their mental functions and enjoy the satisfaction and dignity of daily moments of success.

Sunrise Park and the Palm Springs Library are close to the community. It's also just a few blocks away from a variety of shops, restaurants, banks, museums, the Palm Springs Ariel Tramway, The Plaza at Sunrise Shopping Center, CVS, Camelot Movie Theaters, and the Mizell Senior Center. Palm Springs Healthcare, Desert Oasis Healthcare, and the Eisenhower Medical Center are all located nearby, and provide fantastic healthcare and emergency services. Pacifica Senior Living Palm

*Warm days and balmy nights make Palm Springs, the perfect location for seniors to spend their retirement years.*



Springs provides an effortless balance between luxury and convenience, making it the perfect living option for seniors.





**Pacifica Senior Living Vista**

Pacifica Senior Living Vista is an established senior living community nestled between Vista and Oceanside. It's a community that has built its stellar reputation on the exceptional service provided by our well-trained, professional and courteous staff. Our caring team helps residents enjoy their senior years in their own beautifully chosen attractive apartments or villas. Pacifica Senior Living Vista consists of 10 apartment building including one and two bedroom villas spread across 7.5 acres. The community offers independent living, assisted living, memory care and respite care. While providing exceptional service and support in an environment especially designed for seniors, our residents have many options. They can enjoy a walk around the residential neighborhood, take advantage of the

many social events and activities, or relax with a cup of coffee or enjoy a game of chess. With a wide range of leisure facilities, activities and excursions, happy residents can enjoy a busy, active lifestyle or simply sit back and relax. Our team believes in getting to know each individual they serve, learning their life story and using this knowledge to customize all care-related needs. Pacifica Senior Living Vista offers the perfect combination of carefree living,

friendship and wellness. We also offer an array of Signature Programs beneficial for residents with various needs. Schedule your personalized tour today! We look forward to meeting you. ♦

**WITH US, JUST LET YOUR WORRIES GO**

Our Memory Care programs have been specifically designed to inspire a sense of security and comfort among seniors with Alzheimer's, dementia and other forms of memory loss.



**SCHEDULE YOUR PERSONAL VISIT TODAY!**

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## Spreading Joy One Activity at a Time

As the Activities Director, Victoria Bendezu ensures that the residents at Pacifica Senior Living Fort Myers have their days filled with engaging and exciting activities. She talks about her passion for senior healthcare and for those living with Alzheimer's.



### Could you tell us a bit about your background and the work you do?

Originally from Peru, with a degree in Economics, I worked as an Administrator Director in a private school for 21 years. I began my career in America working in Healthcare with Encore Senior living in 2002, subsequently with Pacifica Senior living when Pacifica purchased the property. I began as a Med-tech, then a C.N.A and Activities Assistant. After working for only one month, the Executive Director received a multitude of calls from families about how much their loved ones enjoyed the activities and I was

promoted! After all these years of working in Memory Care, I found that I have a passion for Alzheimer's residents. My key focus is to give them joy, even though they may have difficulties remembering daily-life events.

### What does your job specification entail? What is the motto you stick to everyday?

As an Activities Director my job is to offer our residents many options for staying socially engaged through a variety of stimulating programs and activities. Also, I need to offer our residents person-centered activities

that addresses individual needs and emphasizes capabilities, strengths and preferences. The motto that I stick to everyday is—'make a difference in people's life because we can do no great things only small things with great love'.

### What do you like the most about your job? And what's the most challenging part?

I love the time I get to interact with my residents through the different activities that I plan for them to enjoy their day, on a daily basis. I think this job is a blessing because it gives me the opportunity to impact someone's life

and put a smile on the residents' faces. The most challenging part of the job is knowing how to modify life-enriching activities to meet abilities, needs and preferences of every resident, giving them a sense of self-worth and satisfaction.

### What is it like to work at Pacifica?

Pacifica is a great company to work for. The staff is like a family, and the residents, even more. I have a great team that supports me anytime I need them. Pacifica is an organized company and it's always concerned about our residents, their families and the staff.

### What kind of lifestyle does the Pacifica Senior Living Fort Myers community emanate?

The community provides a home-like setting across five individual-style cottages with covered porches, which opens out into a secure and private courtyard. Residents can walk outside and enjoy the fresh air, the courtyard features many places to sit, so, they can have wonderful visits with family and friends.

### What is unique about your community?

The community offers an exceptional Legacies™ Memory Care Program for those with Alzheimer's disease and dementia or other forms of memory loss, which provides them with the support, care, and respect they deserve in order to continue living a full, enriching life. In addition to Legacies, Pacifica Senior Living Fort Myers also offers Transitions, a new comprehensive memory care program, which caters to the needs of individuals with early stages of memory loss in an open assisted-living setting where they can benefit from social and emotional support. There's also the Music & Memory Program—a unique, neuroscience research music program that specializes in Alzheimer's and dementia care—where we use iPods loaded with a personalized music playlist that enable our residents to

reconnect with the world through music-triggered memories.

### Could you list out some of the activities to keep seniors engaged at your community?

We offer personalized activities that address individual needs and emphasize on their capabilities, strengths and preferences. We strive to provide seven daily activities focusing on Physical Wellness that let the residents exercise and move around—such as morning walks, chair exercises, Movin and Groovin, balloon toss, etc. We also have Tai Chi class every Tuesday afternoon. Reminiscent Activities are to encourage past positive experiences about the good old days with the families, kids and grandkids, pets and all the memories that bring joy to them. Social/Spiritual Activities are to encourage engagement between residents. Thursdays are for happy hours and live entertainment—where most residents love dancing and listening to music. There are also monthly birthday parties, Bingo evenings on Wednesdays, and weekly church services.

Our residents partake in pet therapy with our furry friends Fluffy, Maggie, Sadie, Gus and Murray. Cognitive Visual and Language skills keep residents at higher functioning levels. Puzzles, trivia, memory games, table games, painting, puzzle words, finish the expression, fill in the blanks—are a few of our cognitive activities. Residents love outdoor activities. We take them for a ride to the beaches, parks and ice cream stores. We do big outings—to bowling alleys, pet stores, military museums, picnics and lunches in local restaurants. We water the plants every day, as well as watch the birds and feed them. Our community really relies on each other, and we do our best make sure each resident feels loved. I would like to invite you to follow us on our Facebook page, Pacifica Senior Living – Fort Myers, to see all the fun we are having! ♦





## Enriching Lives

A self-confessed old soul, Michael Anthony Rivera's heart was committed to serving seniors and longed for a job that was greater than sales. As the newly promoted Executive Director of NewForest Estates, a Pacifica Senior Living community in San Antonio, Texas, he is able to make a difference to the daily lives of its residents.

### Could you tell us a bit about your background and the work you do?

I was raised by my widowed mother, who worked day and night to provide my brother and me with opportunities to make a difference in this world. She worked with law enforcement, managed a retail store and never ceased to inspire us to exceed expectations. My grandmother, who turned 91 in June this year, also has played a tremendous role in my life and was my motivation to commit my life to serving. During her time at a retirement community, I loved spending time with her and her delightful neighbors. After completing my graduate studies at The University of the Incarnate Word in Texas, my heart longed for something greater than sales.

Thanks to Peggy Brown, a local transition specialist, I took my first step into senior living. I still recall the first family I ever helped and it was at that moment that I knew what I was destined to do—enriching the lives of seniors. It came so natural to me, and being the old soul that I am, I relish in their stories of the good ol' days.

### What does your job specification entail? What is the motto you stick to everyday?

As the ED, I make sure that our team exhibits the level of service Pacifica stands for. I am in daily communication with our residents, their family members and healthcare providers to ensure that a unique care setting is offered to every resident we serve. Our team meets every morning to discuss strategies we can implement to operate efficiently and effectively, making communication one of our strongest suits. I have been allowed the opportunity to make a difference in the lives of seniors on a daily basis thanks to Pacifica. I strive to make the passion I have for helping people, known through my actions and provide families with the peace of mind they need.

### What do you like most about your job? And what's the most challenging part?

The aspect of my position that I enjoy the most are the daily



relationships I get to nourish. We have over 200 residents, all of whom I know personally. I spend a good part of my day visiting them, helping them through their transition and witnessing their progress. I consider it a blessing to be a part of their lives every day, and I make it my personal goal to make them feel loved and valued. The hardest part of my job without a doubt is; saying goodbye.

### What is it like to work at Pacifica?

I joined the company five years ago, and I am truly honored to be a part of such

a phenomenal team. From the owner to the care staff, the VP to the concierges, there is a robust sense of benevolence across the board. While each community operates on their own, the level of support we receive from the company is paramount. We identify the needs of our seniors, and Pacifica follows through with the necessary actions to facilitate the lifestyle that our seniors deserve.

### What is unique about your community NewForest Estates?

The minute you walk in, the thing that stands out the most is the 'heartbeat' of the community—residents enjoying each other's company, and the team as a whole interacting with the residents in the way a family would. The compassion is palpable, and there's an energy that won't go unnoticed. People remember the feeling they get after visiting our community, and it is what brings them back.

### What are the activities to keep seniors engaged at your community?

We provide an array of activities 365 days of the year! We have residents that may choose to join an outing to the zoo or aquarium, while others may stay behind to partake in



our water aerobics sponsored by our onsite rehabilitation team. Residents can start their day off with a relaxing yoga session, embark on a brief adventure with the walking club or participate in various classes hosted by local healthcare professionals. Most of the activities and meals are designed as per the insights from our residents. We recently received an award from the local school district, in recognition of our exemplary participation with their elementary schools. Our residents are very passionate about helping local students by offering donations and onsite activities. I am so happy that we have established this strong relationship for them to enjoy. ♦







# Fifty and Fabulous

Women only get better with age, like a bottle of fine wine. Stop holding yourself back, and have some fun with fashion. We've got some great style tips for those in their 50s and over.

If you're hitting 50, it doesn't mean you need to retire your fashion game. Take cues from Hollywood's leading ladies like Sandra Bullock, Cate Blanchet, Halle Berry and Sarah Jessica Parker—all over 50, and inspiring women across ages with their refined sense of personal style. Toss your apprehensions out, and take a fresh look at fashion with this guide with some great outfit ideas and styling tips.

#### Workplace must-haves

For female professionals in their 50s, you can experiment between semi-formals and full-on formal looks. Make sure to stay away from boxy blazers that are unflattering, and invest

in well-tailored pieces made out of quality fabrics like cotton, wool or cashmere. A slim-fit suit is flattering to most shapes and can see you through board meetings during the day to evening cocktails—just wear a pussy-bow blouse underneath for work and then, swap it with a silk cami-top for the evening paired with heels.

**Key pieces:** Crisp white shirt, pencil skirt appropriate for your body type (mid-knee length), well-fitting trousers with some stretch in black, navy, gray or khaki. A trench coat, and a slim-fit suit that's a lesson in great tailoring.

**Accessories:** A statement carry all tote and some sophisticated pieces of jewellery, and a nice watch.

**Shoes:** A low-heel sling-back,

a moccasin for casual meetings and lunches, a flat shoes for those hectic days at work and heels for after work hours or sundowners.

#### For black-tie events

Get out of your comfort zone and spruce up your evening wear. Dress lengths for women in their 50s range from floor-length to knee-length and everywhere-in-between. The 'little black dress' or LBD as it's fondly referred, has a special spot reserved in every woman's evening wardrobe. For women of any age, a black dress is perfect for an evening out—one that is versatile enough to take you from business functions to the red carpet. The rules are simple when it comes to the

LBD—opt for one that complements your body type. If you have nice toned arms, go sleeveless. Else, opt for three-fourth sleeves. If you have a great back, wear a style with a little open back with confidence. And, if you have super-toned calf muscles and legs, go bold with a dress that has a slit skirt!

**Key pieces:** A black dress with lace details on the neck and arms. A leopard print long-line coat that can be paired with an all-black ensemble for red-carpet ready glamor, a statement skirt teamed with a black shirt or a statement jacket that can dress up any outfit without even trying.

**Accessories:** A statement necklace or

earrings without too much bling and a nice evening clutch.

**Shoes:** A classy pair of strappy heels in black or a bright shade complements this look the best.

**Always stick to darker hues and true blues, and avoid ripped jeans like a plague.**

#### Friday dressing

Casual dressing doesn't need to be frumpy. A great pair of jeans is a casual-dressing staple. Until recently, denims for women in their 50s were limited to stretchy mommy

jeans. Not anymore. There are styles that you can choose from to take your casual dressing up a notch. Just take your time to try and pick the most age-appropriate and comfortable fit. Always stick to darker hues and true



blues and avoid ripped jeans like a plague. The boot-cut, with a slight flare at the bottom, provides balance to the hip. And trouser jeans are flattering, with a wider leg, waistband and a flat front. Always choose a pair with a bit of stretch so that it doesn't lose shape just after a few hours of wear.

**Key pieces:** Jeans in different fits and shades. A blouse, or a classic dressy top. A woollen overall for fall, and a casual all-weather jacket or blazer.

**Accessories:** Fun accessories like statement cuff bracelets or a delicate multi-layered neckpiece or fun rings.

**Shoes:** A pair of loafers in blush, tan or black. Or a pair of black heels. ♦

#### Back to basics

Key points to keep in mind while shopping:

- \* Trust your instincts, and buy outfits and accessories that you love and makes you feel special.
- \* Always buy clothes that fit you really well.
- \* Accentuate your best parts and camouflage those that aren't flattering.
- \* Try and get a whole look together instead of buying separates.





# All the Comforts of a Home

The Pacifica Senior Living communities in Oceanside and Hollywood Hills are tailor-made to meet their residents' needs lapped in luxury.

A full-service senior living community is conveniently located in North County, CA, surrounded by quiet rolling hills, in an upscale, quiet residential area. Our luxury Assisted Living and Memory care retirement community is rich in comfort, convenience, services and amenities. You can enjoy the occasional ocean breeze and the beautiful surroundings at the spacious outdoor courtyard or Clubhouse. **Pacifica Senior Living Oceanside** provides family members the

peace of mind they deserve knowing that their loved ones are safe and well cared for. Our community offers a serene and intimate environment for our residents to relax and enjoy life, and age in peace. At Pacifica Senior Living Oceanside, our Legacies™ Memory Care program provides those with Alzheimer's disease and other related dementias with the support, care, and respect they deserve as well as an active, engaging, and enriching lifestyle. Daily life at Pacifica Senior Living Oceanside allows residents to feel at home and enjoy



Pacifica Senior Living Oceanside



Hollywood Hills

companionship with neighbors who become good friends all in our family-like setting. We also offer clubs and groups for our residents to meet and interact with other residents with similar interests. Just as our programs are designed to provide support, stimulation, and education, our community is also designed to meet the daily need for social interactions, personal space and individualized support. The five-star resort lifestyle enables older adults to live the life they love.

**Hollywood Hills, a Pacifica Senior Living Community,** is designed to deliver luxury senior living at its finest. This community is right off of Hollywood Boulevard on beautiful Gramercy Place. Residents will never run out of things to do or places to see, as the community is close to historical landmarks such as the famous Hollywood sign, Griffith Park

and the attractions of Sunset Boulevard. It also lies in close proximity of the Hollywood Presbyterian Medical Center and the Southern California Hospital in Hollywood. Our state-of-the-art community ensures that our residents enjoy a lifestyle that beautifully balances independence with the comfort of knowing that assistance is always available. Apart from leading an exciting lifestyle, the residents at Hollywood Hills, can opt for Heartland™ Assisted Living, Legacies™ Memory Care and 24-hour Certified Caregiving according to their requirements. Heartland™ Assisted Living delivers the optimal balance of independence and support, and help the residents in leading a fulfilling and dignified life. The life-enrichment programs offer a variety of opportunities to meet new people, discover new interests, exercise, and enjoy exciting outings and excursions, and much more! ♦



## The Village without Roads

Imagine waking up to the sound of silence? Reconnect with nature and rejuvenate your senses with a trip to Giethoorn, a quaint village in Netherlands often referred to as the 'Venice of the North'.

### A land frozen in time

Established in AD 1230 by Mediterranean settlers, the name Giethoorn literally means 'goat's horns'. Its medieval founders named it so because they discovered hundreds of goat horns buried under the marshland, remnants of a 10th-century flood. Today, the goat horns are long gone, but the vegetation is still quite distinct.

Giethoorn was a separate municipality until 1973, when it became a part of Brederwiede, a former town in the Dutch province of

Overijssel. The village is nestled amidst the Weerribben-Wieden National Park—a vast nature reserve. It was the Franciscan monks who first settled in the area in the 13th century who dug canals for transportation of peat. What makes this beautiful place unique is the fact that it has no roads, and therefore, no cars!

### The quiet zone

This Netherlands' village, is just a 90-minute drive from the country's capital metropolis, Amsterdam. Home

to less than 3,000 people, it is still and quiet for most part of the day. Completely car-free and laced with over four miles of idyllic canals, the only mode of transport in this charming town is boats, via the waterways.

Giethoorn is called the 'Dutch Venice' for good reason: it has more than 55 miles of canoe trails which connect the canal-side homes, eateries, hotels, and museums in the town center. Many of the residents in Giethoorn live on private islands and their main means of transportation are—canoes, kayaks

or what they call whisper boats (aptly named for its inconspicuously silent motor that doesn't disrupt peace). As cars are usually parked outside the village, punters are used by locals to get around. Even the town mail is delivered by punt! Visitors are also required to park their vehicles near the village center.

### A tourist hotspot

In 1958, this village-without-roads acquired worldwide recognition thanks to *Fanfare*, a movie made by the Dutch

filmmaker Bert Haanstra. Thatched roof houses, lush gardens, and warm and gregarious residents make for most of this picturesque village. You'll find plenty of old-world cafes hidden in every nook and corner in Giethoorn.

A village without roads and cars sounds like a work of fiction, in this century. However, once you reach there, you'll be impressed with how the Dutch love to live on the water. Enveloped by lakes, reed beds and forests, this scenic village has many striking farms with thatched roofs and characteristic wooden bridges. Giethoorn is a place which transcends space and time. It's ideal for those looking to leave the chaos of a city or for someone searching to find some stillness within themselves.

Cycling, sailing as well as guided canal tours are some of the many ways to discover this rustic town. During peak season (summer), free boats are hard to come by, so make sure you rent yours in advance. Plan your trip very systematically, and keep your itinerary sorted so that you don't miss out on anything. There are also numerous cycling and walking paths spread across the town. Once you get there, you can stroll around or rent out a canoe or a bike. Punter, which is the most popular style of transportation here, can also be tried to travel like a local. Explore the Dutch countryside, complete with farm animals and endless fields. The bike rentals are cheap, and give you enough time to roam around at your own pace, taking breaks and exploring. Walking paths are a great way to discover Giethoorn and its marvels by foot.

### Giethoorn checklist

Museums, castles and churches—Giethoorn will not disappoint the explorer in you. The Museum Geithoorn't Maat Uus is a must-visit, where you can experience and understand how typical farmhouses looked like centuries ago. There are also numerous art exhibitions and special activities for children. National Park De Weerribben-Wieden, which comprises canals, lakes and ponds, is highly recommended for nature lovers.

Not far from Giethoorn, you will also find old towns such as Vollenhove and Blokzijl. There, you can stroll past historic buildings, ancient churches and castles, and enjoy a beautiful sunset on a terrace by the water's edge.

Most tourists prefer to stay in Amsterdam and drive down for day trips to Giethoorn. However, there are excellent hotels, holiday homes and Airbnb rentals located directly on the water's edge, which is perfect if you wish to rent a boat to explore the surroundings. If you have a few days in hand, a visit to nearby towns of Zwolle and Kampen is a must. If you have your extended family travelling with you, a day-trip to the Slagharen amusement park is great for kids and adults alike. Giethoorn also has over 180 wooden bridges, which will give you picturesque vantage points.

The pollution-free air and beautiful walking paths, are a great way to not only reconnect with nature, but also stay active. A holiday in Giethoorn will be one filled with tranquility, where the only noise bothering you will be quaking ducks or chirping birds. ♦

### Trivia

- \* As many as 200,000 Chinese tourists visit Giethoorn every year. So, most of the restaurant signs are also written in Chinese.
- \* Giethoorn fended off competition from some 182 contenders across the world to achieve a place on the board of the new international edition of Monopoly with an online campaign.







## Pilates for Older Adults

Pilates is a gentle and effective exercise for seniors to stay in shape and build strong core muscles, which will in-turn, prevent injuries and other ailments. Here's taking a closer look at this workout program.

A sedentary lifestyle is the bane of living in a world with modern conveniences. We are just too used to sitting—in front of a desk while working, while eating or even in front of our gigantic TV screens or fancy gadgets. It's crucial to stay fit and active as you get older. If you're an older adult who wants to start working out, or are someone who hasn't exercised for a while and don't know where to begin, Pilates is a great routine to try out.

### What is Pilates?

Pilates is a form of exercise which focuses on strengthening the body with an emphasis on core strength. This helps to improve your general fitness and overall well-being. This workout program is very similar to yoga, as it concentrates on posture, balance and

flexibility. It's an ideal fitness program for older adults because the chance of injury is much lower than with other strenuous forms of exercise.

### Countless perks

Since it's a safe and low-impact exercise, you can start doing Pilates at almost any level of fitness or cardiovascular strength. Make sure to check with your doctor first before embarking on any new fitness plan. Some of the benefits of Pilates are:

**\*Improves posture:** The exercises require your body to be always in perfect alignment, which will ease lower back pain, and will ensure you gain and maintain good posture.

**\*Improves muscle tone:** Pilates will tone up your muscles. This is especially perfect for older people and those who lead a sedentary lifestyle,

as muscle tone is usually lost with age and inactivity.

**\*Improves flexibility:** Flexibility diminishes with age. If you stick to the workout, you'll be amazed at how agile your body has become, which is great for avoiding injuries.

**\*Improves your balance:** Pilates teaches you the mind-body connection. It not only improves your physical balance through correct posture, but will also restore your mind-body balance.

**\*Reduces stress:** While doing the various exercises in the Pilates program, your mind is constantly aware of your breathing and the way your body moves—which in-turn is an excellent way to releasing stress and staying focused.

So, try out the routine at your own pace, and get stronger, fitter and happier. ♦



**PACIFICA**  
SENIOR LIVING

## MEET OUR DEDICATED AND PROFESSIONAL TEAM TODAY!

Our dedicated, professional team supports each resident and goes above and beyond to help our residents feel at home.



**SCHEDULE YOUR PERSONAL VISIT TODAY!**

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# Pacifica Senior Living

## ARIZONA

• **Pacifica Senior Living Paradise Valley**, Memory Care, (602) 787-0800 • **Pacifica Senior Living Peoria**, Memory Care, (623) 876-8300 • **Pacifica Senior Living Tucson**, Memory Care, (520) 320-7505

## CALIFORNIA

• **The Meridian at Anaheim Hills**, Independent Living, Assisted Living & Memory Care, (714) 974-2226 • **Pacifica Senior Living Bakersfield**, Assisted Living & Memory Care, (661) 663-9671 • **Pacifica Senior Living Chino Hills**, Assisted Living & Memory Care, (909) 606-2553 • **Pacifica Senior Living Country Crest**, Independent Living, Assisted Living & Memory Care, (530) 533-7857 • **Pacifica Senior Living Mission Villa**, Memory Care, (650) 756-1995 • **Pacifica Sakura Gardens**, Independent Living & Assisted Living, (323) 263-9651 • **Pacifica Senior Living Escondido**, Assisted Living (760) 741-3055 • **The Village at Hayes Valley**, Assisted Living & Memory Care, (415) 318-8670 • **Pacifica Senior Living Hemet**, Assisted Living & Memory Care, (951) 929-5988 • **Pacifica Senior Living Hillsborough**, Assisted Living & Memory Care, (909) 548-2100 • **Pacifica Senior Living Merced**, Assisted Living & Memory Care, (209) 384-9700 • **Pacifica Senior Living Modesto**, Memory Care, (209) 491-0800 • **Pacifica Senior Living Newport Mesa**, Memory Care, (949) 629-1020 • **Pacifica Senior Living Northridge**, Assisted Living & Memory Care, (818) 886-5181 • **Pacifica Senior Living Oakland**, Independent Living, Assisted Living & Memory Care, (510) 534-3637 • **Pacifica Senior Living Riverside Legacies Memory Care**, Memory Care, (951) 360-1616 • **Pacifica Senior Living Sierra Vista**, Independent Living & Assisted Living, (760) 243-2271 • **Pacifica Senior Living San Leandro**, Assisted Living, (510) 357-1691 • **The Meridian at Lake San Marcos**, Independent Living, Assisted Living & Memory Care, (760) 510-7500 • **Alexander Court Senior Living**, Memory Care, (805) 898-2650 • **Pacifica Senior Living Santa Clarita**, Assisted Living & Memory Care, (661) 255-3100 • **Pacifica**

**Senior Living South Coast**, Assisted Living & Memory Care, (949) 515-0121 • **Pacifica Senior Living Union City**, Assisted Living & Memory Care, (510) 489-3800 • **Pacifica Senior Living Vacaville**, Memory Care, (707) 449-1350 • **Pacifica Senior Living Valley Crest**, Memory Care, (760) 242-3188 • **The Park Lane**, Independent Living, Assisted Living & Memory Care, (831) 373-0101

## FLORIDA

• **Pacifica Senior Living Belleair**, Memory Care, (727) 467-9464 • **Pacifica Senior Living Fort Myers**, Memory Care, (239) 437-5511 • **Pacifica Senior Living Forest Trace**, Independent Living & Assisted Living, (954) 572-1800 • **The Meridian at Westwood**, Independent Living & Assisted Living, (850) 863-5174 • **Pacifica Senior Living Ocala**, Assisted Living, (352) 861-2088 • **Pacifica Senior Living Palm Beach**, Memory Care, (561) 434-0434 • **Pacifica Senior Living Sun City**, Assisted Living & Memory Care, (813) 633-3333 • **Pacifica Senior Living Woodmont**, Assisted Living & Memory Care, (850) 562-4123 • **Wyndham Lakes at Pacifica Senior Living Community**, Independent Living, Assisted Living & Memory Care, (904) 262-4600

## IDAHO

• **Pacifica Senior Living Coeur d'Alene**, Assisted Living & Memory Care (208) 665-2100 • **Pacifica Senior Living Pinehurst**, Independent Living, Assisted Living & Memory Care, (208) 682-9170 • **Courtyard at Coeur d'Alene**, Independent Living, Assisted Living & Memory Care, (208) 765-8364

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• **Pacifica Senior Living Heritage Hills**, Independent Living & Memory Care, (828) 693-8510

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• **Pacifica Senior Living Green Valley**, Assisted Living & Memory Care, (702) 992-

0000 • **Pacifica Senior Living Regency**, Assisted Living & Memory Care, (702) 436-6400 • **Pacifica Senior Living San Martin**, Assisted Living, (702) 222-3600 • **Pacifica Senior Living Spring Valley**, Memory Care, (702) 262-6690

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• **Pacifica Senior Living Calaroga Terrace**, Independent Living & Assisted Living, (503) 234-8271 • **Pacifica Senior Living Klamath Falls**, Assisted Living, (541) 882-4830 • **Pacifica Senior Living McMinnville**, Memory Care, (503) 472-3509 • **Pacifica Senior Living Portland**, Memory Care, (503) 492-6942 • **Pacifica Senior Living St. Andrews**, Memory Care, (503) 257-7946

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• **Pacifica Senior Living Victoria Court**, Memory Care, (401) 946-5522

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• **Pacifica Senior Living Skylyn**, Independent Living, Assisted Living & Memory Care (864) 582-6838

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• **The Meridian at Kessler Park**, Independent Living & Assisted Living (214) 943-2522 • **Pacifica Senior Living New Forest Estates**, Independent Living, Assisted Living & Memory Care, (210) 680-3649

## WASHINGTON

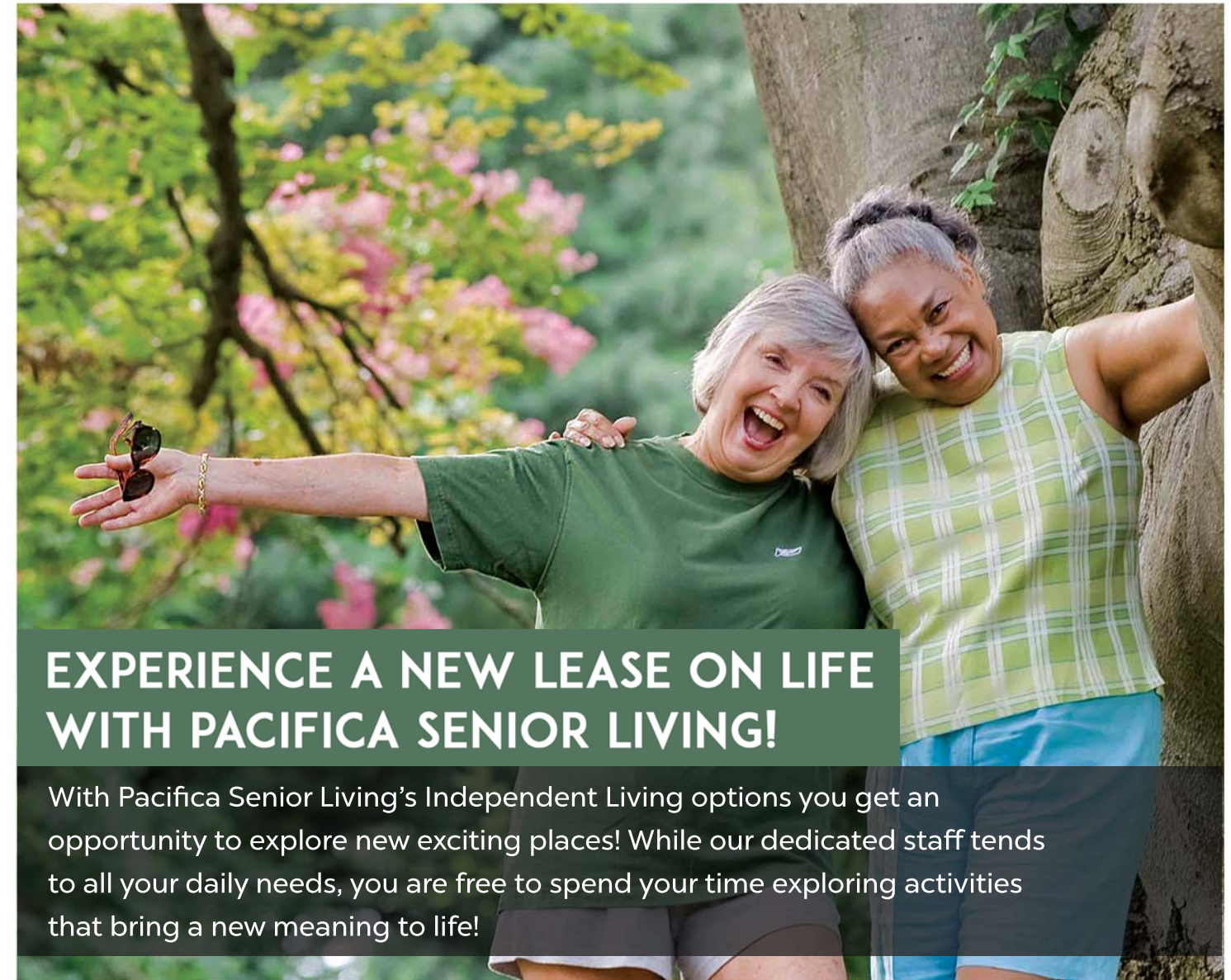
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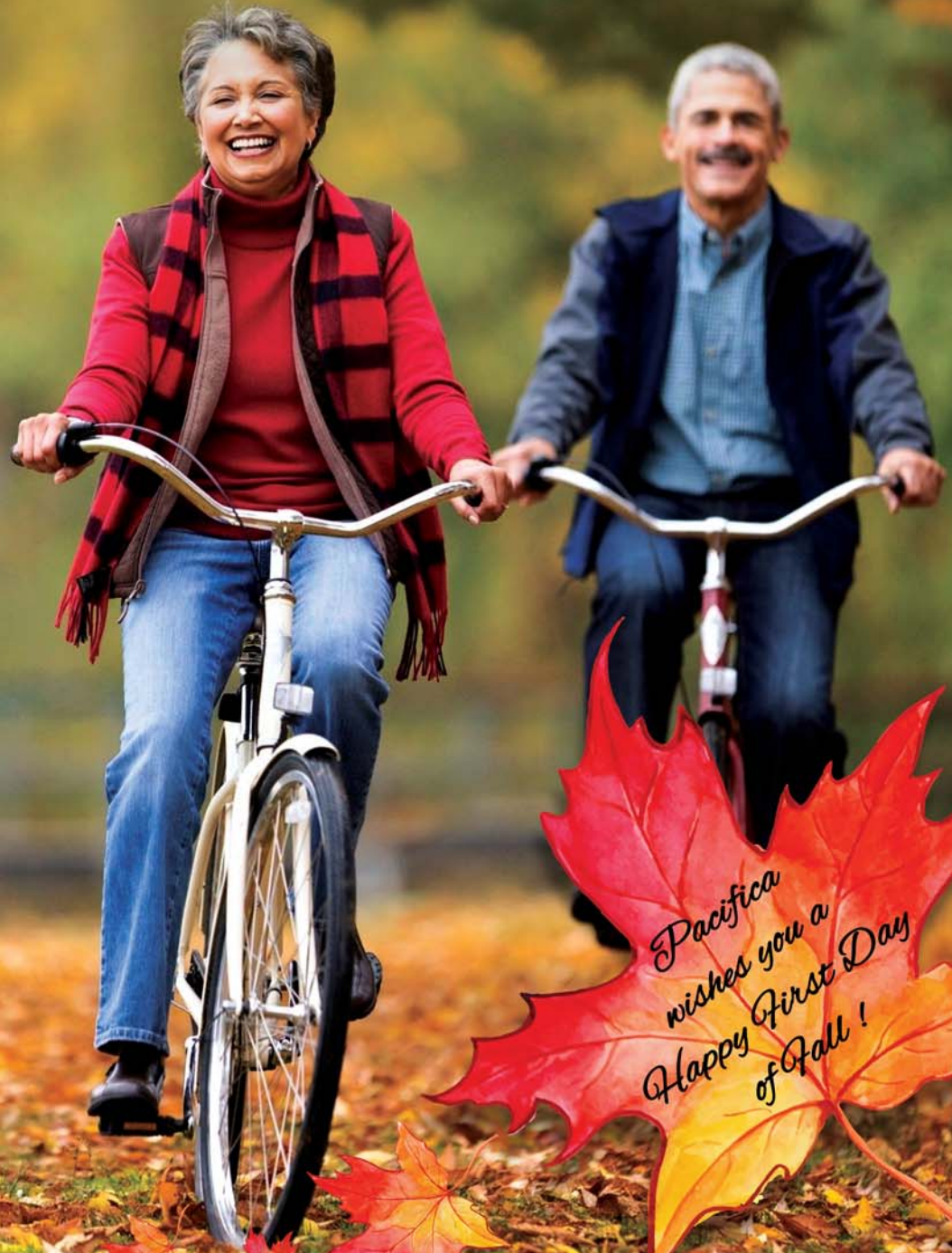
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