

# Pacifica Tidings

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

**December 2018-  
January 2019**



## *A Note from the Executive Director*



**Wishing you all Happy Holidays and a Healthy New Year from  
your Pacifica Senior Living Oxnard team!**

## *Who am I?*



## *Welcome to Our Community*

Eddy M.  
Jim F.  
Barbara W.  
Tom W.  
Jackie F.  
Kenneth M.  
Isabel M.

## Special Events & Memorable Moments



### EMPLOYEE OF THE MONTH



Maria V. has been with us for months and she works in the dining service department. The residents are her favorite thing about working at Pacifica Oxnard! They brighten up her day. Maria has been married for five years and she has a son and a daughter. On her days off, she loves staying at home with her kids, cooking, and visiting the park. Maria also loves the convenience of having a Gym close to the community, because she works out all the time. We're proud to have such a fun and caring employee. Congratulations Maria V.!

## *Health & Fitness by*

*Zahra Barnes*

Here are a few Healthy New Year's Resolution Ideas you should try:

1. **Get at least seven hours of sleep a night.** Seriously. The National Sleep Foundation recommends seven to nine hours of shut-eye a night for adults, but according to the most recent data available, Americans aren't hitting the mark.
2. **Eat every two to three hours.** Skipping meals is not a good idea, whether it's on purpose to "save calories" for a big dinner or because you had some last-minute meeting prep that made the idea of lunch laughable. Pepper healthy meals and snacks throughout your day at the appropriate intervals.
3. **Drink enough water.** Although that eight cups a day thing isn't true for everyone, staying hydrated is essential.
4. **Find an outlet for your stress.** Seek an outlet for your stress that you can rely upon when things are spiraling out of control, like talking things out with a trusted friend or unfurling that yoga mat for some meditation.

## *Birthdays*

### RESIDENTS

Herbert J.  
January 03  
Consuelo B.  
January 08  
Marilyn H.  
January 22  
Barbara S.  
January 27

### STAFF

Ken M.  
January 29



## *Spiritual Activities*

### **Friday Bible Study**

11:00 AM– Third Friday  
(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**

10:30-Every Sunday  
(Cynthia)

## *Who Am I?*

*(answer)*

David S.

David was born in Pasadena, CA. He moved to New Mexico to attend the University of Albuquerque, but his education was interrupted when he was called to action for the Korean war from the Air force reserve corps to active military status. He left the military when the war ended and worked at Douglas Aircraft on the Space Rocket program.

Barbara, David's wife, was enchanted with his laugh when she first heard it from afar. She knew she had to meet him. She immediately asked him out on a date and they married six months later. They are both still happily married after 54 years. Together they have two children, one grandchild, and great grandkids.

David loves exercising and walking around in the community. He is also a major supporter of the LA Dodgers. He is a great and kind man! We're honored to have him 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.*



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**SENIOR LIVING**

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*2211 E. Gonzales Road  
Oxnard, CA 93036  
(805) 983-6808  
License # 565802425  
[www.PacificaOxnard.com](http://www.PacificaOxnard.com)*

*Welcome Home!*