

Pacifica Tidings


PACIFICA
SENIOR LIVING
BELLEAIR
Memory Care

**May/June
2021**



A Note from the Executive Director

Dear friends, resident, family members and staff,

With Spring comes many changes and one of the many things that are changing here at Pacifica Belleair is staff! Many new faces including our Executive Director. Beth Bradley is now our New ED and we must make sure to welcome her with warm Pacifica arms! Some old faces have returned like Anna Baker who we are excited to see back! We have a new Community Relations Director, Cintia Lopes De Alencar! So we are looking forward to a busy summer with new residents

moving in and lots of new activities to come! Be sure to join us for our Mother's Day Tea Party on Friday, May 7th!

As always we just want to take the time to thank our community for the many donations that have taken place the last few months. It really has brought so much joy to our residents hearts and souls! Thank you to our staff, family members and everyone involved here at Pacifica Belleair. Each and everyone of you help make a difference.

Who am I?

I was an American writer, poet, critic and editor best known for evocative short stories and poems that captured the imagination and interest of readers around the world. My imaginative storytelling and tales of mystery and horror gave birth to the modern detective story you all know and love today.

Welcome to Our Community

**Jacquelyn
Diener!**

Special Events & Memorable Moments

March & April at Pacifica Belleair



March Birthday Celebration!



Our hair salon is up and running again!

Random Flower's of Kindness!



Local florist donated every single one of our staff and residents a beautiful bouquets of flowers and it brought them joy!



Health & Fitness by

Tips for a Healthy Summer

- **Grab seasonal fruits and vegetables.** These days most vegetables and fruits are available all-year round; however, consuming seasonal foods have their own charm and health benefits.
- **Keep yourself hydrated.** Drinking water is extremely important as it help rehydrate your body and helps it function better. Make sure you gulp down 8-10 glasses of water and ensure a well hydrated body.
- **Downsize your meal.** It takes longer for the stomach to digest food plus the hot weather does not allow you to load up on too many foods.
- **Eat more cooling foods** Load up on more body cooling foods and more hydrating foods that will help your keep going in this heat.

Birthdays

- Simone Miller - 5/7
- William Miller - 5/20
- Henry Chapman - 5/28
- Cathy Del Brocco - 5/31
- Marie Howells - 6/7
- Rosemarie Desforges - 6/18
- Warner Sullivan - 6/30

Our Birthday Bash will be
the fourth Wednesday every

month at 2 p.m.

We look forward to
celebrating with you!

Spiritual Activities

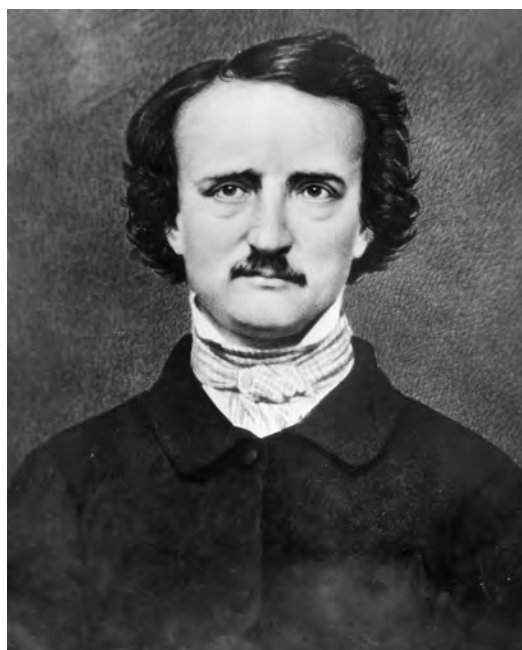
- Sundays there will be Praise and Worship available in each cottage via virtual services.
- Residents are welcome to have a personal bible study as well either in small groups or individually in each cottage on Sundays.
- Communion will be held every Thursday at 3 p.m. in the community hall.

“ He who heeds the word
wisely will find good, and
whoever trusts in the LORD,
happy is he. ”

~ **Proverbs 16:20**

Who Am I?
(answer)

I am Edger Allen Poe



Management Team

Executive Director

Beth Bradley

Business Office Manager

Ashley Janczak

Activities Director

Tammi Rix

Community Relations Director

Cintia Lopes De Alencar

Maintenance Director

Michael Knappenberger

Food Services Director

Marcellus Miles

Director of Nursing

Pasha Pittman



*Pacifica Senior Living is committed to
supporting our communities,
residents, and the families we serve.*

*We strive to create a lifestyle of
independence, security, and peace of mind.*

*It is through our dedicated and caring
team members that our culture is
exemplified in service, accountability,
teamwork and compassion.*

*The right choice. The right time.
Welcome Home!*



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Lic.# 9666*

Welcome Home!