

Pacifica Tidings



May
2019



A Note from the Executive Director

Dear Belleair Family,

I came across this beautiful poem and I wanted to share some excerpts with you.

'I Understand'

How difficult it must be for you,
To watch me become less of the person you once knew.
My body is here, but my mind is not.
The things we once shared, I may have forgot.
I will not act or behave like the person I once was.
But please remember, it's not something I have control of.
There will be some rough days, with teary eyes and hearts of blue.
But let the love of so many years carry us through.

May this reach the person who needs to read this. Please know you are not alone and we are here for you always. Join us for our Dementia support group hosted by Empath, the first Wednesday of every month at 3pm with refreshments.

Thank you for allowing us the privilege to serve your loved ones!
Tina Savoia
Executive Director

Who am I?

- Was Born in Warren, PA
- Father was a Shoe Maker
- 2 Sons
- School Principal and football coach for 37 years
- Favorite foods are cheeseburgers, fries and Italian
- Has a very close family
- Loves golf
- Enjoys joking around and has many life long friends



Welcome to Our Community

- John C.
- Simone M.
- Noel A.
- Joan M.
- Wanda K.
- Irene P.



Special Events & Memorable Moments



Health & Fitness by

- Always look on the bright side: being an optimist can help you live longer.
- Laughing is good for the heart and can increase blood flow by 20 percent.
- Exercise will give you more energy, even when you're tired.
- Learning a new language or playing a musical instrument gives your brain a boost.
- Feeling stressed? Read. Getting lost in a book can lower levels of cortisol, or other unhealthy stress hormones, by 67 percent.

Hope this helps!

Lisa Cappello
Activities Director

A big shout out to Kelsey, Publix Manager on West bay and Clearwater Largo Road for donating 5 bags of candy and being so kind to us when we visit every other week. Your staff is always helpful and sweet to our residents, and we love to visit.



Birthdays

Nellie H.	05/07
Carroll C.	05/29
Edward N.	05/31
Simone M.	05/07

Thank you Michael Knappenberger, Our Director of Maintenance for saving a mother cat and her two kittens from the attic in Cottage 1.



Spiritual Activities

Alzheimer Support Group
Hosted by Hospice
1st Wednesday of every month at 3:00pm

Restoration Ministries every Friday at 1:30pm

Bible Study with Elizabeth every other Wednesday at 2:00pm

Holy Communion weekly Tuesday or Thursday
St. Cecelia Catholic Church

Gospel Singers every other Friday at 10:30am

Bible Study with Bob Every 2nd Thursday of the Month at 1:30

Who Am I? (answer)



Management Team

Executive Director

Tina Savoia

Business Office Manager

Julian McDuffie

Director of Nursing

Eunice Clarke

Resident Activities Director

Lisa Cappello

Community Relations Director

Kathleen Nishimura

Maintenance Director

Michael Knappenberger

Food Services Director

Chef Marcell Miles



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

BELLEAIR

Memory Care

*620 Belleair Road
Clearwater, FL 33756
(727) 467-9464
Lic.# 9666*

Welcome Home!