

Pacifica Tidings



PACIFICA
SENIOR LIVING

SOUTH COAST
Assisted Living
Memory Care

**November -
December 2018**



A Note from the Executive Director

Once again the holidays are upon us as many Americans prepare for Thanksgiving. Perhaps the most popular holiday besides Christmas celebrated each year on the third Thursday of November. Not only people gather with friends and family over a scrumptious meal but also may have an opportunity to enjoy a rare four-day weekend as well. Let's not forget the following Friday, known as Black Friday, marking the traditional start of the Christmas shopping season!

This holiday season inspired me to recall one of my favorite poems. Only Emily Dickinson could open a poem with a line like "HOPE" is the thing with feathers'. Here is a great little poem: "Hope" is the thing with feathers'- That perches in the soul—And sings the tune with out the words— And never stops-at all— And the sweetest in the Gale is heard— And sore must be the storm— That could abash the little Bird— That kept so many warm— I've heard it in the chilliest land— And on the strangest Sea— Yet, never in Extremity— It asked a crumb of me. Emily takes an abstract feeling, in this case hope and compares it to something physical, visible, and tangible. Here, a singing bird. Hope reveals itself for Dickinson, sings its wordless tune and never stops: nothing can faze it. Indeed, hope does not communicate by speaking to us in a conventional sense: it is a feeling and not always a rational one. Rather, it cheers us even in times of despair. Indeed, hope is sweetest of all during troubled times, and is there for us. Most important of all hope never asks for anything from us in return. It provides comfort and solace but does not require anything back. Nevertheless, I believe hope is a powerful tool that helps override obstacles pushing forward in life!

Wishing you Happy Holidays from all of us here at Pacifica South Coast and a Happy New Year!

Mandy Taylor

Who am I?



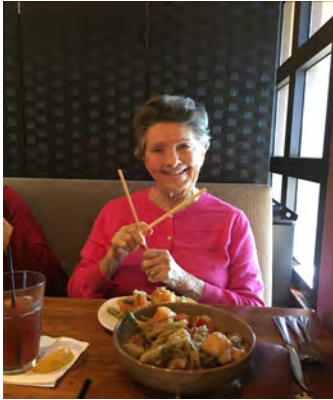
Welcome to Our Community



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
Exercise
Shopping / Luncheon on
Thursdays' & Happy Hour
Tuesdays'
Daily Morning Program On
Current Events
Daily Neighborhood Strolls



Special Recipes By Chef Alex

Pumpkin Dip Ingredients

1/2 cup pumpkin pie mix
1 large well cooked yam
1/3 cup of heavy cream
1 Tbsp butter
1 Tbsp Nutmeg
1 dozen butter cookies

Directions

Melt butter in large sauce
pan.
Add pumpkin pie mix, yam
& blend well.
Add heavy cream & nutmeg
and stir.
Bring to a boil then cool.
Put all in blender then chill
for 3 hours before serving
with your favorite cookie.

Enjoy!

Birthdays

Bruce, Bender	11/ 5
Pateimo, Robert	11/20
LaVeta, Neal	11/07
Bonnie, Leverich	11/13
Homer, Petersen	11/28

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)

Jack truly needs no introduction for he is known as the knight in shining armor among our residents here at Pacifica South Coast. How do I describe one with amazing compassion and ability to galvanize everyone that comes into contact with him. Our very own Jack was born in Virginia with loving parents and four siblings. He was the lead singer at his high school (Acapella), a great deal of passion for music and a dog lover! Soon after, (1954) Jack joined the Navy and was stationed on the USS Lexington, where he was the 'Med Tec' on board. He has two beautiful children and two grandchildren as well. Jack claims to be a very lucky man who has traveled the world. His favorite place is St. Petersburg, Russia! Moreover, according to our residents there is never a dull moment around Jack. He loves playing cards such as poker, blackjack, and a master at cribbage.

He has donated well over 100 music CD's to our community. His generosity and passion for music is vast . Tony Bennet, Frank Sinatra, Barry Manilow are among his many favorites. As a successful finance expert his contributions have touched both the private sector and well as the automotive industry. Jack is an outstanding addition to our community. We adore you Jack!



Management Team

Mandy Taylor

Executive Director

Gerardo Garibay

Business Office Manager

Tammy Pich

Community Relations
Director

Neil Chandra

Resident Services Director

Suzan Pouretzadi

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!*



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*2619 Orange Avenue
Costa Mesa, CA 92627
(949) 515-0121*

*PacificaSouthCoast.com
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Welcome Home!