

# Pacifica Tidings



**November/December  
2018**



## *A Note from the Executive Director*

Residents and Families, I hope all of you are ready to celebrate the Holidays with your love ones at home and of course here at Pacifica with your love ones 2<sup>nd</sup> family! November and December are going to be full fun and festivities. Starting with our beautiful Thanksgiving Buffet on November 17<sup>th</sup>.

December, we will have each staff member decorate a door with a resident, FUN! So when you come to visit please take a minute to check it out.

And just like every year, we will be having our Christmas celebration for our residents and families on December 8<sup>th</sup>. Of course San-

ta will be in to take pictures with residents and their families.

Happy Holidays,  
Jackie Ayala  
Executive Director



## *Who am I?*



This resident is such a warm Hearted kind man. You probably know him for always taking pictures at our events. He also enjoys to get up and dance when we have entertainment. He plays Bingo and goes to exercise. If you know him you had the pleasure of hearing about his boxing career.

## *Welcome to Our Community*

Thank you for choosing us to be a part of your family. Our family is always looking to grow, so please feel free to share the best of our community's attributes with your friends and family. I would be happy to set up a complimentary lunch, participation in an activity or general tour of the building.

Amy Banaga  
Sales Director



## *Activities & Special Events*

Playing PO-KE-NO



Lunch Outing



Millie & Gladys at Kit Carson Park



Top: Bates Nut Farm: Ruth, Diane and Gladys  
Bottom Dixon Lake: Ed & Don  
Middle picture: Veronica, Loretta, Judy and Calvin  
Bottom Right: Joe





## *Memorable Moments*

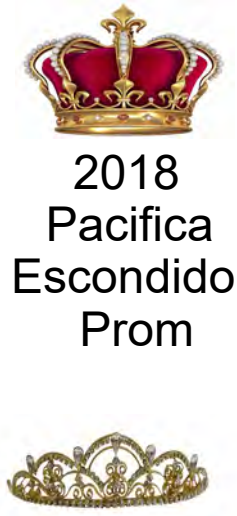
**Prom King & Queen, Arnold & Thelma**



Calvin

Sandra

**Mari Prom Queen: Legacies**



Billie

Audrey



Wait staff Celebrating Don's Birthday



Gladys and Carline



Luis and Janet

### **Great Times in 2018**

**Celebrating Don's Birthday**



**Gladys and Carline**



**Luis and Janet**



## *Birthdays*

### November

Ed Montijo 11/29  
Joyce G 11/30



December  
Diane Z 12/3  
Marion B 12/4  
Lola E 12/8  
Judy B 12/10  
Ray D 12/26  
(102 years young)



**Thanksgiving Buffet  
For Residents and Family.  
Saturday November 17th , Time :11:00 - 2:00  
Please RSVP for family to concierge by 11/12/18**



**Christmas Brunch/Buffer  
Saturday December 8th, Time 11:00 -2:00  
Please RSVP for family to concierge by 12/2/18**

## *A Note from the Activities Director*

It's that time of year, the Holidays are here. We will be having a lot of things going on. On December 8th I will be having A Christmas Bazaar with outside vendors coming in and selling their merchandise. This will be in the Activity Room.

The staff will be taking part in the Deck The Halls again this year.

We will be going out to see Christmas lights. Also we will be doing the 25 Days of Christmas.

We will be having our Staff Christmas Party here on the 14th of December in the Dining Room.

Be sure to check your calendars for all the special Holiday Activities.

Happy Holidays,  
Carline



We will be saying good bye to 2018 and bringing in 2019 on New Years Eve Day. Starting with a nice lunch with Entertainment by Dianne at 12:30 -1:30. We will be serving Champagne and Sparkling Cider. Be sure to come join in on this celebration.





## Health & Fitness by

Stop the spread of germs that make you and others sick!

# Cover your Cough



# Clean your Hands

after coughing or sneezing



The [flu vaccine](#) is the best way to protect yourself from the influenza virus. You should get one every year, unless you have a medical reason not to.

Flu season can begin as early as October and last as late as May. It's best to get the vaccine as soon as it becomes available each fall. But you can still get vaccinated in January or later. The flu shot becomes effective about 2 weeks after you get it.

Thank you residents that took part in our Flu clinic in September. Sponsored by CVS pharmacy. If you are feeling sick with a cold or flu, please let May our nurse or Med-Techs know and it is best to stay in your room to not spread it.

## Fitness Activities

### Fitness Class Get Fit With Zack

The class is instructed by Zack a personal trainer, He offers his class on **Wednesdays** at 1:30. The class will be in the Activity Room. The exercise class is about 30 minutes long.

### Chair Chi with Pat

Pat holds his class on Mondays at 1:45 in the Activity Room.

This class is for anyone you sit down and its slow movements and breathing.



## Spiritual Activities

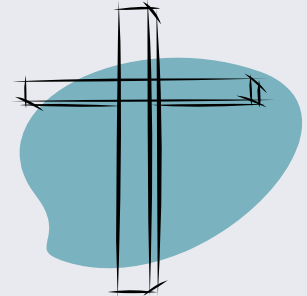
### Church Services at Pacifica

Saturday  
9:00 Communion

Monday at 6:00 Bible Class  
Located in The Activity Room.

If anyone is interested or knows someone that would like to come hold a bible class or prayer service and singing.

Please contact Carline.



We will be having Patriotic Music by Dianne in the Dining Room at 2:00 Refreshments will be served

### Pacifica Escondido Veterans

Arnold Zimmer  
James Norman  
Steve Poucher  
Neil Shuman  
Joe Lopez  
Calvin Readell  
Don Bandick  
Harry Smallwood  
Jerry Dorer



Henry Haddad  
Don Hamilton  
Joe Strauss  
Howard Asper  
Ed Malhiot  
Bing Ren  
Jerry Dorer



## *Management Team*

### **Executive Director**

Jackie Ayala

### **Business Office Manager**

Kristin Mulligan

### **Activity Director**

Carline Callaghan

### **Maintenance Director**

Eric Barnes

### **Resident Care Director**

May Vergara

### **Dining Service Director**

Tin Nguyen

### **Sales Director**

Amy Banaga

### **Memory Care Director**

Barbara Szymchack



## *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

ESCONDIDO

Assisted Living  
Memory Care

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Escondido, CA 92027  
(760) 741-3055  
License # 374603451*

*Welcome Home!*