

Pacifica Tidings


PACIFICA
SENIOR LIVING
OXNARD
Assisted Living
Memory Care

**January-February
2019**



A Note from the Executive Director

Congratulations to two of our Pacifica staff members for tying the knot!

They met at work and kept their relationship private for a while. After months of dating, they finally decided on taking that next step down the aisle and we couldn't be happier for them!

Wishing that you always find joy, peace and support in each other. This wonderful occasion marks the beginning of your incredible lives together.

From all of us here at Pacifica Oxnard, we wish the both of you

a prosperous life together, filled with happy memories!

Here's to Amanda S. and Jessie!



Who am I?



Welcome to Our Community

Leo C.
Monica M.
Josephine P.
Clay P.
Betty A.
Marjorie R.
Edward V.

Special Events & Memorable Moments



Health & Fitness by

Amanda MacMillan

February is Heart Month!
Let's all take a moment and
read these 5 helpful steps to
a healthier heart:

1. Aim for lucky number seven. In one study, young and middle-age adults who slept 7 hours a night had less calcium in their arteries than those who slept 5 hours or less or those who slept 9 hours or more.

2. Keep the pressure off. Cut back on salt, limit alcohol to no more than one to two drinks a day, favor healthy eating habits, manage your stress, and work out. These changes are often enough to bring your blood pressure back down into the normal range.

3. Slash saturated fats. To help your heart's arteries, cut down on saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

4. Move more. To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. That includes any activity that gets you moving around and breaking a slight sweat.

5. Do more of what you love. Talk, laugh, confide, and enjoy your time with others. It's good for your emotional health and your heart.

Birthdays

RESIDENTS

Monica M.— Feb 02
Isabel M.— Feb 08

STAFF

Ira Mae N.— Feb 01
Ela J.— Feb 02
Jessi C.— Feb 09
Onjale B.— Feb 12
Ronaldo M.— Feb 12
Destiny M.— Feb 12
Denise L.— Feb 19
Maria C.— Feb 25
Christina S.— Feb 28



Spiritual Activities

Friday Bible Study

11:00 AM— First and Third
Fridays
(Mel Bova)

3:00 PM— Second and
Fourth Fridays
(Dennis Diaz)

Communion
Every Saturday at 11:30

Sunday Mass
Every Sunday at 3 PM

Sunday Bible Study

10:30-Every Sunday
(Cynthia)

Who Am I?

(answer)

Kenneth and Charlotte G.

Kenneth and Charlotte were both born in Southern California. They were classmates in High School and bonded through physics class. He played football while she played piano in a local church.

At first, Kenneth didn't know how to talk to Charlotte, since her family had a great reputation at their community. She was also very prim and proper. He finally got to know her better when they attended the same college and they immediately started dating afterwards.

Instead of waiting to be drafted when the Korean War started, Kenneth decided to enlist in the Navy. He served four years and they tied the knot while he was still in service. They have five kids together, who all grew up to be successful in their life endeavors. They are very proud of their kids.

Kenneth and Charlotte have managed to keep the romance alive even after so many years. They can't wait to celebrate another Valentine's Day together!

Management Team

KEN MAHLER
Executive Director

CYNTHIA GARCIA
Business Office Manager

ERIKA MILLER
Resident Care Director

AMANDA SENDER
Sales Director

RONALDO MAKALINAW
Maintenance Director

JOSE HURTADO
Dining Services Director

ELA JULIANO
Activities Director

ALYSSA CESARIO
Memory Care 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

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Welcome Home!