

Pacifica Tidings


PACIFICA
SENIOR LIVING
HILLSBOROUGH
Assisted Living
Memory Care

**November/December
2017**



A Note from the Executive Director

Steve Jobs once said "The only way to do great work is to love what you do". I can truly say I love what I do. I came into the senior care industry looking for a summer job while waiting for college to start so I could start my path as a Civil Engineering student. I started as a weekend concierge and during my time as a concierge I fell in love with all the residents and community. I felt like I had found my calling. During my second year as a concierge I told my parents that I would be changing my major from Civil Engineering to Psychology. I choose Psychology because that would have been the closest thing to working with seniors and it would allow me to graduate on time. I later was promoted to a Business Office Manager and that

same year I graduated from Cal Poly Pomona with my Bachelor of Arts in Psychology with emphasizes in Industrial Organization and a minor in Criminal Justice. As a Business Office Manager I was encouraged by my Executive Director at the time to get my Residential Care Facility for the Elderly Certification. Once I had my certification I stepped in as Interim Executive Director until I was offered a permanent community. Since then I have been an Executive Director and I hope to continue to grow in this industry by following my heart and deep desire to make a difference in each of our residents' lives.

Executive Director
Janeth Medrano

Who am I?



Welcome to Our Community

Helma G.
Margarita A.
Billie B.
Leslie Mc.
Marguerite H.
Fung Ming D.
China J.
Mary G.
Marlene T.
Ann S.
Delores A.

2017

Spaghetti Dinner

Fundraiser

2017



Health & Fitness by

Janet , LVN

Frequently Asked Questions **about Overactive Bladder**

What is Overactive Bladder? Overactive Bladder isn't a disease. Name of a group of urinary symptoms. The most common symptom of OAB is a sudden urge to urinate that can't control. Some people will leak urine when they feel this urge. Having to urinate many times during the day and night is another symptom OAB.

How common is OAB?

OAB is common. It affects millions of Americans. As many as 30 percent of men and 40 percent of women in the United States live with OAB symptoms.

Who is at risk for OAB?

As you grow older, you're at higher risk for OAB. But no matter what your age, there are treatments that can help. Both men and women are at risk for OAB. Women who have gone through menopause ("change of life") have a higher than normal risk. Men who have had prostate problems also seem to have an increased risk for OAB. People with diseases that affect the brain or nervous system, such as stroke and multiple sclerosis (MS), are at high risk for OAB.

Birthdays

November

Betty Hopper	2nd
Christa Griebisch	3rd
Cesar Uy	8th
Marjory McMillen	9th
Frieda Bartsch	10th
Joan Carlidge	14th
Rex Hopper	14th
Billie Wood	14th
Virginia Arias	14th
Margaret Oldham	23rd
Aurora Avalos	23rd
Thomas Hinson	24th
Arvilla Stanton	30th

December

Connie Bridges	5th
Dolores Stabnau	10th
Elizabeth Shore	10th
Christine Arroyo	15th
Derrill McConnell	19th
Jennie Tembledor	21st
Lounette Clinton	23rd
Lola Peterson	28th
Hilton DeFreitas	28th
Dolores Witham	30th
Claire Girard	31st

Spiritual Activities

TV Catholic Mass

Every Sunday
In the Activity Room
At 9:00 am

Communion with Kim

Every Sunday
In the Activity Room
At 9:30 am

Mass with Father Patrick

Every Second Monday
In the Theater Room
At 10:15 am

Bible Study with Pastor Mike

Every Wednesday
In the Theater Room
At 10:30 am

Lutheran Bible Class

Every Third Thursday
In the Library
At 2:00 pm

Who Am I?

(answer)

Margaret Martinez was born to Ramon and Sara Gonzalez. on October 29, 1926 in the small town of Precidio in western Texas. Margaret has 3 brothers and 2 sisters. By age 4, with the encouragement of her grandfather, and due to the difficulties of the Depression, the Gonzalez family moved North to Chino. Margaret still remembers the five day trip and being afraid because it rained a lot and their car slipped and skid causing much worry. Margaret attended a segregated school (for Hispanics) on Monte Vista Avenue, There she became best friends with Mona who was the sister of the boy she would marry. His name is Rudy Martinez. They were married at City Hall. Soon after, Rudy entered the marines and stationed at Camp Pendleton. He served in the Pacific and sadly, missed the birth of his first child, Sara. When his military service was over, his father took Margaret and Rudy to the bank and signed over his house and an acre on "F" street. That was the first of several moves ending at Baca street where Margaret's daughter lives now. One job that Margaret had was working at Boy's Republic making Christmas wreaths! In later years Margaret and Rudy sold the on "F" street which became Jericho House a Men's home. Margaret and Rudy have 3 daughter's. Sara, Dorothy, and Tina and 1 son Rudy and 12 grandchildren and 47 great grand children and several great, great grand children!. Because all of her siblings live in the Chino area, Pacifica Senior Living has been an ideal place for Margaret to enjoy these years. P.S. Happy Birthday Margaret !!

Management Team

Janeth Medrano
Executive Director

Crystene Char
Business Office Manager

Jennifer Heldoorn
Community Relations Director

Anne Siy, LVN
Health Services Director

Janet Girecky
Health Services Director

Espi Rivas
Activities Director

Joanna Ochoa
Dining Services Director

Jose Vega
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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*11918 Central Avenue
Chino, CA 91710
(909) 548-2100
Lic.# 366426031*

Welcome Home!