

Pacifica Tidings



**September-October
2018**



A Note from the Executive Director

Dear Friends,

With the current and the past wildfires that have devastated our State, it is an important reminder to us all to be prepared for a disaster that may effect us here at Pacifica Senior Living Oxnard.

I have issued to all residents a memo on what to do when the fire alarm sounds and I will ask that you always treat every instance as an emergency; do not ever assume that it is a false alarm.

In an effort to maintain your safety we will conduct regular drills, provide safety materials and hold scheduled meetings to address

safety matters and emergency preparedness. I am currently working with the American Red Cross and hoping to have something scheduled very soon with them. I am happy to announce that our complete Evacuation of our property this morning during our Drill lasted only 9 minutes.

We thank you for your efforts and cooperation during this drill and in helping to maintain your safety here at Pacifica Senior Living Oxnard.

Ken Mahler

Who am I?



Welcome to Our Community

Rick K.
Peggy C.
David S.
Carol B.
Jodena J.
Isela M.
Marijane L.
Delbert L.

Special Events & Memorable Moments



Health & Fitness by

Tara Haele

October is Breast Cancer Awareness Month! Here's a list of risk factors for breast cancer:

Age. The risk of breast cancer increases as women age, particularly after age 50 and between ages 60 and 69.

Family and Personal History. Your risk of breast cancer increases if you have close relatives with a breast cancer diagnosis. The risk is twice as high if your mother, sister, or daughter has been diagnosed with breast cancer.

Genetics. Women also have a substantially increased risk of breast cancer if they carry a mutation in one of two genes called BRCA, which are known to be linked to breast and ovarian cancer.

History of Radiation. Past radiation to treat a previous cancer outside of the breast or to treat acne in adolescence increases your lifetime risk of breast cancer.

Increased Weight. Women have a higher risk of breast cancer if they are overweight or obese, particularly after menopause. The risk of recurrence (the cancer coming back) is also higher in overweight women.

Drinking Alcohol. Beer, wine, and liquor all raise the risk of hormone-receptor-positive breast cancer.

Birthdays

RESIDENTS

Pat N.
October 12, 1929

Ray C.
October 16, 1924

Roger T.
October 22, 1939

STAFF

Darian S.
October 1

Roxanne R.
October 2

Ana M.
October 4

Francisca R. C.
October 5

Spiritual Activities

Friday Bible Study

11:00 AM— First and Third Fridays
(Mel Bova)

3:00 PM— Second and Fourth Fridays
(Dennis Diaz)

Rosary Reading/ Communion

Every Saturday at 11:15

Sunday Mass

Every Sunday at 3 PM

Sunday Bible Study

10:15-Every Sunday
(Cynthia)

Who Am I?

(answer)

Shirley T.

Shirley was born and raised in Elkhart, Indiana and finished a two year secretariat course there. When she graduated, she decided to move to California and get an apartment in Los Angeles. There she met Jesse, her future husband. He was the assistant manager of the apartment building.

After ten months of dating, they tied the knot at Long Beach, CA. They have two kids together, a son and a daughter. The daughter is now a respiratory therapist and the son is a census bureau supervisor on the east coast. Shirley and Jesse have six grandchildren.

Shirley worked at Point Mugu for fifteen years as an office service clerk while Jesse worked as a truck driver.

The weather, the other resident's, and the staff are some of Shirley's favorite things about Pacifica! She loves participating in activities, especially arts and crafts. We are very excited to have her in the community!

Management Team

KEN MAHLER
Executive Director

CYNTHIA GARCIA
Business Office Manager

ERIKA MILLER
Resident Care Director

AMANDA SENGER
Sales Director

RONALDO MAKALINAW
Maintenance Director

JOSE HURTADO
Dining Services Director

ELA JULIANO
Activities Director



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.*



PACIFICA
SENIOR LIVING

OXNARD

Assisted Living
Memory Care

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Welcome Home!