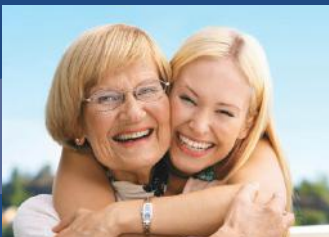


# Pacifica Tidings



January/ February  
2021



## *A Note from the Executive Director*

Greetings Residents, Family, and Friends:

We hope that this finds you well and that you are staying safe and healthy during these times. For most people the new year can mark an new opportunity to set New Year's resolution, or a chance for a fresh start . We are definitely in hopes for a wonderful year to make new memories, and enjoy all the special moments to come. Thank you all for your continued support wishing you and your family health, happiness, and prosperity in the new year. Happy 2021!

*Stacie Anderson*

## *Who am I?*



## *Welcome to Our Community*

**A very warm welcome  
to:**

**Stanley J.  
Gerald T.**

## Special Events & Memorable Moments



A VERY MERRY  
**CHRISTMAS**  
and Happy New Year!



**All Residents Are The Pride & Joy Of Our Pacifica South Coast Community**  
We would be delighted for you to join us during our Happy Hour events!



## *Health & Fitness by*

### Pacifica South Coast

#### **Staying fit with Daily Exercise**

- Every morning we like to make sure we get our bodies stretched and warmed up for the day. We enjoy chair exercises, yoga stretches, dancing to fun music, and using some light weights.

#### **Shopping / Luncheon on Thursdays'**

- Making sure that our residents still feel independent and bringing back their joy of shopping and exploring new places.

#### **Happy Hour Tuesdays' & Saturdays'**

- It is important to have fun while socializing and building up new friendships. Happy hours are a big hit we have to have it twice a week!

#### **Daily Morning Program On Current Events**

-Always making sure our residents are up to date with our daily happenings so they won't miss out on anything in our community.

#### **Daily Neighborhood Strolls**

- We are so lucky to be conveniently located next to a beautiful neighborhood. A regular walk can help you maintain a healthy weight, strengthen your bones, lift your mood, and improve your balance and coordination.



## *Birthdays*



**January**  
**Mary L. 01/01**

## **February**

### Beauty Salon

Call to schedule your apt.  
With our Laura K. Hair Stylist

949-515-0121



## *Spiritual Activities*

Saddleback Church Service  
Saturdays  
10:00 am  
(AL Activity Room)

St. Joachim Visiting  
Communion  
Wednesday's  
2:30 pm  
(One on One)

Holy Trinity  
Sundays 9:30 am  
(Showing in both  
Activities Room)

Time Of Praise  
2nd & 4th Monday of the  
month  
10:00 am  
(Main Dining room)

## *Who Am I?* (answer)

Jazmine V. (activities staff) Born 12/31/97 in Garden Grove but was raised in Anaheim, California. Jazmine has three sisters and one brother, she's the second oldest. During High School she was in the French club and in Tahitian club. Jazmine liked school since she was a child. She tried to participate/volunteer in school events as much as she could in High School. In College she minored in aviation for flight attendant and customer service. Currently, she's stuck on her major but would like to have her own business in the long run. She loves to paint, draw, take pictures and her current hobby is exercising. Jazmine is a wonderful addition to our Pacifica family, we love her bubbly personality and creativity.

## *Management Team*

**Stacie Anderson**

Executive Director

**Gerardo Garibay**

Business Office Manager

**Irene Duchene**

Community Relations Director

**Jeffrel Ennor**

Resident Services Director

**Erika Hernandez**

Activities Director

**Diana Lara**

Dining Services Director

**Victor Roman**

Environmental Services  
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**

SOUTH COAST

Assisted Living

Memory Care

**In loving memory**

**Madeline N.**

**Eleonor H.**

**Ann D.**

**2619 Orange Avenue**

**Costa Mesa, CA 92627**

**(949) 515-0121**

**PacificaSouthCoast.com**

**License # 306005272**

*Welcome Home!*