

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING  
NEWPORT MESA  
Memory Care

July/August 2021



## *A Note from the Executive Director*

Summer is upon us here at Pacifica Newport Mesa! This time of year has always been my favorite.

Growing up in Southern California, I have fond memories of spending long summer days playing outdoors until the sun set and building sand castles on the beach in Newport. As many families do, we would spend time together by taking a family vacation and I still treasure those moments. Summer is a wonderful time to be together and enjoy each other's company. Please take time to continue these traditions with your family and stop by the community to spend some quality time with your loved one. Bring in a family photo album to share memories of past summer vacations and 4th of July celebrations. Do you have a favorite recipe that was enjoyed at your family gatherings? Why not prepare that dish and bring it along to enjoy a picnic at the community!

Have a wonderful summer with your families and I look forward to seeing you at the community!

**Stacie Anderson**

## *Who am I?*



*Welcome to  
Our Community*

*Welcome*

**Marie P.**

# Activities & Special Events



# Memorable Moments



## *Birthdays*

### *Residents:*

Patricia 07-29

Joseph 08-09

Edson 08-22

### *Staff:*

Elias 07-12

Isabel 08-18



## *A Note from the Activities Director*

It is with great sadness that my time at Pacifica Senior Living Newport Mesa has come to an end. I am sad that I am leaving my residents but hopeful for a better future. I love all of my residents and each one of them has a special place in my heart. I have become very fond of their families as well and they too have a special place in my heart.

I am confident that the next activities director will continue to maintain an active and happy lifestyle in the lives of the residents.

Make sure to go out and enjoy the sun and the beach. Nothing compares to a cool ocean breeze.

Thank you to all the families and all the people who have had an impact in my life. Thank you for the support, the love, and the care that I have received over the years. I will truly miss everyone.

***Saray Pelaez***

## *Who Am I?*

Patricia Kost was born on July 29, 1933 in Faribault, Minnesota. She is a proud mother of 3; Katherine, Rob, and Kurt. Also, a proud grandmother of 4; Mitch, Luke, Kendall, and Summer. Patricia grew up in Faribault, Minnesota then later moved out to live in Newport Beach, CA where she lived for 25 years. Patricia was a restaurant owner in Minnesota and a retail sales associate for Talbots. Patricia raised zoo animals for Como Park Zoo for some time alongside her family. 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. While the wild animals slept in the basement of their home, there would be times they would even sneak up on her while she was doing laundry!

## *Health & Fitness by*

Summer is finally here! Make sure to go out and soak in the sun! Make sure, to have picnics and take a moment to enjoy the ocean breeze. With that being said, also we must take precautions. Make sure to wear sun-block to avoid a bad sun-burn and to stay hydrated. With the mask regulations lifting, we also want to make sure that you continue being safe and to stay 6 feet apart. With summer upon us, we are take measures to make sure our residents are being safe and healthy. Snack time is a time to hydrate our residents a few times throughout the day. Make sure to get vaccinated (if you have not already) to protect those around us! We are excited to see all the families come back slowly and we are hopeful for more summer activities that involve residents and families! Remember to stay hydrated!

*Jennifer Thompson*  
**Memory Care Director**

## *Fitness Activities*

### **Morning Stretches**

### **Chair Yoga**

### **Catch the Ball**

### **Afternoon Walks**

### **Dancing**

### **Parachute Shake**

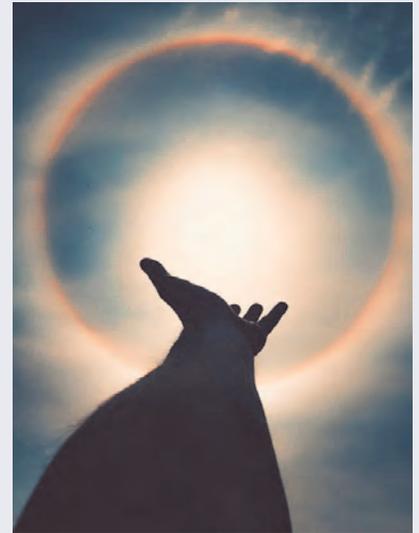
### **Patio Yoga**

### **Beach Ball Toss**

### **Chair Zumba**

## *Spiritual Activities*

\*Religious activities have been paused until further notice.



## *A Note from the Community Relations Director:*

Greetings Pacifica Newport Mesa! I am your new Community Relations/Sales Director Dominick. I am so excited to join your family and represent this beautiful community. While I have been in the senior living industry close to a year now, I have 10+ years of sales and customer service experience from all different work environments such as real estate, automotive, and retail. Outside of work, you will most likely find me outdoors. I love to go on hikes, go on bike rides, and lay out on the beach! Being born and raised in Orange County I love the sun. I am the oldest of five children and am very close to my family. I also have a loving girlfriend who is my right hand woman. I am really looking forward to all the future endeavors that this community brings to me. I love meeting new people so if you happen to see me don't be afraid to say hi!

## *Management Team*

**Stacie Anderson**  
*Executive Director*

**Rose Nakadaira**  
*Business Office Manager*

**Jennifer Thompson, LVN**  
*Resident Service Director*

**Dominick Coloma**  
*Community Relations Director*

**Richard Calderon**  
*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!*