

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
CHINO HILLS  
Assisted Living  
Memory Care

**September/October  
2017**



## *A Note from the Executive Director*

Our Community is participating in the Alzheimer's Association Walk to End Alzheimer's® because we are committed to raising awareness and funds for Alzheimer's care, support, and research. Will you join us in the fight by walking with our team? As a team, we can be an unstoppable force against the nation's sixth-leading cause of death.

Walk to End Alzheimer's will be held at the Citizens Business Bank Arena, 4000 Ontario Center Ontario, CA 91764 on Saturday October 21<sup>st</sup>, 2017. Registration begins at 7:00 am followed by ceremony at 8:30 am and walk at 9:00 am.

On Walk day, each registered walker with a wristband will receive a Promise Garden flower. Please choose the color that best represents your connection to the disease.

**Blue** represents someone with Alzheimer's or dementia.

**Purple** is for someone who has lost a loved one to the disease.

**Yellow** represents someone who is currently supporting or caring for someone with Alzheimer's.

**Orange** is for everyone who supports the cause and vision of a world without Alzheimer's.

If you're unable to participate, please consider making a donation to our fundraising campaign. Every dollar advances the care, support and research efforts of the Alzheimer's Association®. Together, we can end Alzheimer's disease! Thank you for your support.

**Janeth Medrano**  
Executive Director  
**It's a New Day. And It's  
Yours!**



## *Who am I?*



## *Welcome to Our Community*



Pauline Abrahams  
Gloria "Gene" Ayers  
Linda Hibbs  
Lois Krumrei  
Mariana Madriz  
Eileen Marks  
Alice Pust  
Doris Torres  
Albert Vargas

## Activities & Special Events

### Summer Luau!

Join us as we transform Pacifica Chino Hills into your Tropical Paradise!

**September 8th, 2017**

Dinner is at 5:00 pm

Luau starts at 6:00 pm

Residents and Family are welcome!  
Come in your casual Hawaiian attire.



Liz Watts & Company Hawaiian Dancers will perform Polynesian Show to include passing of leis, limbo and hula dance lesson participation!

Huli Huli Chicken, Luau Ribs, Polynesian Meatballs, Grilled Pineapple Salsa, Hawaiian rolls, Polynesian Style Fried Brown Rice, Macaroni Salad, & Polynesian Beverages!

  
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Please RSVP by September 1st

**(909) 334-2775**

Lic No. 366425024

6500 Butterfield Ranch Road | Chino Hills, CA 91709 | [PacificaChinoHills.com](http://PacificaChinoHills.com)



*National Assisted Living Week  
September 10th-16th, 2017*

### FAMILY IS FOREVER

Family isn't always blood,  
it's the people in your life  
who want you in theirs:  
the ones who accept you  
for who you are, the ones  
who would do anything to  
see you smile and who  
love you no matter what.

—MAYA ANGELOU



**WALK TO  
END  
ALZHEIMER'S**

alzheimer's  association®

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## Health & Fitness by

**Julie Olmedo, LVN**  
**Resident Services Director**

### Are You Ready for Flu Season?

With flu season right around the corner, U.S. health officials are urging everyone to get their flu shot now so they'll be protected from the potentially serious complications of influenza. "The fact that flu activity hasn't picked up dramatically yet means there is plenty of time for people to get vaccinated if they haven't already," said Lynnette Brammer, an epidemiologist with the U.S. Centers for Disease Control and Prevention. This year's flu season is starting out much like last year, Brammer said. Currently, influenza H3N2 is the predominant strain, she said, although H1N1 is also circulating. Last year, the H3N2 virus started out as the dominant strain, only to be displaced by H1N1 as flu season hit full swing. "It ended up being an H1N1 season," she said.

"It's similar to a lot of years right now," Brammer added. "Things should start to pick up in the next few weeks, but we'll see. Last year, things didn't really pick up until the first of the year. Right now, there is nothing that's really concerning."

Last year's flu season was particularly hard on older people. In a typical flu season, flu complications -- including pneumonia -- send more than 200,000 Americans to the hospital. Death rates linked to flu vary annually, but have gone as high as 49,000 in a year, according to the CDC. Most of the time flu activity peaks between December and March but can last as late as May. This year's vaccine contains the strains currently circulating, which makes it a good match, Brammer said. The vaccine supply is also good this year, with more than 131 million doses available, she said.

How effective a vaccine is depends on how good a match it is to the strains of flu virus circulating that year. Most years, the vaccine is between 40 percent and 60 percent effective, according to the CDC. The CDC recommends that anyone 6 months of age and older get a flu shot. "You want to make extra sure for people at high risk -- including pregnant women, the elderly and anyone with a chronic medical condition," Brammer said.

Women with newborns also need to get their flu shot to help protect their infants, who can't be vaccinated until they're at least 6 months old. Also at risk are seniors and people with chronic health problems, such as lung and heart disease, the CDC said.

Getting your flu shot soon is important because it can take several weeks to produce enough antibodies to give you maximum protection, officials noted. One change this year is that the CDC's Advisory Committee on Immunization Practices does not recommend that the nasal spray vaccine be used by anyone, because it seems less effective than a shot, Brammer said.

## Birthdays

### September

Pauline Hrivnak	2nd
Mary "Helen" Doyle	3rd
Charlotte Stephens	8th
Alyce Birkett	22nd
Ruth Gibbs	22nd
Mary Hedgepeth	23rd
Jacob Gumz	27th

### October

Lois Selby	1st
Helen Walker	1st
Dolores Grammatikas	4th
Eileen Marks	6th
Sandra Evenson	31st

## Spiritual Activities

**Father Mike from St. Paul the Apostle Church will give Communion on the**  
**1st Friday of the month**

**11:30 a.m.**

*(Library)*

**Delia Aguirre, lay Minister from St. Paul the Apostle Church will distribute Holy**

**Communion.**

**SUNDAYS**

**11:00 a.m.**

*(Activity Room)*

**Calvary Worship**  
**(Non-Denominational)**

**SUNDAYS**

***(See Calendar for Dates)***

**1:00 p.m.**

*(Activity Room)*

## Who Am I?

*(answer)*

**Howdy!** I was born on February 15, 1922 in Arkansas. Yep, I'm 95 years old! If you hear me talking, you'll know its me, by my Arkansas "twang." I was married to my beautiful wife Phyllis for 67 years! There's not a day go by that I don't miss her. After we got married, my brother-in-law and I built 4 homes on 10 acres of land in Sonora, California. My wife and I lived in one house, my brother-in-law in one house and our friends lived in the other two houses. The land we lived on was absolutely beautiful. Deer ran wild and would visit us frequently. They even ate my wife's tulips out of the garden boxes; Phyllis wasn't too happy about that!

I love to hunt (pheasant and quail) and go trout fishing. I worked for the County of Fresno for 30 years, and also worked on a turkey farm and helped raise 40,000 turkeys! That's a lot of "giblets!"

My favorite food is fried chicken, mashed potatoes and biscuits. My favorite holiday is Christmas and I love gospel and country/ western music. I also am a "wiz" at putting puzzles together. I am one of the many that work on the puzzles in the parlor ~ one right after another!

## *Management Team*

**Janeth Medrano**

*Executive Director*

**Stacie Anderson**

*Community Relations Director*

**Eunice Cueva**

*Business Office Manager*

**Julie Olmedo, LVN**

*Resident Services Director*

**Kathy Murphy**

*Activities Director*

**Mary Pabst**

*Memory Care Director*

**Robert Finn**

*Food Services Director*

**Sergio Bravo**

*Environmental Services Director*



*Pacifica Senior Living is committed to  
supporting our communities,  
residents, and the families we serve.*

*We strive to create a lifestyle of  
independence, security, and peace of mind.*

*It is through our dedicated and caring  
team members that our culture is  
exemplified in service, accountability,  
teamwork and compassion.*

*The right choice. The right time.  
Welcome Home!*



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**License #366425024**

***www.pacificaseniorliving.com***

*Welcome Home!*