

# Pacifica Tidings

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

**March/April  
2018**



## *A Note from the Executive Director*

Even though we really have not seen or felt any cold winter months as of yet, we are definitely moving forward and getting into the spring months. Spring is one of my favorite seasons; I love the beauty of the new flowers blooming.

Get ready for a day of **GREEN!** As the saying goes, everybody's Irish on St. Patrick's Day, so raise a glass on March 17<sup>th</sup> to celebrate the Patron Saint of Eire. Here is an Irish Blessing for you all. May you get all of your wishes BUT one, so that you will always have something to strive for.

Easter is such a beautiful time to gather with family and friends. "The very first Easter taught us this; that

life never ends and love never dies." Here is an Easter quote for you all. Easter is the **ONLY** time it's okay to put all of your EGGS in one basket! Thankful for the gift of life, love and joy.

This year our Annual Easter Brunch will be on March 25<sup>th</sup> from 11:00 am -1:00 pm. We will also be having an Easter Egg Hunt and Bounce House for all the "little ones." Please RSVP at the front desk. We look forward to seeing everyone.

*Julie Olmedo  
Executive Director*

*Just Be...*



## *Who am I?*

I was born on July 23, 1959 in Endicott, a very small town in upper state New York. I moved to California when I was 6 years old. Lived in San Jose California for 20 years then moved to Southern California with my husband and daughter in December of 1990. I came to work at Pacifica in April of 2012 as a receptionist and worked my way up to the position that I am in today. Who am I, you say? Well I am about to take on the role of my life. The shoes I am about to fill and the person we are about to lose is going to be very hard to replace. I know that I will do my very best for you and I hope that we have many many years ahead of us of fun and excitement. I am very blessed to have all of you in my life.

## *Welcome to Our Community*



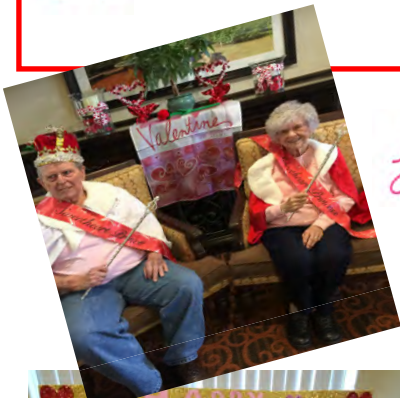
**R.J. Brewer  
Lil Dlouhy  
Doris Ruh  
Marilyn Smalling**

## *Activities & Special Events*

### **March 2018**

<b>3/2</b>	<b>COMMUNION (AL Library)</b>	<b>11:00 am</b>
<b>3/5</b>	<b>"MARICELLA'S JEWELRY BOUTIQUE"</b>	<b>9:00 am</b>
3/6	Traveling Game Show (AL)	1:30 pm
3/6	Traveling Game Show (Legacies)	2:30 pm
<b>3/7</b>	<b>"Baking with Robert" - Activity Room</b>	<b>1:30 pm</b>
3/8	Entertainment by Teresa Stockton (AL)	1:30 pm
3/8	Entertainment by Teresa Stockton (Legacies)	2:30 pm
3/12	Entertainment by Ron Johnson	1:30 pm
3/13	PET THERAPY	11:00 am
<b>3/13</b>	<b>"MEN'S CLUB" Kickoff Meeting (Library)</b>	<b>1:30 pm</b>
3/15	Entertainment by John Mullens (Legacies)	1:30 pm
<b>3/17</b>	<b>ST. PATRICK'S DAY!</b>	<b>3:45 pm</b>
	<b>Entertainment by Dianne Chavarria</b>	
3/19	Entertainment "Old Time Hymns" By Don Jensen	10:30 am
<b>3/20</b>	<b>"JAN'S BOUTIQUE"</b>	<b>9:00 am</b>
<b>3/25</b>	<b>EASTER BRUNCH</b>	<b>11:00 am - 1:00 pm</b>
	<b>We will also have an Easter Egg Hunt &amp; Bounce House for all the "little ones!"</b>	
<b>3/26</b>	<b>LUNCH OUTING ~ Islands Restaurant</b>	<b>11:30 am</b>
3/27	Musical Group: "Side-by-Side" from Stanford University	2:30pm

### **Fun Photos of our "Valentine's Day" Celebration**



Love



## *Health & Fitness by*

**Denise Medrano, LVN  
Resident Services Director**

### **Heart Health and Diet**

The month of March is Heart Health and Diet awareness month. Here are few tips on keeping your heart strong and healthy.

Heart disease is the leading cause of death in America. About 92 million people in the United States have some form of heart/cardiovascular disease - that's about 29 percent of the population. Many of these deaths and risk factors are preventable, and food choices have a big impact on your heart's health, even if you have other risk factors.

Only a few risk factors, such as age, gender and family history, cannot be controlled. You can prevent and control many risk factors of heart disease, such as high blood cholesterol and high blood pressure with lifestyle changes and medications. Lifestyle Changes: A healthy lifestyle following a healthy eating plan, maintaining a healthy weight, regular physical activity, quitting smoking and managing stress can lower your risk for heart disease and may prevent current heart disease from worsening.

### **A Heart-Healthy Diet**

To lower your risk of heart disease, follow these healthy diet recommendations "Focus on variety, nutrient density, and amount."

1. "Limit calories from added sugars and saturated fats and reduce sodium intake."
2. "Shift to healthier food and beverage choices."
3. "Support healthy eating patterns for all."

Remember drink lots of water to keep yourself hydrated and watch your candy intake during Easter.

Happy Easter to all of you!

## *Birthdays*

### **Residents**

#### **March Birthdays**

Madhu Matani	7th
Alice Pust	12th
Diana Diefenbaugh	15th
Elma Norris	19th
Kathleen Husley	25th
Darwin Duncan	25th
Wilda Knoblock	31st

#### **April Birthdays**

Mariana Madriz	3rd
Alberta Bearden	6th
Jerry Krick	7th
Julie Evergreen	10th
Marjorie Keel	15th
Betty Barton	23rd
Mary Ellen Brault	29th

## *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?*

**Mary Pabst, Activities Director**





## *Management Team*

**Julie Olmedo, LVN**  
*Executive Director*

**Chad Ormsby**  
*Sales Director*

**Eunice Cueva**  
*Business Office Manager*

**Denise Medrano, LVN**  
*Resident Services Director*

**Mary Pabst**  
*Activities Director*

**Jessica Gomez, LVN**  
*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*

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

**License #366425024**

***www.pacificaseniorliving.com***

*Welcome Home!*