

Pacifica Tidings



PACIFICA
SENIOR LIVING

SUNRISE
Independent Living
Assisted Living • Memory Care

**October
2022**



A Note from the Executive Director

Welcome the month of October at Pacifica Senior Living. Our residents are going to be busy this month, they will enjoy a beer tasting, water aerobics and much more Fall Festive activities. We are looking forward to our events in October, we are having a Witchy Halloween party and our theme this year is Hocus Pocus, the Sanderson sisters will be paying us a visit. Lots of fun and treats to be had. Check out our Facebook page and see if you are in a picture that was posted.

Thanksgiving will be here before we know it. Please make reservations to enjoy a Holiday meal with your family member, contact the front desk to be put on the list. Check out our Facebook page and see if you are in a picture that was posted.

- Brie Parks

Who am I?

I am as sweet as can be

**I enjoy going to the patio
for fresh air**

**I wear some of the most
beautiful dresses**

**I love chocolate but can't
eat it!**

Welcome to Our Community

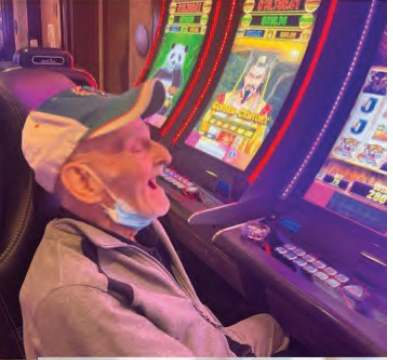
Marianne G.

Erna Y.

Gerry R.

Walter S.

Blanca S.



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

Ann C. 10/18

Edith V. 10/19

Estelle J. 10/20

Monica A. 10/21

Edward C. 10/24

Zelda B. 10/26

Angela D. 10/26

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 Dorothy!



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.*



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License # 7433

Welcome Home!