

# Pacifica Tidings



SANTA FE  
Assisted Living  
Memory Care

**October 2018**



## *A Note from the Executive Director*

Join us this month in celebrating our team of caregivers and their big smiles! World Smile Day is celebrated annually the first Friday in October, which this year is October 5. The holiday celebrates the ever popular yellow smiley. It also offers us an opportunity to do an act of kindness. According to the World Smile Day website, a proclamation of this day was made by the U.S. Congress. The intent of World Smile Day is to do an act of kindness, or help one person to smile.

Harvey Ball, a commercial artist from Worcester, Massachusetts created the smiley face in 1963. The State Mutual Life Assurance Company hired Harvey as a free-lance artist to create a smiley face for use in improving company morale. From

there, the bright and cheerful smiley grew in popularity. It's popularity grew slowly at first. Then, it exploded in the 1970's. Ultimately, the smiley became wildly popular. Our staff of outstanding caregivers, administrators and kitchen staff work every day with a smile on their face and doing acts of kindness to bring a smile to your face! We are focusing on a few of our tenured caregiving staff in the newsletter this month. They are an essential part of a talented team who love what they do.

Now that should put a smiley on your face.

Tommy Aragon, Executive Director, RN

## *Who am I?*



## *Welcome to Our Community*

Frank Ettenberg

Neva Williams

Marchetta Dwire

Giulia Fludzinski

## Special Events & Memorable Moments

*This month, we are highlighting our awesome staff who continue to share their love for this community and our residents. Thank you for your compassion and your dedication!*

### Catalina Gonzalez

Has worked at Pacifica for 16 years

**Favorite Vacation Spot:**

Mexico

**Advice she would offer:**

Be patient, gentle, and loving towards the residents

**Favorite Memory at**

**Pacifica:** When I first started working, there was a resident who did not like me because I did not speak English, but over time I became her favorite caregiver and that felt good

**If she could have any pet...** it would be a dog named Bom Bom



### Narsico Rosales

Has worked at Pacifica for 15 years

**Favorite Vacation Spot:**

Denver, CO to dance!

**Advice he would offer:**

Come to work loving what you do. Do not be discouraged in the face of adversity

**Favorite Memory at**

**Pacifica:** Always the residents

**If he could have any pet...** it would be a blue jay named Jello



### Maria Rodriguez

Has worked at Pacifica for 10 years

**Favorite Vacation Spot:**

Hawaii

**Advice she would offer:**

Always be happy!

**Favorite Memory at**

**Pacifica:** One Christmas, a group of kids came to sing for the residents and it brought happiness and joy

**If she could have any pet...** it would be a dog named Chanel



### Lidia Hermosillo

Has worked at Pacifica for 6 years

**Favorite Vacation Spot:**

Mexico

**Advice she would offer:**

Always try to smile and spread happiness and positivity

**Favorite Memory at**

**Pacifica:** When I first started working, it was humbling to receive positive feedback from staff and residents

**If she could have any pet...** it would be dog named Handsome



### Pacifica Senior Living encourages YOU to walk to show your support!

We are proud to be part of the National Team for the Walk to End Alzheimer's. Join us on **October 20th** in the Santa Fe Plaza at 10:30 am to help become a catalyst for change!

## Upcoming Outings

October 2nd- Chocolate Maven at 10:30 am  
October 5th- Walmart at 10:30 am  
October 9th- Lunch at Los Amigos at 10:30 am  
October 12th- Aspen Vista at 10:30 am  
October 16th- City of Gold at 10:30 am  
October 19th- Walmart at 10:30 am  
October 23rd- Scenic Drive to Abiquiu Lake at 10:30 am  
October 26th- Lunch at Olive Garden at 10:30 am  
October 30th- City of Gold at 10:30 am

## Health and Fitness

### Dance Party

Everyday at 9:30 am and 3:00 pm in Memory Care

### Dancersize with Ricky

Every Thursday at 1:30pm in Memory Care

### Exercise Everyday

Endurance, Balance, Sittercise, Bowling, and more!

## Improve Your Immune System

As the calendar turns to September and football season begins, it is important to build a strong immune system. **Here are some ways to give your immune system a boost:**

**Eat fruits and vegetables-** enjoy fresh apples from our apple trees in our courtyard

**Hydrate** - You can find a variety of juices, tea, and coffee in our dining room

**Sleep Well** - Take a warm bath in our spa room to help you relax and wind down for the night

**Stay Active** - Check out our daily activities schedule for a range of exercises from dancing to sports to strolls outside

## JESSIE'S SALON

LOCATED ON THE 2ND FLOOR.

9am—4pm

Wednesday-Friday

Cell: 505-699-0392 or  
505-438-8464 Ext. 405



## Birthdays

Carlos  
10/1

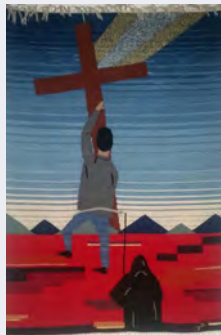
Angie  
10/4

Dorothy "Pat"  
10/9

Alvina  
10/23



## Featured Artist of the Month: Joseph Valdez



Gallery Opening

Friday, October  
19th  
3:30 pm - 4:30  
pm  
in the Gallery

Wine and cheese  
will be served

## Spiritual Activities

**2nd & 4th Monday**

**Father Duncan**

10:00 am

Communion Services

**1st & 3rd Tuesday**

**Father Duncan**

2:00 - 3:00 pm

Room Visits & Rosary

**Friday**

**Father Earl**

11:00 am

Catholic Communion  
Services

**Sunday**

**Linde**

10:30 am

Catholic Communion

**Sunday**

**Deacon Gary**

4:00pm

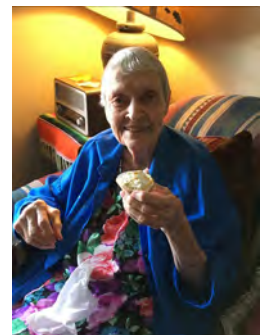
Teaching



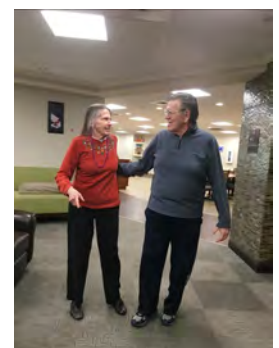
## Who Am I?

(answer)

My name is Doris! I grew up in Hartford and I have three siblings. When I was younger I traveled throughout the United States. My best advice would be, "Bring me a big ham!"



*We have so much to smile about this month! New friends, laughs, and more importantly, dancing!*



Tommy Aragon  
Executive Director

David Pacheco  
Memory Care Director

Martha Smith  
Dining Services Director

Marta Chavez  
Community Relations Director

Edna Montoya  
Resident Care Director

Anna Harland  
Activities Director

Seferina Post  
Business Office Manager

Daniel Roybal  
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

SANTA FE  
Assisted Living  
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*2961 Galisteo Road  
Santa Fe, NM 87505  
(505) 438-8464*

*Welcome Home!*