

Pacifica Tidings



**March-April
2019**



A Note from the Executive Director

Spring is in the air! Baseball season; trees and bushes grow new leaves; longer and warmer days.

Just as spring brings new life, we hope that here at Pacifica Senior Living Oxnard we can show you what it is to be alive!

Our wonderful Activity Programs excite and stimulate our residents on a daily basis. From the breathtaking Tatiana and her ever changing wardrobe during her Broadway style performances to the daily stretching programs that allow our residents to feel young at heart; we strive to enrich, stimulate and "spring" forward with a sense of purpose and meaning in our lives.

So let's enjoy the weather together and find the love in our hearts as we all make a difference in each others lives.

Ken Mahler
Executive Director

Who am I?

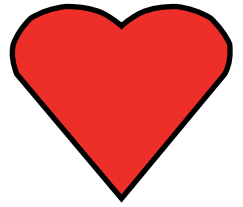


Welcome to Our Community

Eleonor W
George M
Joan P
Betty C
Ann R
Paul S

Special Events & Memorable Moments

Love was in the air..



Gathering with friends for our Beach Ball Trivia & Men's Poker Game!



Enjoying a fun days of Pampering!

EMPLOYEE OF THE MONTH

Bertha has been with Pacifica for 6 months. She works tirelessly maintaining the cleanliness of the property and residents apartments. She always has a smile and cheerful attitude.

Bertha has been married for 28 years to her high school sweetheart and they have 3 beautiful children! However, Lola the family dog has stolen her heart. She loves to vacation, take long walks on the beach, and getting her nails done, but above all spending time with the family. We are so grateful to have such a dedicated team member here at Pacifica Oxnard.

Thank Bertha we love you!!



Health & Fitness by

April is Stress Awareness Month!

5 Ways to De-stress

Stay positive. Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase “good” HDL cholesterol.

Meditate. This practice of inward-focused thought and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure. Meditation’s close relatives, yoga and prayer, can also relax the mind and body.

Exercise. Every time you are physically active, whether you take a walk or play tennis, your body releases mood-boosting chemicals called endorphins. Exercising not only melts away stress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.

Unplug. It’s impossible to escape stress when it follows you everywhere. Cut the cord. Avoid emails and TV news. Take time each day — even if it’s for just 10 or 15 minutes — to escape from the world.

Find ways to take the edge off your stress. Simple things, like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in life.

Birthdays

RESIDENTS

Gloria N April 1
Jodena J April 1
James F April 1
Mary F April 9
Gretchen S April 11
Betty R April 12
Carol B April 21

STAFF

Leoniza M April 1
Alejandra E April 9
Jissel J April 14
Lilia S April 18
Susan O April 19
Brittnay C April 25
Lailani F April 25

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)

Monica M

Monica is from Santiago Chili . Her father was from Holland and mother born in Chili, where they met, married and went on to have 4 children. Monica had a wonderful childhood and at the age of 12 became very involved in Track & Field. Her areas of focus were the Javelin, Discus and Shotput. She earned the Central & South America Championship Title in the Javelin division.

Monica went on to University of Chili earning her teaching degree specializing in PE.

While still in college she married her true love after just 1 month of dating. He was tall dark and handsome. She went on to teach PE and worked with special needs children for 10 years in Chili before moving to the United States in 1964 with her husband and 2 daughters Claudia and Katty. She continued to teach in the United States at Port Hueneme & Rio Mesa High Schools until recently retiring at the age of 75. Monica was married to her soulmate for 53 amazing years. She loves to exercise, read and enjoys a good movie but most of all spend time with her beautiful daughters & family speaking in Spanish!

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!