

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING

SANTA FE  
Assisted Living  
Memory Care

January 2019



## *A Note from the Executive Director*

*Happy New Year to one and all!* I've been thinking about New Year's Resolutions, and it's important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time to reflect on past year's behavior and move towards making positive changes. Set small, attainable goals throughout the year, instead of a singular, overwhelming one. The APA offers these tips when thinking about a resolution:

- Start small - Make resolutions that are obtainable. For example, your aim is to exercise more, schedule three or four days a week at the gym instead of seven

- Change one behavior at a time-Unhealthy behaviors develop over time. Replacing unhealthy behaviors with healthy ones requires time

- Share your experiences - Having someone to share your struggles and successes with makes your journey easier.

- Don't beat yourself up - Perfection is unattainable. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

It is not the extent of the change that matters, but the act of recognizing that lifestyle change is important and working toward it, one step at a time. By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life.

Tommy Aragon, Executive Director, RN

## *Who am I?*



## *Welcome to Our Community*

Loren P.

## *Special Events & Memorable Moments*



### **SPICY DAYS AND SALSA NIGHTS**

Friday, January 11th

4:30 pm - 6:30 pm

Join us for a salsa tasting contest and salsa dancing!

### *NAMASTE ROOM*

We are so excited about our Namaste Room in Memory Care! Residents can spend some peaceful time with their friends and family getting a hand massage or simply winding down. This room has comfortable reclining chairs, candles, pillows and blankets to create a calm environment.



*Sweet memories are made of these...*

*Thank you to our Pacifica family and friends for being a part of our beautiful community*



## Health and Fitness

### Dance Party

Everyday at 9:30 am and 3:00 pm  
in Memory Care

### Dancersize with Ricky

Every Tuesday at 3:30pm and  
Thursday at 1:30pm

### Exercise Everyday!

### Soup is On!

It is National Soup Month - here is our  
chief's top choice.

### Loaded Potato Soup

#### INGREDIENTS:

- 4 cups peeled & diced potatoes
- 1 small onion, chopped
- 3 cups chicken broth
- 4 tablespoons butter
- ¼ cup flour
- ¼ cup sour cream
- 1½ cup heavy cream
- Optional toppings: Bacon, cheddar cheese, green onions

Add potatoes, onions and chicken broth to a slow cooker. Cook until potatoes are tender.

About 30 minutes before it is done, melt butter in a saucepan. Whisk in flour and cook until bubbly.

Slowly add heavy cream and sour cream. The mixture should be thick. Continue to cook for 20-30 minutes. Add toppings. Enjoy!

### JESSIE'S SALON

LOCATED ON  
THE 2ND FLOOR

9am—4pm

Wednesday-Friday

Cell: 505-699-0392 or  
505-438-8464 Ext. 405



## Upcoming Outings

January 1st - Lunch Outing  
January 4th - International Folk Art Museum  
January 8th - Shopping  
January 11th - Coffee and Tea  
January 15th - Museum of Indian Art and Culture  
January 18th - Scenic Drive  
January 22nd - Shopping  
January 25th - Cathedral Basilica of St. Francis  
January 29th - Lunch

We will depart for all outings at  
**10:30 am** in the Main Lobby

## Spiritual Activities

### 2nd & 4th Monday

**Father Duncan**

10:00 am

Communion Services

### 1st & 3rd Tuesday

**Father Duncan**

2:00 - 3:00 pm

Room Visits & Rosary

### Friday

**Father Earl**

11:00 am

Catholic Communion Services

### Sunday

**Linde**

10:30 am

Catholic Communion

### Sunday

**Deacon Gary**

4:00pm

Teaching



## Who Am I?

(answer)

My name is Paul. I am one of four brothers- each have served in the army, navy and air force. I served in the Navy for 3 years, 5 months and 21 days outside of San Francisco.

## Marshmallows by the Millions

Dean Martin's *Marshmallows by the Millions* is an ode to this sweet and fluffy confection. Whether as a topping for hot Cocoa or sandwiched in a s'more, it is the perfect treat, and was once reserved for gods and royalty.





## *Management Team*

Tommy Aragon  
Executive Director

David Pacheco  
Memory Care Director

Martha Smith  
Dining Services Director

Marta Chavez  
Community Relations Director

Edna Montoya  
Resident Care Director

Anna Harland  
Activities Director

Seferina Post  
Business Office Manager

Daniel Roybal  
Environmental Services 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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*2961 Galisteo Road  
Santa Fe, NM 87505  
(505) 438-8464*

*Welcome Home!*