

Pacifica Tidings


PACIFICA
SENIOR LIVING

OCEANSIDE
Assisted Living
Memory Care

**May
2021**



A Note from the Executive Director



Firstly, I'd like to send my love and well wishes to all the amazing mothers in our community. We are blessed and honored that you are a part of the Pacifica family! We have many fantastic events planned this month, including an intimate Mother's Day Afternoon Tea on May 7th and a special Mother's Day Brunch on May 8th.

As we move safely into the next phase of reopening, we're excited to announce that shopping trips and outdoor recreational outings are back on! Please refer to the calendar for dates and times regarding shopping drives and outdoor outings.

As we head out into the community, please remember that we must still take all necessary precautions to continue maintaining our community safe.

On another fun note, spirit week will also be back again beginning the week of May 3rd. We encourage both staff and residents to join in the festivities.

As always, a huge thank you to our residents and families for your continued patience and support. And to our staff, we appreciate your hard work and dedication!

Sincerely, Jackie Banks

Who am I?

- ◆ I was born in Redfield, Arkansas
- ◆ I joined the Marine Corps right after high school.
- ◆ I served In Vietnam, Guam, among many other places around the world.
- ◆ I love to read! You will always find me with a good book in hand.
- ◆ I'm also a lover of good cinema! Some of my favorite films are Casablanca, Stagecoach, and The Gods Must Be Crazy.
- ◆ My first wife and I owned a very successful cleaning business for 15 years!

Welcome to Our Community

New Residents

Lene O.

Keith H.

Jerry S.

Gregory S.

Sylvia Z.



Special Events & Memorable Moments



Sir Peter Cottontail brought the fun to our Easter happy hour! So many of our residents couldn't wait to cuddle up and get a fun snapshot!



Everyone had a fantastic time at the Easter brunch. The Atmosphere was great and the food was delicious!

Employee of The Month

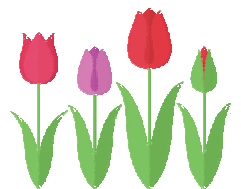
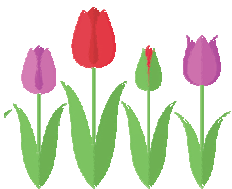


Congratulations!
Marisabel Mejia
Maintenance Assistant



Spring Wreath Season is here! All the ladies had a lovely time creating these beautiful wreaths to add to their spring décor!

Legacies Highlights



Art is therapy for the soul! Our Legacies residents love Art with Suzanna!



Scenic drive Sundays are the best!



Nancy loves the Legacies Garden!



Bobbi, Rosemarie & Jack had a great time at the Easter party and even got a fun picture!

Health & Fitness by

Exercise Schedule

Monday

Get Fit With Garrett

Tuesday

Stand & Be Fit

Wednesday

Low Impact Cardio

Friday

Strength & Balance

Saturday

Chair Yoga & Flexibility

All classes are held in the activity room at 10:30 AM

This month we promote awareness about how to recognize the signs of a stroke. National Stroke Awareness Month is a campaign put on by the National Stroke Association.

It is very important to know the signs for a stroke as early detection makes treatment far easier and damage is less likely to be permanent. To identify a stroke remember the acronym FAST

F - Face Drooping. Does one side of the face droop or is it numb?

A - Arm Weakness. Is one arm weak or numb?

S - Speech. Is speech slurred?

T - Time to Call 9-1-1. If someone shows any of these symptoms, even if the symptoms go away, call 9--1 and get to a hospital immediately.

Birthdays

Resident Birthdays

Marilyn D. 5/1

Dorothy B. 5/1

Johanna P. 5/24

Lorna J. 5/24

Peg K. 5/27

Raymond J. 5/28

Employee Birthdays

Samantha A. 5/1

Sabrina M. 5/19

Theresa C. 5/21

Spiritual Activities

Weekly Devotional every Thursday at 10:30 AM in the Theater.

Church livestream every Sunday at 10:30 AM in the Theater.

Due to the COVID-19 virus, the weekly devotional and church outings are postponed until further notice.

Who Am I? (answer)

Alfred C.



Management Team

Jackie Banks
Executive Director

Zayra Carrasco
Business Office Manager

Ryan Coffey
Food Service Director

Cassandra Mitchell
Community Relations Director

Lisa Orr, LVN
Resident Services Director

Michelle Castro
Memory Care Director

Jesse Beas
Maintenance Director

Jiovani Anderson-Diaz
Activity 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.*

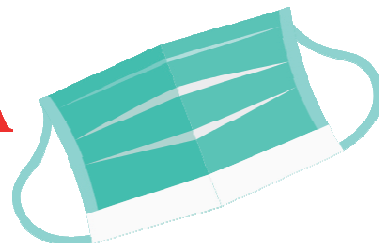
*We do what we love and
what we truly believe in –
providing compassionate, personalized
care services with dignity and respect.*

*Our dedicated, professional team supports
each resident and goes above and beyond
to help them feel at home.*




PACIFICA
SENIOR LIVING
OCEANSIDE
Assisted Living
Memory Care

PLEASE WEAR A MASK



PROTECT YOURSELF & OTHERS

*5508 Avenida Pacifica Way
Oceanside, CA 92057
760.573.8600
License #374604300
PacificaSeniorLivingOceanside.com*

In Memory

Ann White

Mae Stevens

Welcome Home!