

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
OXNARD  
Assisted Living  
Memory Care

**November-December  
2018**



## *A Note from the Executive Director*

Dear Residents,

With the Hill and Woolsey Fires being contained at this time, I wanted take this opportunity to first of all say Thank you to all of our first responders in our community for helping maintain our safety and security.

Events such as these serve as a good reminder for us all to practice our safety procedures and be prepared. We were ready and prepared to evacuate at any time. I had contacted local area properties and had all of the arrangements made to have all residents, medications and important documents transferred in a moments notice. We are fortunate not to have had to evacuate this

time, but we will always be prepared. Our thoughts and prayers are with those who were not so lucky.

We had several staff members and family members who did have to evacuate and we are here for them anyway we possibly can be.

We actually had an American Red Cross meeting scheduled for our residents and staff this month, but they postponed it in order to assist those in need. We will reschedule this meeting and hope to see you all in attendance so they can inform you their thoughts on Emergency Preparedness. Again Thank you to those who risk their lives to assist our lives!

Ken Mahler

## *Who am I?*



## *Welcome to Our Community*

**Maureen F.  
Emma E.  
Jack E.**



## *Special Events & Memorable Moments*



## Health & Fitness by

*Kristina Duda, RN*

December celebrates National Handwashing Awareness Week! Here are 6 steps on how to properly wash your hands:

1. **Turn on the water.** Clean, running water is more important than temperature. Turn on the water and get your hands wet.
2. **Lather up.** Soap is important. It helps lift the germs and microbes off your skin while you wash your hands and makes the whole process more effective.
3. **Scrub for at least 20 seconds.** Most people don't scrub their hands nearly long enough. Twenty seconds doesn't sound like a long time but it is *much* longer than you would imagine.
4. **Rinse the soap away.** Rinsing is ultimately how you get the germs off of your hands, so it's really the most important step.
5. **Dry your hands.** Finally, we come to drying. Whether you use a paper towel, air dryer or cloth hand towel, dry your hands completely.
6. **Turn off the water.** This could really be step 1.2 instead of step 6. If you want to save water, go ahead and turn the water off after you get your hands wet and then on and off again when you need to rinse them.

## Birthdays

### RESIDENTS

Amber N.  
December 07  
Dale H.  
December 08

### STAFF

Jhun T.  
December 02  
William F.  
December 03  
Maria G.  
December 03  
Maria V.  
December 04  
Benniefredo S. II  
December 18  
Dulce L.  
December 24  
Candice C.  
December 27

## Spiritual Activities

### Friday Bible Study

11:00 AM— First Friday  
(Mel Bova)

3:00 PM— Third 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)*

Vince and Barbara P.

Vince and Barbara met in Norfolk, Virginia when they were both in the Navy. One day Vince's friend introduced him to some of the WAVES on board. One of them was Barbara. Almost immediately Vince told his friend "That one's mine." It was love at first sight. Since they were both working, most of their dates were during twilight. Hence, their favorite song is Twilight time.

After six months of dating, Vince proposed and Barbara happily accepted. They both got out of the Navy and moved to Cleveland, where Vince worked as a Police officer and Barbara as a kindergarten teacher.

Vince and Barbara recently celebrated their 60th wedding anniversary. They said that the secret to marriage was give and take. You can't always demand stuff, you have to give it too. After decades together, four children, six grandchildren, and 1 great-grandchild, they are still madly in love with each other. That's their greatest accomplishment in life.

## *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.*



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**SENIOR LIVING**

**OXNARD**

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Memory Care

**2211 E. Gonzales Road**  
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**License # 565802425**  
***www.PacificaOxnard.com***

*Welcome Home!*