

Pacifica Tidings


PACIFICA
SENIOR LIVING
CHINO HILLS
Assisted Living
Memory Care

**November/December
2017**



A Note from the Executive Director

The holiday season is once again upon us, seems like the years fly by in a wink of an eye. I am very thankful, excited, and honored to celebrate the holidays as your new Executive Director.

Thanksgiving and Christmas are two of my favorite Holiday's. As a little girl my family and I would all go together to the tree lot and pick out the best Christmas tree. Today I carry on the same tradition with my family and I hope my children do the same.

We have so much to be thankful for during the Holiday season, but a few things that come to mind

are all of the resident's and the employees.

I'd like to ask you to thank someone every day for a job well done; this lets them know they are noticed and appreciated. Remember a thank you goes a long way, and even more during the holidays.

Happy Holidays to you all of you,

*Julie Olmedo
Executive Director*

" Just Be!"



Who am I?



Welcome to Our Community



Henry Alonzo
Alberta Bearden
Julie Evergreen
Bob Germann
Gerald Shepard
Hazel "Holly" Shepard
Wanda Steury

Activities & Special Events



*Please join our
Pacifica Senior Living Chino Hills
Family Thanksgiving Luncheon
Thursday, November 16, 2017
12:30 p.m.*

*Assisted Living Dining Room ~ Legacies Dining Room
Entertainment Provided*

*Residents No Charge ~ \$20.00/per Adult "Guest"
No charge for 12 years and younger
Please R.S.V.P. NO LATER THAN 11/06/17 ~ 909-606-2553
Sign-up Sheet is at Front Desk*



Bar

Dessert

Happy Holiday's

Save the Date!
Residents & Families

Date: December 14th

Time: 6:00 p.m.

*We would like to invite you and your family to join us for
Our Annual Holiday Celebration!*

*Indulge in our Delicious Dessert and Beverage Bar ~ Sit
back, relax and enjoy our beautiful live holiday
entertainment by A.J.'s Entertainment and share with us
the beautiful moments of the holiday season.*

Health & Fitness by

Julie Olmedo, LVN

Speed up your metabolism!

Your next workout could set you up for a speedier metabolism.

Your metabolism includes all the things your body does to turn food into energy and keep you going. Some people have a faster metabolism than others.

Some things that affect whether your metabolism is speedy or sluggish include things you don't control, like your age, sex, and genes. Sometimes a sluggish thyroid could decrease your metabolism. But once you find out that it is normal, speeding it up is up to you. Focus on what really does make a difference ~ exercise.

Muscle cells need a lot of energy, which means they burn a lot of calories. In fact, they burn more calories than fat cells, even when you're not exercising. So the time you spend working out reaps benefits long after you stop sweating.

Exercise becomes even more important as you get older. You naturally lose muscle mass with age, which slows down your metabolism. Working out can stop that slide.

It's simple. You need to challenge your muscles often in these two ways:

2. Any kind of aerobic exercise, burns calories. Make it more intense, and your body will burn more calories.
3. Lift weights. Because muscle uses more calories than fat, strengthening your muscles will make you into a more efficient calorie-burning machine, even when you're at rest..

So come in and join our daily exercise class at 10:30 a.m. in the activity room. All the exercises are done in chairs and/or wheel-chairs.

Our exercise program is designed to help all parts of your body and boost your metabolism, even while working out in a chair.

Birthdays

Resident November Birthdays

Marvin Horsley	5th
Henry Alonzo	4th
Urb Miki	27th
Lois Krumrei	17th
Charles Melendez	13th
Joyce Bombardier	22nd
Pat McIntosh	26th
Frances Ruiz	17th

Resident December Birthdays

Wanda Renner	9th
Holly Shepard	12th
Wanda Steury	18th
Barbara Bader	23rd

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)

This lovely lady is Pat Dagenais. Let's get to know her... Pat has lived at Pacifica Chino Hills since 2014. Pat was born in Pennsylvania and graduated at the Air Force Base in Morocco, Africa. She worked in retail for 20+ years and then worked with autistic children. Pat is very proud of her time working with autistic children and adolescents. She is very kind and expresses a lot of love and compassion towards her friends here at Pacifica. Pat was married for 43 years to her late husband Ken Dagenais. It was "love at first sight" with Ken. They met at a pool party at March Air Force Base and were engaged two weeks later.

Pat's hobbies are reading, watching movies, plays and musicals. Her favorite movie is "Singing in the Rain." Her favorite T.V. show is Steve Harvey. Her favorite sport is baseball and she loves the Angels! Her favorite holidays are Thanksgiving and Christmas. She's also very good at arts and crafts.

Her daughter Debi visits her mom regularly and sometimes they have "sleep-overs." Debi takes Pat out shopping, out to lunch and to get their hair and nails done. That's what's so cool about living at Pacifica, your families are always welcome to "hang-out" with their loved ones at any time night or day.

Thank you Pat for allowing us to "get to know you" and the special person you are.

Management Team

Julie Olmedo
Executive Director

Stacie Anderson
Community Relations Director

Eunice Cueva
Business Office Manager

Denise Medrano, 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!*



PACIFICA
SENIOR LIVING

CHINO HILLS

*Assisted Living
Memory Care*

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

6500 Butterfield Ranch Road
Chino Hills, CA 91709
(909) 606-2553

License #366425024

www.pacificaseniorliving.com

Welcome Home!