

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING

OCEANSIDE  
Assisted Living  
Memory Care

**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**



*Special Events & Memorable Moments*



# Aloha



*Legacies Highlights*



## Courtyard Picnic



*Hanging with friends*



## *Health & Fitness by*

### **Exercise Schedule**

**Saturday**  
Strength & Balance

**Tuesday**  
Stand & Be Fit / Yoga

**Wednesday**  
Walking Club

**Thursday**  
Low Impact Cardio

**Friday**  
Afternoon Workout

*All classes are held in the  
activity room*

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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

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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.*



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## *In Memory*

*Paul Henry*

*Welcome Home!*