

Pacifica Tidings



OCEANSIDE
Assisted Living
Memory Care

October
2021



A Note from the Executive Director

Fall is officially here! As we head into October, I am very excited for all the months' festivities, especially our Halloween Festival on October 28th! You'll want to save the date as it will be a great night of fun and celebration. Our annual October door decorating contest will also take place this month. Both residents and staff will have a chance to win some great prizes!

The new season has also brought many new faces to the community. With that being said, every month, we will be hosting a new resident luncheon to welcome our newcomers.

Also, as many of you are aware, this last month, we updated our screening procedures. In addition to our mandatory "one point" of entry and daily screenings, all visitors seeking indoor visits are required to have proof of vaccination. And those who are unvaccinated will need to verify a negative COVID-19 diagnostic test. For more information or clarification, please feel free to contact me or any management team member.

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

Sincerely, Jackie Banks

Who am I?

- ♦ I was born and raised in Los Angeles, CA
- ♦ I was married to my husband Marvin for an amazing 70 years
- ♦ I have 4 children, 8 grandchildren, 15 great grandchildren!
- ♦ I worked as a clerk and secretary at my children's schools for nearly 16 years.
- ♦ Some of my favorite hobbies include gardening, knitting, sewing and card games.
- ♦ My faith is very important to me and I try and stay very active in my church.
- ♦ I love people! If we haven't met please catch me and say hello!

Welcome to Our Community

New Residents

Barbara A.

Geraldine J.

Betty G.

Louise D.

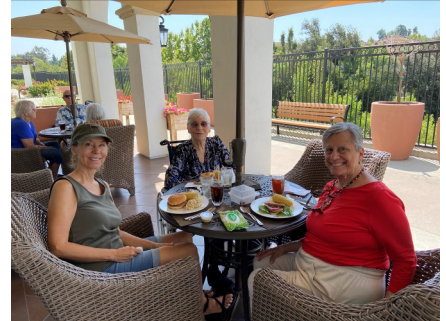
Mary L.

Feng B.

Sandy O.

Special Events & Memorable Moments

LABORDAY BBQ



♥ *Ladies Social*



Painting WITH A *Twist*



Legacies Highlights



Health & Fitness by

Exercise Schedule

Sunday

Chair Yoga & Flexibility

Monday

Strength & Balance

Tuesday

Stand & Be Fit

Wednesday

Walking Club At The Park

Thursday

Zumba Dance Workout

Friday

Sit & Be Fit

All classes are held in the activity room

October is Healthy Lung Month, and over the years, many organizations have come together to bring awareness to maintain good lung health. The American Lung Association offers some essential tips to protect and keep your lungs healthy.

- ◆ Don't smoke
- ◆ Avoid exposure to indoor pollutants that can damage the lungs
- ◆ Reducing exposure to outdoor air pollution
- ◆ Prevent infection (washing hands, avoiding crowds, good oral hygiene, vaccinations)
- ◆ Regular check ups
- ◆ Exercise

Birthdays

Resident Birthdays

Mary Lou G. 10/3
Tina A. 10/9
Dusti D. 10/22
Eunice H. 10/23
Carol S. 10/24
Keith H. 10/27
Nancy O. 10/31

Employee Birthdays

Emmaline C. 10/4
Kailey G. 10/11
Donna N. 10/11
Destiny R. 10/12
David M. 10/12
Carmen D. 10/15
Misa L. 10/27

Spiritual Activities

Sunday Church Shuttle Schedule

San Luis Rey Perish

Shuttle Departs @ 9:30 AM
Service Begins @ 10:00 AM

Faith Lutheran Church

Shuttle Departs @ 10:00 AM
Service Begins @ 10:30 AM

Church livestream every
Sunday at 11:00 AM in the
Theater.

Bible Study every
Wednesday at 10:30 AM in
the Theater.

Who Am I? (answer)

Marlene P.



Management Team

Jackie Banks
Executive Director

Zayra Carrasco
Business Office Manager

Rodolfo Rodriguez
Food Service Director

Cassandra Mitchell
Community Relations Director

Melissa Watkins, LVN
Resident Services Director

Michelle Castro
Memory Care Director

Jesse Beas
Maintenance Director

Jiovani Anderson-Diaz
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.*



PACIFICA
SENIOR LIVING

OCEANSIDE
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Memory Care

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In Memory

Marilyn Macken

Betty Grofik

Eleanor Robson

Welcome Home!