

# Pacifica Tidings



Luxury Senior Living by Pacifica

March  
2018



## *A Note from the Executive Director*

Over the past 3 years together, through our experiences, we have fostered a meaningful relationship. Because you have placed your trust in me, I now return the favor & open a door into my personal thoughts. Most of my writings have been esoteric and general. Today, that ends. Today, unafraid, driven by passion to use my gift to touch the deepest part of you, I offer the following truth. Forty seven years of ignorance came to an abrupt halt after a recent unexpected, unpleasant life experience. As the case often is, while the sting is fresh, the wisdom pours in, as long as you allow yourself to receive it. My discovery may appear obvious, but I promise you, if you follow me down the rabbit hole, it is anything but. ***"You must become your own Muse if you desire consistent success"***. I descended the dusty gravel ridge, underneath the Bixby Bridge, searching for the writing cabin of one of my literary heroes, Jack Kerouac. Unsuccessful in my journey, I first lamented, then woke up. Nursing my broken heart after a betrayal, delusional, I thought that I might re-gain

comfort from communing with his spirit. As many authors unintentionally do, I foolishly surrendered my power. I blamed my writer's block on lack of inspiration and credited my writer's flood to my Muse. The Muse came in many forms, sometimes location, sometimes, like Jack, a nice bottle of wine, but most often, it was a person. Years of crippling drought, then, BANG, the Muse, my personal monsoon, would appear. But like a crushing hangover from the wrong (or too much) wine, it can suddenly betray you, leaving you paralyzed absolutely. Ironically, my quest to find Kerouac, which failed, was simply retracing his steps in an attempt to find *his* Muse, which he never did. In the process, I accidentally found what he was looking for. I found me, my new Muse.

## *Who am I?*

I was a fifth-century Romano-British Christian missionary and bishop in Ireland. I was known as the "Apostle of Ireland", the primary patron saint of Ireland, along with saints Brigit of Kildare and Columba. I was also venerated in the Anglican Communion, the Old Catholic Church and in the Eastern Orthodox Church as equal-to-the-apostles and Enlightener of Ireland

A: St. Patrick

## *Welcome to Our Community*

### January

Richard Cook  
Patricia Sharer

### February

Eugenia Elder

### March

Chris & Peggy  
Pappageorgas

Toyo Swartz

## *Activities & Special Events*

# Happy Birthday!

3/1 Pa- sha Hussain  
3/4 Karen Hart  
3/4 Jean O'Brien  
3/6 Robert Reiter  
3/11 Beverly Ballard  
3/11 Adelle Henderson  
3/11 David Lawfer  
3/19 Jerome Nathan  
3/24 Katherine Rustad  
3/25 Barbara Stokely  
3/27 Betty Johnson  
3/30 Edward Troy  
3/31 Capt. Robert Thomas  
3/31 Joe Mangin

# You're Invited!

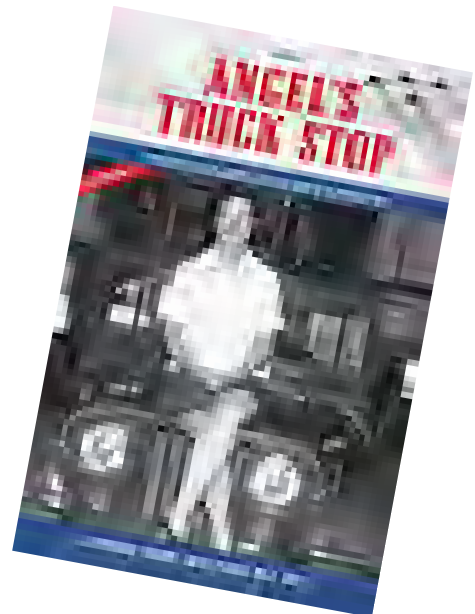
Please join us for a presentation by Public Water Now to hear how we can achieve affordable and sustainable water through PWN's initiative to buy out Cal Am. We will have a guest speaker from Public Water Now to answer your questions and bring you up to date on the latest developments.

**Tuesday, March 6th 2p-3p**  
**A-Level Media Room**

## Guest Speaker & Author Event

Angelica "Angel" Pilato, Lt. Col. USAF (Ret.) Ph.D.  
Tells "How Being Part of History Turned into a Memoir"  
Tuesday, March 20, 3:00pm  
The Rendezvous

Dr. Pilato will take you on a trip down memory lane to the events of the 1960's and how they affected her decision to join the Air Force at the height of the Vietnam conflict. As the FIRST Air Force woman officer assigned to manage an Officers' Club on a fighter pilot base in a war zone, she has some great tales to tell and photos from the era!



## *Health & Fitness by*



Chronic pain is a common problem. According to the National Institutes of Health, chronic pain affects more Americans than diabetes, heart disease and cancer combined. Chronic pain is the most common cause of disability in the U.S. Traditionally, the first step in treating chronic pain has been medication, including strong painkillers such as opioids. But these drugs can be problematic. Not only are opioids powerful drugs, they can have serious side effects and pose a significant risk for addiction when used long term. The problems associated with using opioids for pain relief make it crucial that other strategies be considered when managing chronic pain. Here are some alternatives: Massage, mind-body therapies, and supplements.

## *Fitness Activities*

Mon-Wed-Fri  
Fitness w/ Nima

Tues-Sat  
Seated Exercise w/  
Cristine

Mondays  
Balance & Movement w/  
Wendy

Tuesdays  
Tai Chi

Wednesdays  
Yoga w/ Mae

Saturdays  
Mental Gym

## *Spiritual Activities*

Wednesdays 10am  
Catholic Spiritual  
Service

Wednesdays 12pm  
Grief Counseling w/ Mick

2nd Sundays 1:15-  
2:15pm  
Christian Hymns

Massage therapy can help reduce pain. Several studies suggest massage can be effective as part of an overall strategy for managing chronic neck and back pain. Mayo Clinic has conducted more than a dozen clinical trials on massage and found it valuable for a wide variety of pain conditions.

Clinical trials have shown mind-body therapies are another approach that can significantly affect chronic pain. The purpose of these treatments is to help you relax and improve the communication and connection between the state of your mind and the health of your body. Yoga, tai chi, meditation and

guided imagery fall under this category.

There are two supplements in particular that show promise for easing pain. The first is usually called SAME. It's been studied for its ability to reduce inflammation and relieve arthritis pain. The second is curcumin, a substance found in the spice turmeric, which also may help reduce inflammation. Use these supplements. Be careful if you take supplements, though, and don't start taking anything before you discuss it with your health care provider to make sure it's right for your situation.

## *Management Team*

**David Hahklotubbe**

Executive Director

**Melissa Davie**

Business Office Manager

**Patricia Rager**

Resident Services Director

**Karen Araiza**

Memory Care Director

**Jaime Fernandez**

Food Services Director

**Miguel Contreres**

Dining Services Director

**Thomas Sterns**

Maintenance Director

**Gina DiMaria / Tim Sadler**

Community Relations Director

**Ciquia "CC" Martin**

Activities Director

## *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.*

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



Luxury Senior Living by Pacifica

*200 Glenwood Circle*

*Monterey, CA 93940*

*Phone: 831.373.0101*

*[www.ParkLaneMonterey.com](http://www.ParkLaneMonterey.com)*

*RCFE # 275294322*

*Welcome Home!*