

# Pacifica Tidings



**February-March  
2019**



## *A Note from the Executive Director*

We are happy to welcome Susan Onofrey to Pacifica Senior Living Oxnard.

Susan joins us as our new Activity Director here. She is local to this area and excited to join our team.

Some of you have already met her and I hope that you all will help us welcome her to PSL Oxnard.

## *Who am I?*



## *Welcome to Our Community*

Theodore Z.  
Sarah F  
Deanna P

## *Special Events & Memorable Moments*



## **EMPLOYEE OF THE MONTH**



Destiny M. has been with Pacifica Oxnard since we opened. She works in the memory care department as a caregiver and loves her job very much. She enjoys caring for and socializing with the residents. Destiny M. has been with her boyfriend for ten years and they have a son together. She's very fond of fishing and going to the beach. In her spare time, Destiny M. and her boyfriend go to different restaurants. She is a dedicated and enthusiastic employee. Everyone in the community adores her!

## *Health & Fitness by*

*Rachel Nall*

March is Red Cross Month. Here are 4 advantages of donating blood:

**1. Reduces iron levels.** Iron is a mineral that the body needs to produce red blood cells. However, too much iron can be harmful to a person's health. It can deposit into different organs of the body, such as the liver and heart, and affect the way those organs function.

**2. Identifies adverse health effects.** Each person who donates blood completes a simply physical examination and short blood test before giving blood. As a result, it is possible that a person could identify unknown health concerns as a part of the blood donation process.

**3. Helps people feel good about themselves.** Donating blood has the power to impact up to three people who need the blood to survive.

**4. Burns calories.** Donating blood burns up to 650 calories per donation, according to the St. Mary's Medical Center, Blue Springs, MO. While giving blood should not be an alternative to exercise, the calories burned might be seen as of occasional benefit by some.

## *Birthdays*

### RESIDENTS

Fidel N.  
March 3  
Amy T.  
March 7  
William B.  
March 12  
Mary S.  
March 15  
Kenneth M.  
March 24  
Betty A.  
March 24

### STAFF

Maria Z.  
March 15  
Erika M.  
March 24

## *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)*

Kosta D.

Kosta was born in Torrance, CA. He served in the army for two years during the Korean war as part of counter intelligence. When he left the army, he continued his college education and then took over his father's cut flower business. After that, Kosta moved on to the potted plant business and then officially retired.

Kosta has been married three times. The first marriage lasted for 19 years. They had five children together. The second marriage lasted for another 19 years before they went their separate ways. The third marriage endured for 16 years before his wife passed away. Kosta has 8 grandchildren and 1 great grandson.

Reading the newspaper, fishing, and playing golf are some of Kosta's hobbies. He is currently a member of Pacifica Oxnard's resident council committee and he loves helping out other people. He has made a lot of friends since he moved in!

## *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

**SUSAN ONOFREY**  
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.*



**PACIFICA**  
**SENIOR LIVING**

**OXNARD**

Assisted Living  
Memory Care

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*Welcome Home!*