



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.



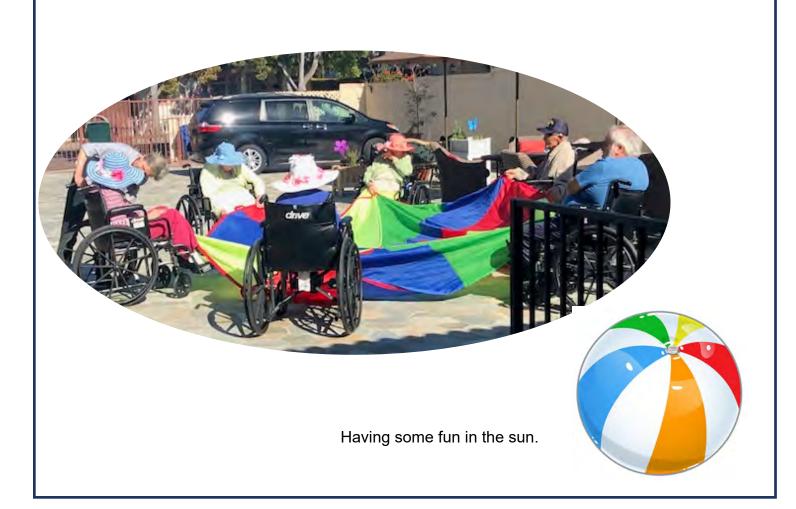
Activities & Special Events







Everyone loves when Bella comes to visit.



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 Tuesday at 1:30pm

Pastoral visits every Wednesday at 1:30pm

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



Management Team

Katrina Pennington Executive Director

Karla Wrigth Nurse

Miriam Santiago Business Office Manager

Robin Weiler Activity Director

Ponciano Orozco Dietary NØ.

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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Welcome Home!