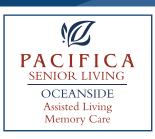
Pacifica Tidings



September 2022







A Note from the Executive Director

Hello September!

It was great to see everyone at our amazing Hawaiian Luau. This event brought so much joy! I enjoyed seeing all of you with your smiling faces and beautiful Hawaiian attire. In the month of September I am looking forward to supporting the fundraiser for Alzheimer's Association. This event is something I hold dear to my heart and every year we attend the Alzheimer's walk.

In addition, one of my favorite

season's is approaching!
On September 22nd, is the first day of Fall and the day we celebrate October Fest! We will have our favorite accordion player Diane along with some delicious beer and pretzels.
Hope to see everyone there!

I'm so excited for the fun festivities to come for the month of October!

And as Always, I'd like to thank our amazing staff for your hard work! And Thank you to our wonderful residents and families.

Sincerely, Jackie Banks

Who am I?

- I worked for the city of Upland as a Senior Administrative Assistant for Community Development Department.
- I was born in North Dakota, but grew up in Pomona, California.
- I have two daughters and one son.
- My favorite place to travel was Las Vegas.
- I enjoy crosswords, computer games, scary movies and reading.
- My favorite Author is Ann Rice
- I love the beach

Welcome to Our Community

New Residents

Jean H

Velda W

Anna T

























Hanging with friends

Legacies Highlights













Health & Fitness by

Exercise Schedule

Strength & Balance

Tuesday
Stand & Be Fit / Yoga

Wednesday Walking Club

Thursday
Low Impact Cardio

<u>Friday</u> Afternoon Workout

All classes are held in the activity room

September is Fall Safety Month

Strategies for a Healthy Fall As the days get shorter and cooler and the leaves change color, use these strategies to help prevent chronic diseases and promote health.

Here are some healthy tips:

Wear your mask indoors if you are not fully vaccinated or have a weakened immune system. Wash your hands for 20 seconds, get regular check ups from your doctor, brush your teeth, and sleep at least 7 hours a night.

Make time to unwind and connect with others. Rethink your drink, move more, sit less and eat healthy.

Birthdays

Resident Birthdays

Charlene Y 9/14

Joann J 9/7

Alfred C 9/21

Charles R 9/29

Employee Birthdays

Jessica Moran 9/2

Rosalia P 9/4

Carlos B 9/16

Kimberly J 9/26

Aida G 9/27

Spiritual Activities

Sunday Church Shuttle Schedule

San Luis Rey Parish

Shuttle Departs @ 9:30 AM Service Begins @ 10:00 AM

Faith Lutheran Church

Shuttle Departs @ 10:00 AM Service Begins @ 10:30 AM

Communion in home Service every Tuesday starting at 9:00 AM

Church livestream every Sunday at 11:00 AM in the Theater.

Bible Study every Monday at 10:30 AM in the Theater.

Who Am I? (answer)

Jean Holtz



Management Team

Jackie Banks Executive Director

Zayra Carrasco Business Office Manager

Rodolfo Rodriguez Food Service Director

Jiovani Anderson-Diaz Community Relations Director

Jenifer Gephart Resident Services Director

> Kristel Johnson Memory Care Director

Jesse Beas Maintenance Director

Suzanna Barajas 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.







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

In Memory

Paul Henry

Welcome Home!