

Pacifica Tidings



August 2021



A Note from the Executive Director

The dog days of summer are here. Here in Santa Barbara we welcome the return of our annual Fiesta Days. A tradition since 1924, Fiesta celebrates colorful music, dance, and song together with a spirit of friendliness and hospitality. True to the spirit of Fiesta, we welcome families, friends, and four-legged companions to visit our community. We look forward to re-connecting with you.

Sincerely,

Mary

Who am I?

I was born Norma Jeane Mortenson and grew up in Los Angeles. I am considered one of the greatest female screen legends from the Golden Age of Hollywood. I am Marilyn Monroe!



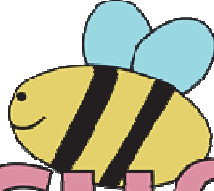
Welcome to Our Community

Suedell,
Richard V.
Grace M

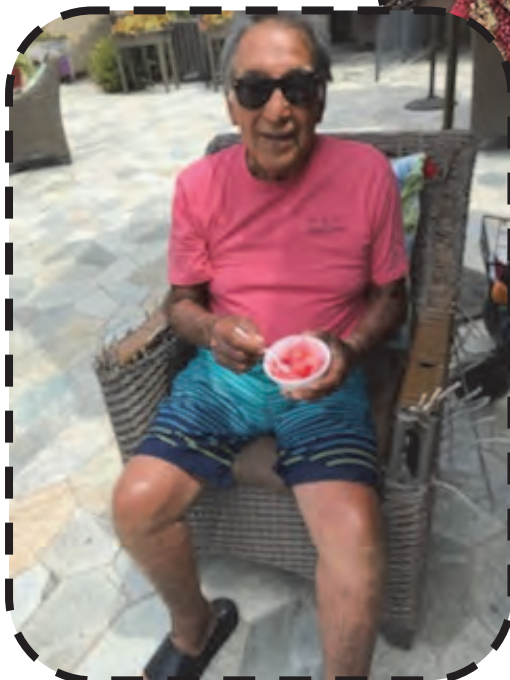
We are so happy to welcome you into our community! Welcome Home!

Activities & Special Events




AUGUST

Memorable Moments



Birthdays

Valerie A.—
8/27



Welcome AUGUST

New month, new chapter, new page and new wishes. May the month give you courage, strength, confidence, patience, self-love and inner peace. May everyday in August fill your days with hope, love, sunshine and energy. Let there be joy, Fun and Laughter.

Life Learned Feelings

A Note from the Activities Director



Although families have been welcomed back into the community, we understand that some family and friends live afar. Please feel free to send a postcard or card to your loved one.



Health & Fitness by

COVID-19

(Coronavirus Disease 2019)

The California Department of Public Health recommends the following steps to prevent the spread of all respiratory viruses:

WASH. YOUR. HANDS.

Wash your hands with soap and water regularly.

Cover a cough or sneeze

Cover your cough or sneeze with your sleeve or disposable tissue.

Don't touch

Avoid touching eyes, nose or mouth with unwashed hands.

Keep your distance

Avoid close contact with people who are sick.

Stay home

If you experience respiratory symptoms like a fever or cough, stay home.

Get help

If you experience symptoms of COVID-19, CALL your health care provider.

More information

Follow the California Department of Public Health: @capublichealth and www.cdph.ca.gov.



Fitness Activities

Daily Exercise at 9:30am

Bowling

Basketball

Pool Noodle Ball

Walking

Ring Toss

Chair Aerobics



Spiritual Activities

Sunday's 11:00am
Gospel Music

Wednesday afternoons
Bible Reading

Every other Thursday
Chaplain Reggie

Saturdays at 11:00am
Inspirational Poetry



Management Team

Mary Moore
Executive Director

Miriam Santiago
Memory Care Director

Robin Weiler
Activity Director

Ponciano Orozco
Dietary Director

Paul DePass
Maintenance 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
SANTA BARBARA
Memory Care

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Welcome Home!