

Pacifica Tidings


PACIFICA
SENIOR LIVING

OCEANSIDE
Assisted Living
Memory Care

**October
2022**



A Note from the Executive Director



Dear Residents and Families,

I have great news! Pacifica Oceanside did an awesome job raising money for Alzheimer's Association. We were awarded the Champions Medal. Thanks to the support from our wonderful residents and their families we were able to reach our goal.

Also, Fall is officially here! As we head into October, I am very excited for all the festivities, especially our Halloween Festival on October 26th. You'll want to save the date as it will

be a fun celebration. Our annual October door decorating contest will also take place this month. On October 31st, we will like to invite little ones to trick or treat at our community. There will be several candy stations located in our dining room. Can't wait to see all the fantastic costumes!

As Always, I'd like to give a huge thank you to our wonderful staff for their hard work and dedication! Keep up the good work!

Sincerely, Jackie Banks

Who am I?

- I am from San Diego, California, but Grew up In Oceanside.
- My Favorite thing to do is spend time with my family and my cat Bmo.
- I love animals and want to be a veterinarian some day.
- I am a only child.
- My hobbies are collecting avocado items.
- I also enjoy dancing, exploring new sceneries and swimming.
- My favorite color is baby blue.
- And I enjoy helping with Activities.

Welcome to Our Community

New Residents

**Ben & Charlotte
Gilliland**



Special Events & Memorable Moments



Candle light Dinner

Legacies Highlights



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*

October is National Protect
Your Hearing Month

10 Signs of Hearing Loss

1. Speech and other sounds seem muffled
2. Trouble hearing high-pitched sounds (e.g., birds, doorbell, telephone, alarm clock)
3. Trouble understanding conversations when you are in a noisy place, such as a restaurant
4. Trouble understanding speech over the phone
5. Trouble hearing speech consonants (trouble hearing the difference between s and f,
6. Asking others to speak more slowly and clearly
7. Asking someone to speak more loudly or repeat what they said
8. Turning up the volume of the television or radio
9. Ringing in the ears
10. Hypersensitivity to certain sounds

If you have any signs of hearing loss, get tested by a qualified healthcare provider.

Birthdays

Resident Birthdays

Tina A 10/9

Eunice 10/23

Carole S 10/24

Employee Birthdays

Emmeline C 10/4

Donnalyn N 10/11

David M 10/12

Carmen D 10/15

Misa L 10/27

Alejandra k 10/31

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
Wednesday at 9:30 AM in
the Theater.

Who Am I? *(answer)*

Adriana Alcaraz



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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Welcome Home!