

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
SANTA BARBARA  
Memory Care

**October/November  
2018**



## *A Note from the Executive Director*

I am so happy to call this community my home away from home.  
We have some great activities planned this month.

I would love everyone to come on Halloween and help pass candy to the kiddos we've invited to trick or treat at our community. Seeing how happy the kids make our residents when they visit inspired us to celebrate Halloween this year.

Come dressed up and ready to celebrate.

Besides our Halloween celebration come join us every Friday at 3:00pm for our happy hour. It's a time for families and friends to enjoy spending time together. If you come early you can sing karaoke too. It'd be hard to beat Joan, but lets give it a try.

Sincerely,  
Katrina Pennington

## *Who am I?*



## *Welcome to Our Community*

Please welcome Kitty  
to our community.



## *Activities & Special Events*



Everyone loves when Bella comes to visit.



Having some fun in the sun.



## *Memorable Moments*



Our Residents really enjoy craft time



Friends can be made at any age.



## *Birthdays*

Help us celebrate our  
Resident's birthdays:

Oct. 18th Joan

Oct. 19th Savannah

Help us celebrate our  
Employee's birthdays:

Elodia Oct. 22nd

Krystal Oct. 28th



### *A Note from the Activities Director*

We have discovered a great program  
provided by our local art museum.

Speakers visit us and discuss a wide variety  
of art related topics. So far, we've learned  
about sculptures of Rodin and his influence  
on other sculptors.

Next, we'll be learning about pop art/ modern  
art. Following that we'll learn about western  
art & portrait artists.

It's so gratifying seeing our residents really  
interested in the discussions.

If you have a favorite subject or avocation  
we'd love to have you as a guest speaker.

### **Who Am I Answer:**

I am Eleanor Roosevelt born

October 11th 1884

I was the longest serving first lady in  
history, serving from 1933 to 1945  
through my husbands four terms.

I believed in racial equality and  
Women's rights along with being an  
advocate for children.

## *Health & Fitness by*

We really try to get everyone up and active everyday and throughout the whole day.

Here are some benefits of being active.

### Benefits of Physical Activities in Seniors:

- Helps control joint pain and swelling from Arthritis.
- Helps maintain healthy bones, muscles & joints.
- Reduces anxiety, depression and improves overall mood.
- Helps people stay strong and reduces the risks of falls.



## *Fitness Activities*

Saturday's Walking Club  
3:30pm

Monday's Walking Club  
3:30pm

Friday's Stretching Fun  
3:30pm

Wellness Clinic is the first  
Thursday of every month.

## *Spiritual Activities*

Catholic Communion every  
Sunday at 10:00am

Inspirational Poetry every  
Sunday at 10:30am

Chaplain Visit every Tues-  
day at 1:30pm

Pastoral visits every  
Wednesday at 1:30pm

If your loved one has  
another preference please  
let us know.



"That's a great story, grandpa.  
Have you sold the movie rights?"

## *Management Team*

Katrina Pennington  
Executive Director

Karla Wriarth  
Nurse

Miriam Santiago  
Business Office Manager

Robin Weiler  
Activity Director

Ponciano Orozco  
Dietary



## *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.*



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**325 W. Islay Street  
Santa Barbara, CA 93101  
(805) 898-2650**

[www.PacificaSeniorLivingSantaBarbara.com](http://www.PacificaSeniorLivingSantaBarbara.com)

*Welcome Home!*