

Pacifica Tidings



PACIFICA
SENIOR LIVING
NEWPORT MESA
Memory Care

**January/February
2021**



A Note from the Executive Director

Dear Family and Friends,

As this year draws to a close we can all reflect upon the time and think about our joys, sorrows, successes and failures that we have experienced in 2020. The most wonderful aspect of the New Year is the hope and opportunities it brings. We can start the year on a positive note, with fresh ideas and goals to achieve. Making new friends, spending more time with family, new adventures to enjoy and new memories to create possibilities for each of us in 2021.

The staff and I are so grateful to be a part of your life and consider it a privilege to serve your family in the coming year. We wish each and everyone of you 12 months of success, 52 weeks of laughter, 365 days of fun, 8760 hours of joy, 525600 minutes of good luck and 31536000 seconds of happiness.

Happy New Year!

-Stacie Anderson

Who am I?

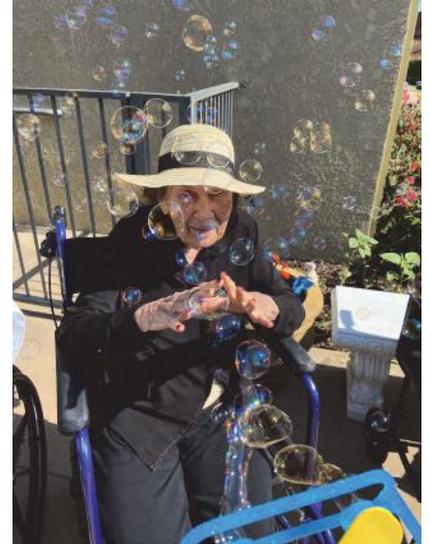


*Welcome to
Our Community*

2021!

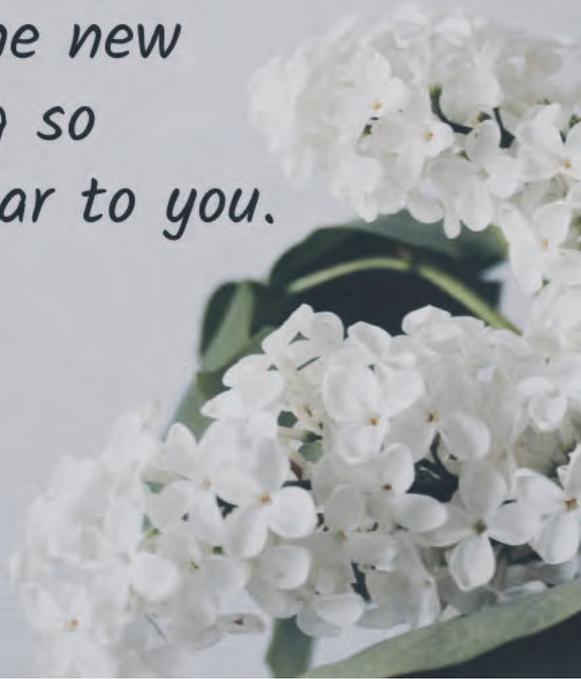
Welcome

Activities & Special Events



Memorable Moments

*The sun has risen,
you should rise too.
It is the new day coming,
that surprise you.
It will be the new
beginning so
Happy New year to you.*



Birthdays

Residents:

Doris K. 01-10
Bobbie S. 01-19
Linda G. 02-15
Ruth B. 02-28

Staff:

Saray 01-03
Miriam 01-17
Stacie 01-24



A Note from the Activities Director

Happy New Year!

We wish this year to be filled with love, gratitude, and happiness. Although the holidays did not go as expected there is so much more to be thankful for. Thank you for the endless support, and all the wonderful motivation we are receiving from families.

As we go into 2021, think about what inspired you in 2020 and how we can change or reinforce it in 2021. My resolution is to bring more activities for our wonderful residents.

Saray Pelaez
Activities Director

Who Am I (Answer)

Patricia Kost was born on July 29, 1933 in Faribault, Minnesota. Patricia grew up in Saint Paul, Minnesota then later moved out to live in Newport Beach, CA where she lived for 25 years. Patricia married Bob Kost in 1952 and was happily married for 64 years. Patricia met Bob when she worked at a diner and he casually was visiting as a sales representative. They later married in Minnesota and had 4 children alongside raising zoo animals. Patricia was a restaurant owner in Minnesota and a retail sales associate for Talbots. Patricia raised zoo animals for some time alongside her children and her husband. They raised a wide variety of animals from jaguars, leopards, lions, and even polar bears. They would raise them until they were healthy and strong enough to be able to go back to the zoo. Patricia enjoys morning walks. She is a caring person who is always finding ways to care for others. Her favorite music is big band and Dixieland. Some other activities she enjoys doing is reading magazines, dancing, singing, and laughing.

Health & Fitness by

Wellness Department

It's a New Year for new resolutions! This Year challenge yourself to be healthier. Physical activity is one of the most important things you can do for your body. It can help control your weight, strengthen your bones and muscles, as well as improve your mental health and mood. Participating in physical activity can also help reduce your risk of cardiovascular disease, reduce your risk for type 2 diabetes and reduce your risk of some cancers. Daily exercise in our community is something we strive for. We have walking groups that go out several times a day. Make sure to keep yourself and those around you safe!. I would like to give a friendly reminder to wash your hands for at least 20 seconds with soap and water, keep 6 feet apart and wear your masks when in public.

Samantha Toledo, LVN
Memory Care Director

Fitness Activities

Morning Walks
Balloon Swat!
Parachute Shake
Bowling
Hacky Sack Toss
Courtyard Exercise
Patio Yoga
Chair Zumba
Beach Ball Toss
Skee-Ball
Afternoon Walks

Spiritual Activities

Sunday Worship at
10:30 am



*Paused until further notice

Pacifica wishes you and your family a
Happy New Year!



Management Team

Stacie Anderson
Executive Director

Rosie Nakadaira
Business Office Manager

Samantha Toledo
Memory Care Director

Gabriela Bravo
Community Relations Director

Saray Pelaez
Activities Director

Chad Ennor
Maintenance Director



Pacifica Senior Living is committed to supporting our communities, residents, and the families we serve.

We strive to create a lifestyle of independence, security, and peace of mind.

It is through our dedicated and caring team members that our culture is exemplified in service, accountability, teamwork and compassion.

*The right choice. The right time.
Welcome Home!*



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Welcome Home!