

Pacifica Tidings



PACIFICA
SENIOR LIVING

STERLING
Independent Living
Assisted Living

**November
2021**



A Note from the Executive Director

It's hard to believe that it is November.....

November is a month of giving Thanks. All of us have so many things to be thankful for. I am thankful for my opportunity to be a part of the Pacifica family and to work with an AMAZING team, my children, grandson, friends, family and my cats. What are you thankful for? We will be having our Thanksgiving celebration on Thanksgiving Day for the residents.

Pacifica Sterling will be hosting a food drive for a needy senior/ family in the area. We will be accepting donations of non-perishable foods until November 22nd.

Respectfully,

Shelly Wells



Who am I?

- I was born in November.
- Former Prime Minister of the United Kingdom.
- I attended the Royal Military College and joined the British Cavalry upon graduation.
- While in the military, I worked as a newspaper correspondent.
- I was elected as Prime Minister of England on May 10th 1940.
Check Page 7 for answer

Welcome to Our Community

I would like to take this opportunity to introduce Karla Feliciano, our new Sales Director. Karla comes to us with over 20 years of Sales & Hospitality experience. She is very creative and is an artist; loves to paint. She has 2 children, Lara is 11 years old and Isabella is 16 years old. Karla enjoys meeting new people, please stop by her office to say hi.



Activities & Special Events



Baking/Cooking Activities
10/17 and 10/22



Special Socials

- ◆ Cheese and Cracker Social.
- ◆ Snack Time Social.
- ◆ Coffee/Tea and Cookies Social
- ◆ Monthly Birthday Social.
- ◆ Happy Hour 1st and 3rd Friday of the Month.



Appearing this Month!

- Nashville Standard — Thursday the 11th at 3 PM
- Joy's Boutique — Monday the 15th from 10:30 AM to 4:30 PM.
- Crooners of the 60's w/ Audrey Harris — Saturday the 27th at 3:00 PM

See You There!

Memorable Moments



Birthdays

- Jacqueline Mitchell
11/6
- Helen Spencer 11/10
- Edith Willis 11/26

November Zodiacs

Scorpio (Scorpion)
11/1-11/21

Sagittarius (Bow and
Arrow) 11/22-11/30

We will be celebrating all of our November birthdays on the last day of November. Tuesday November 30th at 3:00 PM we will have a birthday social to celebrate all who were born in the month of November. All staff are encouraged to come grab some food, drinks, and celebrate with the residents. Enjoy!



A Note from the Activities Director

We have some fantastic activities planned for November. The first week of November we will have a trip through the Blue Ridge Mountains to check out the fall colors. Joy's Boutique will make an appearance on the 15th. You can buy jewelry at the boutique among many other fun items. There are three socials planned throughout the month and we also have an exciting baking activity planned. On the 22nd we will be making cookies! Of course, the next day we have to have a social in which we gather to eat those cookies and have some coffee/tea.

In the lobby there is a giant calendar which displays the entire month's activity schedule. Be sure to come check out all the activities Pacifica has to offer and if you have any questions, just ask! Suggestions are also welcome.

- Tyler

Employee of The Month September

Congratulations Ensa!!



Management Team

Executive Director
-Shelly Wells

Business Office Manager
-Cindy Hamilton

Sales Director
-Karla Feliciano

Residents Service Director
-Christiana Antwi

Maintenance Director
-Morris Fofanah

Chef/Dietary
-Jessy Ford

Activities Director
-Tyler Phaneuf



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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Welcome Home!