

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
HILLSBOROUGH  
Assisted Living  
Memory Care

**March/April  
2018**



## *A Note from the Executive Director*

Although we haven't seen or felt any of the cold winter weather, 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. As we move forward I would like to encourage all residents and families to participate in our upcoming events.

Get ready for a day of GREEN! As the saying goes, everyone's Irish on St. Patrick's Day, so raise a glass on March 17<sup>th</sup> to celebrate the Patron Saint of Ireland. Please join us for green shamrock shakes at 2:00pm in the front lobby on March 17<sup>th</sup>. Here is an Irish blessing for you all, "May you get all 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. This year our Annual Easter Brunch will be on March 24<sup>th</sup> from 11am-2pm please RSVP at the front desk. We look forward to seeing everyone.

Our 2018 Memory Care Workshops are coming up on March 14<sup>th</sup>, April 10<sup>th</sup>, and May 9<sup>th</sup> from 4:00 p.m. to 6:00 p.m. We will be having MaryLou Marquez, BSW from the Alzheimer's Association, Greater Los Angeles chapter as a guest speaker. Please see the front desk for more information.

If you have any suggestions we do have a suggestion box in the front lobby.

Thank you,  
Janeth Medrano  
Executive Director

## *Who am I?*



## *Welcome to Our Community*

**We are happy you join our  
Family here at Pacifica**

Ana Uy  
J.C. Lawton  
John Baker  
Mildred Baker  
Charles Coulter  
Dolores Fox  
Harriet Yelland  
Mary Ong  
Robert Nigg  
Joy Deraleigh

*Happy Valentine's Day*

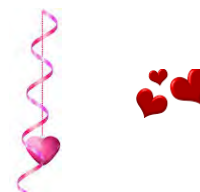
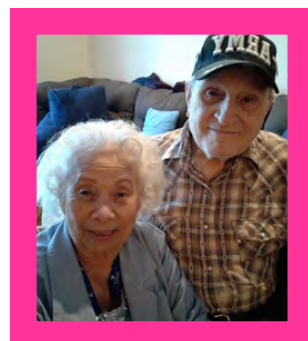
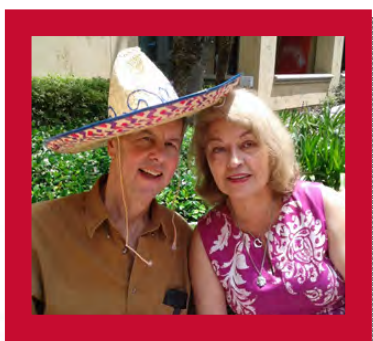
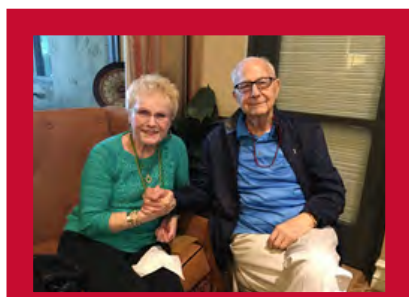
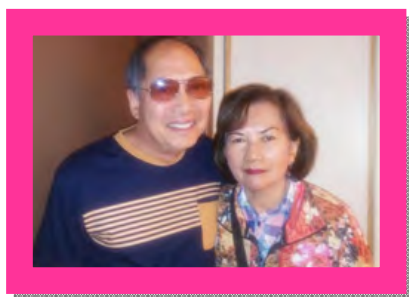


## Pacifica's King & Queen



**Louise & Duane**  
**Assisted Living**

**Jerry & Carrie**  
**Memory Care**



## Health & Fitness by

Janet Girecky LVN  
Health Services Director

### Simple Health Tips to Try Each

#### Day of March

##### \* **Cut portions.**

If you think leaving just a little something on your plate won't matter, think again. It will. Small amounts of uneaten food add up to calories that stay on the plate – not on you.

##### \* **Have a vegetable at breakfast.**

Most people save their veggies for dinner, but it's healthful to think outside the [cereal bowl](#) and veg out at breakfast. For example, add a sliced tomato to your cheese sandwich or some mushrooms to your [eggs](#).

##### \* **Find fiber.**

Whether it's a bran cereal, nuts, oatmeal or an array of other fiber-filled foods, added fiber can make you feel fuller longer and provide a, well, moving experience. Dark [chocolate](#) has been shown to have heart-healthy benefits and it can certainly [boost your mood](#). Be mindful of portions, though, to help keep yourself feeling happy.

##### \* **Take time for tea.**

Tea contains polyphenols, it's good for your bones and it provides a soothing cup of comfort in any season.

##### \* **Shake the salting habit.**

Replace salt with lemon, herbs and spices.

##### \* **Sleep more, weigh less.**

The more hours you're awake, the more time you have to nosh. Lack of zzz's can also mess with your hormone levels.

##### \* **Be kind to yourself.**

If you're not having a great day, don't "reward" yourself with food – the wrong foods in the wrong amounts may become punishments instead of rewards. Take a bath, write a letter, surround yourself with true friends or buy yourself something that will make you smile. You deserve to have a wonderful month.

## Birthdays

### March

Helen Ginoza	3rd
Silvia Degadillo	4th
Lee Brewer	8th
Ellen Morgan	9th
Gladys McMahan	11th
Ernesto Ardales	12th
Louise Waln	13th
AL Dibrell	15th
Joyce Arnhart	16th
Thevan Phan	25th
Donella Thomas	31st

### April

Mary Brown	5th
Jennie Nicolin	7th
Leslie McGeorge	14th
Madeline DeNault	15th
Antonina Harren	16th
Aj Moret	16th
Theresa Nedean	25th
Kent Schaffer	25th
Betty Harborth	27th
Owen Johnson	28th
Dixie McGeorge	29th
Paul Payne	30th

## Spiritual Activities

### **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

### **Station of the Cross**

Every Friday  
In the Theater Room  
At 2:00 p.m.

### **Good Friday Service**

Friday March 30th  
In the Theater Room  
At 2:00 p.m.

## Who Am I?

(answer)

On November 10, 1922 Frieda was to John and Frieda Schroeder in Wii County, Illinois. The family lived and worked on their farm until Frieda was 6 years old. During the Depression the family was forced to leave their farm and they moved to Lake Crystal, Minnesota. There, Frieda and her two brothers and three sisters helped with the farm chores and attended school which was one classroom and all grades was taught there. Tragedy struck when Frieda's 10 year old sister Dorothy died from an illness. In 1938 when Frieda was 16 the family again moved, this time to Garden City. Frieda graduated from high school and she relates that there were always parties and dancing at the town halls. There she met Walter Otto Bartsch. After a year of dating Walter proposed by giving Frieda a diamond ring at Christmas. Walter and Frieda were parents to Darlene and Walter Jr. after Walter finished his military service they moved to Lake Elsinore where they first lived with Frieda's sister on her chicken farm. In 1980 they bought a 32 foot Voque motorhome and joined a boat club too. With Friends they traveled to Mexico, Alaska, and Canada. They enjoyed water skiing and trout fishing in Utah. At camp grounds in Oregon they met life long friends. The Bartsch's have 4 grandsons, one granddaughter and 10 great grandkids. Here at Pacifica Frieda enjoys card games and bingo and the occasional shopping at Walmart. Frieda is a pleasure to know and has had a very interesting and adventurous life.

## *Management Team*

Janeth Medrano  
**Executive Director**

Crystene Char  
**Business Office Manager**

Jennifer Heldoorn  
**Community Relations Director**

Anne Siy, LVN  
**Health Services Director**

Janet Girecky, LVN  
**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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Memory Care

*11918 Central Avenue  
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(909) 548-2100  
Lic.# 366426031*

*Welcome Home!*