

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING

SUNRISE  
Independent Living  
Assisted Living • Memory Care

**September  
2022**



## *A Note from the Executive Director*

Welcome the month of September at Pacifica Sunrise. Our residents were busy this month, they enjoyed jewelry making, National Cheesecake Day, Ice Cream Sandwich Day, and a Watermelon Eating Contest! We are looking forward to our events in September, the Holidays will be upon us before we know it. Check out our Facebook page and see if you are in a picture that was posted.

Our next family night will be September 22<sup>th</sup>, Please make an effort to be with your family member. They love when you attend and it puts big smiles on their faces. We are planning some big events in the next few months for the Holidays, please stay tune and check the monthly calendar.  
- Brie Parks

## *Who am I?*

I love participating in arts and crafts

I enjoy playing bingo

I can often be found by the front door with a smile on my face

I enjoy poetry books

## *Welcome to Our Community*

**Terry R.**

**Juan A.**

**James & Joan R.**

**Dalia V.**

# Activities & Special Events



## *Health & Fitness by*

### **Physical Health**

We are excited to announce that the fitness center is now open for residents. We are also pleased to share that our fitness instructor Christine has been delightfully hosting classes Monday– Saturday at 3:30 & 4:00

### **Mental Health**

In efforts to keep our minds accelerated and active we have teamed up with multiple vendors to provide mental health lectures along with support groups for all to attend. Ask for more details!

### **Social Health**

As the mask mandate in senior living is slowly easing up, recommend that all residents in the community continue to wear their masks when socializing in common areas. Residents who are fully vaccinated and received a booster shot are no longer required to wear mask but all employees and visitors are.

## *Birthdays*

<b>David K.</b>	<b>9/4</b>
<b>Betty M.</b>	<b>9/7</b>
<b>Dorothy T.</b>	<b>9/12</b>
<b>Phyllis B.</b>	<b>9/13</b>
<b>Robert M.</b>	<b>9/15</b>
<b>Sandy S.</b>	<b>9/16</b>
<b>Mickey K.</b>	<b>9/21</b>
<b>Mary A.</b>	<b>9/26</b>
<b>Winnie M.</b>	<b>9/28</b>
<b>Zaakirah R.</b>	<b>9/29</b>

## *Spiritual Activities*

Sunday-  
Non Denominational  
Service with Deacon  
Les 10:15am

Thursday-  
Wisdom Circle with  
Rabbi Shmuli  
11:00am

Thursday-  
Catholic Service at  
10:00am with Saint  
Bernard Church

## *Who Am I?*

*(answer)*

**I am Isabella!**



## *Management Team*

**Bridget Parks**  
Executive Director

**Karen Winton**  
Business Office Manager

**Stephanie McGhee**  
Director of Nursing

**Kearney Robinson**  
Food Service Director

**Christy Szeto**  
Activity Director

**Johane Kemp**  
Memory Care Director

**Gail Silver**  
Marketing Director

**Elaine Keasling**  
Marketing 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

SUNRISE

Independent Living  
Assisted Living • Memory Care

*4201 Springtree Drive*

*Sunrise, FL 33351*

*(954) 572-4261*

*www.PacificaSeniorLivingSunrise.com*

*License # 7433*

*Welcome Home!*