

# Pacifica Tidings



**TAMPA  
GARDENS**  
SENIOR LIVING

**May/June  
2022**



## *A Note from the Executive Director*

Dear Friends, residents, family members and staff,

As the promise of summer comes with Florida's unusually warm weather really starts to take shape. The flowers (and pollen) have all bloomed and so has our community. With all the construction it maybe hard to see but our building is coming together nicely.

Tampa Gardens will be hosting an open house June 15th! Mark your calendars!

I would just like to thank everyone for their time and patience through this processes a beautiful garden can not grow with out a lot of help! Please remember to check out our Facebook page for more photos and events happening here at Tampa Gardens!

**Latrina Garrett  
Executive Director**

## *Who am I?*

I was born outside Boston in Brookline, Massachusetts on May 29, 1917. When I was 10 years old my family moved to Riverdale a neighborhood of New York City. In High school my brother and I exploded a toilet seat with a powerful firecracker. I became an American politician who served as the 35th president of the United States from 1961 until my assassination near the end of my third year in office.

Answer on the inside...

## *Welcome to Our Community*

**Carol C.  
Anne V.  
Molly L.**

## *Special Events & Memorable Moments*

### Happy St. Patrick's Day!



### Happy Easter!



Cooking demos, live bands,  
word games, painting and  
many more outings are posted  
directly on our Tampa Gardens  
Senior Living Facebook!



### Carrollwood Cultural Center!



## *Health & Fitness by*

### **How to have a healthy and happy summer!**

1. Exercise in the morning or evening, when it's likely to be cooler outdoors. If possible, exercise in shady areas. If it's too hot to go out, work out at the gym, or walk laps or climb stairs inside an air-conditioned building.
2. **Drink plenty of water.** Don't wait until you're thirsty. Help your body sweat and cool down by drinking water frequently.
3. Wear lightweight, light-colored, loose-fitting clothing to help sweat evaporate and keep you cooler. If possible, wear a light-colored, wide-brimmed hat.
4. **Plan an active vacation.** Camping, hiking, canoeing, kayaking, scuba diving, and snorkeling are great ways to spend time in nature and get a lot of exercise. If you're visiting a city, consider renting bicycles or taking a walking tour.

## *Birthdays*

### **May**

- Virginia S. - 5/6
- Ann H. - 5/19
- 

### **June**

- Diane C. - 6/6
- Richard E. - 6/10
- David K. - 6/10
- Helen E. - 6/20
- Sharon B. - 6/24
- Nicholas L. - 6/29

Our monthly birthday bash will be held the **last Friday of each month** in the first floor common area. Cake and live entertainment is always provided.

## *Spiritual Activities*

- Communion is held every Wednesday in Memory Care and the Assisted Living at 10AM by St. Timothy's Church.
- Church Services are provided every Saturday at 10:45AM by Pastor Jeff and his family.
- Devotionals are offered every Tuesday and Thursday at 10AM in the first floor bistro. Refreshments are provided.
- Monthly services are provided by Carrollwood Baptist Church on the third Sunday of the month at 2PM

## *Who Am I?*

*(answer)*



**John F. Kennedy**

## *Management Team*

**Executive Director**

Latrina Garrett

**Director of Nursing**

Arlene Clemetson

**Sales Director**

Lori Gerval  
David Morales

**Food Services Director**

Roger Reinisch

**Maintenance Director**

Mark Boring

**Business Office Manager**

Ashley Janczack

**Activities Director**

Tammi Rix



## *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.*



**TAMPA  
GARDENS**  
SENIOR LIVING

*16702 Dale Mabry Hwy  
Tampa FL 33618  
813.908.2333*

*TampaGardensSeniorLiving.com  
License # Pending*

*Welcome Home!*