

Pacifica Tidings



ALEXANDER
COURT
SENIOR LIVING
Memory Care

Nov/Dec
2017



A Note from the Executive Director

Fall is upon us and we are very excited for our Thanksgiving lunch November 23rd @12:00pm. If you will be joining us please make sure and RSVP by 11/17. I would like to thank you all for your support during the Alzheimer's walk; it meant so much to us. Make sure you look out for important dates, upcoming events and activities at our community. We have great things planned and will be keeping everyone updated. Thank you.

Sincerely,

Sandra Rodezno
Executive Director



Who am I?



Take a look inside and see who it is.

Welcome to Our Community



We would like to welcome our new resident Harry Murakami. Let's get to know him. Harry loves animals, dogs especially. He is a World War II Vet and a big sports fan.

Activities & Special Events



**OUTING TO SHORELINE PARK
WEDNESDAY NOVEMBER 15TH 2017 11:00AM**



**HAPPY HOUR ON FRIDAY'S @ 1:00PM
11/3 ,11/10 ,11/17 ,11/24**



**IT'S A FIESTA
NOVEMBER 13TH 2017 @ 11:00AM**



**BIRTHDAY CELEBRATION
NOVEMBER 17TH 2017 @ 2:00PM**

Happy Birthday!

**THANKSGIVING LUNCH
NOVEMBER 23RD 2017@ 12:00PM
PLEASE RSVP**



Memorable Moments



Pumpkin Decorating



Happy Birthday Savannah



Family Fun



Harry & Laurie
Happy Birthday Savannah



Pet Therapy

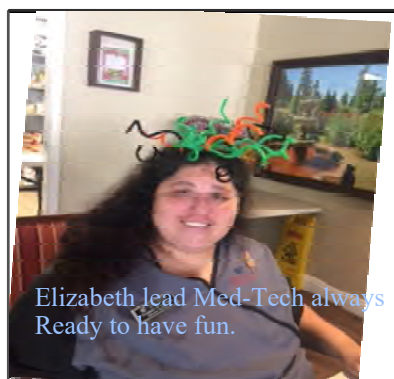
Adventure is calling



A trip to the Duck &
Turtle park



A visit from our friend Raggedy
Ann



Elizabeth lead Med-Tech always
Ready to have fun.



Enjoying the beautiful view on our trip.

Birthdays

Help us wish everyone a happy birthday from Pacifica senior living/ Alexander Court.

Residents

Betty Lewis
November 22nd

Andrea Aguilera
November 30th

Staff

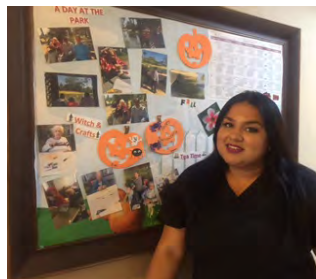
Ponciano Orozco
December 17th

Sandra Rodezno
December 7th



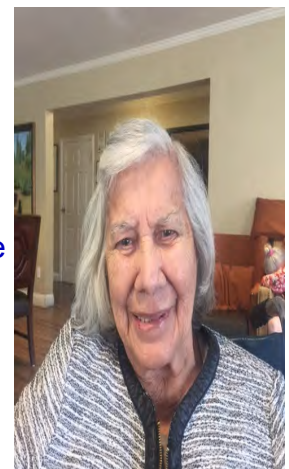
A Note from the Activities Director

Approximately 40 percent of all seniors struggle with Alzheimer's disease or dementia. For these individuals, physical and group activities are essential for lessening the anxiety that accompanies Alzheimer's. Activities are a valuable form of therapy. When it comes to activities for seniors, the best are those that encourage community and help build relationships with others. You are welcome to join us on our adventurous outings, all you have to do is contact me at 805-898-2650. Looking forward to having you at our next outing!
Best Regards,
Vanessa Lopez



Answer (Who am I)

Irene Martinez
I worked for over 33 years at the Santa Barbara Telephone Company. In my free time I was involved with women's fight against gun violence. I traveled with the Santa Barbara Sister cities program. My last trip was to China and it was an unforgettable experience! Everyone who knows me knows about my love for I Love Lucy, and my sweet tooth.
Irene Martinez



Health & Fitness by



Hi, my name is Oceanna Moore.

I started volunteering at Alexander Court in September. I am passionate about finding activities which are enlivening for people with Alzheimers Dementia. As I was finishing my BA in Applied Psychology at Antioch University, I realized I wanted to start a career that allowed me to combine my empathy skills with my service oriented attitude. So I began work as a caregiver. I then got my Certification as a Nursing Assistant from Santa Barbara City College. As I was doing my internship hours, I found myself constantly filling any spare time I had with impromptu activities. I was profoundly moved by the living treasures these older adults represent. After joining the Santa Barbara Activity Director Association, I learned about the connection between music and memory. I then received my certification as a Joyous Movement Dance Instructor. Joyous Movement is dance designed for elderly with any level of ability. I particularly love song and dance so if you see me dancing or singing with your family member, don't be surprised! I am happy to be here, and excited to get to know everyone.

Fitness Activities

Get fit While you sit

Gardening

Chair Volley Ball

Bowling

Yoga For Seniors

Hula Dancing

Spiritual Activities

Morning Devotion
Non Denominational

Chicken soup for the soul (Happiness & Positivity)

Musical Therapy

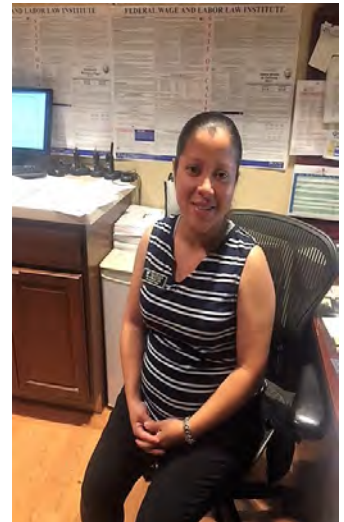
Aroma Therapy

Karla's Corner



I'm happy to announce that Central Coast Home Health will be administering the flu shots to our residents. Influenza is a serious health threat, especially for vulnerable populations like older adults and people living with chronic medical conditions. It's important for people living with and caring for high risk persons, including those who work in long-term care, to get vaccinated against influenza each year.

Karla Wrigth



Management Team

Sandra Rodezno
Executive Director

Karla Wrigth LVN
Memory Care Director

James Kalil
Business Office Manager

Vanessa Lopez
Activities Director

Please feel free to contact
us if you have any questions
or concerns.
Thank you.



*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!*



ALEXANDER COURT
SENIOR LIVING

Memory Care

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

www.AlexanderCourtMemoryCare.com

Welcome Home!