

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
SAN LEANDRO  
Independent  
Assisted Living

**MARCH  
2018**



## *A Note from the Executive Director*

Dear Residents,

I am sure you have all heard the expression March comes in like a lion and goes out like a lamb. I've been in Southern California for so long now I really haven't been able to relate to this. I've been in Northern California and Portland over the past few months so I have been in snow, ice and rain. I have been experiencing seasons and have actually had to wear a coat!

San Leandro is one of my favorite communities. I love the residents and the staff. I am blessed that in my travels over the past 2 years I have met some wonderful people who I will stay in touch with forever. I love what they are doing to make this community a fabulous place to live.

Our calendar for this month is really busy. On St. Patrick's Day if you don't wear green you may get pinched by a green gremlin. I expect to see lots of pictures!! On March 18<sup>th</sup> we have our monthly Church service followed by a Jewelry vendor. Make sure you sign up for outings. We will have a picnic at the Marina, shopping and lunch at the Buffet Fortuna.

Please remember to come to our daily activities. We have exercise and our residents are enjoying balloon tennis, crafts and discussion groups. Have a wonderful March!

Fondly,  
Susan Weisbarth

## *Who am I?*

- I am a workaholic...
- People might be saying I have no life but in reality it's not TRUE because I am very family oriented person.
- God, first, and although my priority is my family...I'm still FOCUS with my responsibility as the Business Office Manager.
- I love what I'm doing...assisting our residents on inquiries about their statement...make them laugh and enjoy each every single day wiggling to them (that's what I'm known for).
- For me, teamwork is the key to our success at Pacifica Senior Living San Leandro.

## *Welcome to Our Community*

**John C.**

## Activities & Special Events

### HOLIDAYS IN MARCH 2018

**3/1/18 - Purim (Jewish Holiday).** Purim marks the Jewish people's deliverance from a royal death decree around the 4th century BCE, as told in the Book of Esther. Many Jewish Americans celebrate Purim on the 14th day of the month of Adar in the Jewish calendar, which is in February or March in the Gregorian calendar. According to many sources, the celebrations begin at around sunset on the 13th day of Adar, while other sources mention that Purim is observed on the 15th day of Adar. Many Jewish people, especially children, in the United States use this event as an opportunity to listen to the *Megilla* (or *Megillah*) to relive the events that are told about the story of Esther, Mordecai and Haman. It is customary to twirl *graggers* (Purim noisemakers) and stamp one's feet when Haman's name is mentioned. Many Jewish people give to the needy around this time of the year. Food baskets or food gifts are also given away. It is a time for people to celebrate and be merry. So some Jewish schools hold celebrations to remember the past and their heritage. Other groups or organizations hold Purim carnivals filled with activities, costumes, food and games. Special prayers, particularly the *Al HaNissim* prayer are also included in evening, morning and afternoon prayers.

**3/11/18 - Day Light Savings.** Spring, forward your clock 1 hour ahead.

**3/17/18 - St. Patrick's Day.** *St Patrick's Day, on March 17, remembers one of Ireland's patron saints, St Patrick. It largely celebrates Irish-American culture in the United States.* Celebrations concentrate on Irish themed parties, drinks and food. Many people get into the spirit by dressing in green clothing and eating green colored food. Irish clubs and pubs often hold parties or have special deals. St Patrick is one of Ireland's patron saints and many Americans with Irish ancestry remember him on March 17. Patrick's Day is fixed on March 17, but may occasionally be moved by Catholic Church authorities. The most common St Patrick's Day symbol is the shamrock. The shamrock is the leaf of the clover plant and a symbol of the Holy Trinity. Other symbols seen on St Patrick's Day include the harp, which was used in Ireland for centuries, as well as the leprechaun and a pot of gold that it hides.

**3/25/18 - Palm Sunday.** Many Christians in the United States remember Jesus' triumphal entry into Jerusalem on Palm Sunday, which marks the beginning of Holy Week. What Do People Do? Programs of sacred music are performed in many towns and cities in the United States on Palm Sunday. They are often sponsored by and held in local churches but they may also be part of the musical community's regular concert series.

**3/29/18 - Maundy Thursday,** also known as Holy Thursday, is a Christian observance in the United States. It is the day before Good Friday and takes place during Holy Week. It commemorates Jesus Christ's last supper and the initiation of Holy Communion (the Eucharist), observed in many Christian churches.

**3/30/18 - Good Friday** occurs two days before Easter Sunday in the United States. It is the day when Christians commemorate Jesus Christ's crucifixion, which plays an important part in the Christian faith. It is not a federal holiday in the United States, although it is a state holiday in some states. Some Christians may attend special church services or prayer vigils. Good Friday is a day of mourning and quiet prayer for many Christians. The candles are often extinguished and statues, paintings and crosses may be draped in black, purple or gray cloth. Some Catholics treat Good Friday as a day of fasting, while others observe a partial fast involving the exclusion of meat.

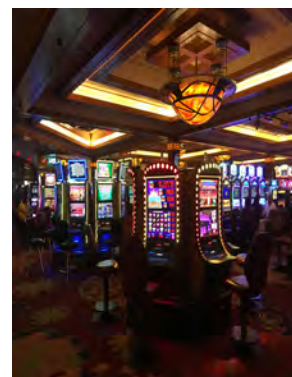
**3/31/18 - Holy Saturday.** Many Christians in the United States observe Holy Saturday, which falls between Good Friday and Easter Sunday. It commemorates the day when Jesus Christ lay in the tomb after his death, according to the Christian bible. It is also known as Easter Eve and is the last day of Lent.

**3/31/18 - Passover (Jewish Holiday).** Passover (Pesach) generally lasts for eight days in the United States. Many Jewish people spend the Passover period with family members or close friends.

**3/31/18 - César Chávez Day.** This holiday celebrates the birthday of César Estrada Chávez and it serves as a tribute to his commitment to social justice and respect for human dignity.



## *Memorable Moments*





## Birthdays



### Residents Birthdays

Patricia 3/4  
Victor 3/5  
Bruce A. 3/6  
Florence 3/9  
Maude 3/17  
Cynthia 3/21  
David 3/23

### Staff Birthdays

Lisa 3/1  
Beatrice S. 3/21



## Art Therapy

Art Therapy is a great way to exercise your hand dexterity, relax, and enjoy what your imagination can produce through the use of mixing colors and painting them onto paper. Art comes in many forms, such as: poetry, sketching, painting, making holiday arts & craft, baking cookies, rolling eggrolls, and etc.

**Join us to find out for yourself!**

## *A Note from the Activities Director*

Dear Family & Friends,

Thank you for choosing Pacifica Senior Living San Leandro to care for your love ones. We are delighted to have you here as part of our family!

Please be sure to keep yourself updated with our events by referring to our Monthly Activity Calendar. We have a variety of activities to offer, both small & big groups. If you would like to share your suggestions, ideas, or feedback - please feel free to contact me at any time and you are always welcomed to join our monthly Activity Council meeting held every 1st Thursday of the month.

Once again, thank you and we look forward to seeing you in one of activity events!

Yours Truly,

## PET THERAPY



Have you met Spunky yet?  
**If not, make your way down to the Activity Room every Tuesday from 2:00pm—3:00pm to meet Spunky.**  
Spunky is a certified pet therapy and her Therapy Handler is Jane Tucker. Spunky is a 10 year old Shih Tzu Mix, and she's very gentle to all her guests!

## Health & Fitness by

HELPGUIDE.ORG  
TIPS FOR DEVELOPING YOUR  
SENSE OF HUMOR

⇒ **Laugh at yourself.** Share your embarrassing moments. The best way to take yourself less seriously is to talk about times when you took yourself too seriously.

⇒ **Attempt to laugh at situations rather than bemoan them.** Look for the humor in a bad situation, and uncover the irony and absurdity of life. When something negative happens. Try to find a way to make it a humorous anecdote that will make others laugh.

⇒ **Surround yourself with reminders to lighten up.** Keep a toy on your desk or in your car. Put up a funny photos of you and your family or friends having fun.

⇒ **Remember funny things that happen.** If something amusing happens or you hear a joke or funny story you like, write it down or tell it to someone else to help you remember it.

⇒ **Don't dwell on the negative.** Try to avoid negative people and don't dwell on news stories, entertainment, or conversations that make you sad or unhappy. Many things in life are beyond your control - particularly the behavior of other people. While you might think the weight of the world on your shoulders is admirable, in the long run it's unrealistic and unhealthy.

⇒ **Find your inner child.** Pay attention to children and try to emulate them-after all, they are experts on playing, taking life lightly, and laughing at ordinary things.

## Fitness Activities

**Morning Exercise**  
**7 Days a week**  
**The Activity Room (AR)**  
**9:30 AM**



Balloon Tennis: Tues, Thurs, Sat  
Noodles Toss: Sun & Wed  
Badminton: Wed  
See Calendar for specific time...



## Spiritual Activities

**Friday Communion**  
**Catholic**  
**10:30 AM (2nd Floor)**

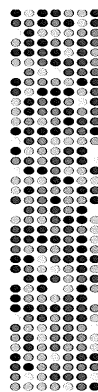
**Saturday Worship Service**  
**Non-Denominational**  
**1st Saturday of the Month**  
**10:00 AM (AR)**

**Sunday Bible Study**  
**Men's Gospel Group**  
**1:30 PM (2nd Floor)**

**Sunday Service**  
**Non-Denominational**  
**3rd Sunday of the Month**  
**10:00 AM (AR)**

**Spirit Care**  
**4th Tuesday of the Month**  
**2:30 PM (3rd Floor)**

**Sunday Ride to Church**  
**Meet in the Lobby**  
**9:00 AM - 12:30 PM**



## REFER A FRIEND EARN REWARDS!

We love having residents like you! If you have any friends that you think would enjoy our community as much as you do, we welcome you to send them our way.

When your referral selects Pacifica San Leandro as their home and makes the move you will receive a \$500\* credit towards your rent. *It is that simple.*

YES, I WOULD LIKE TO REFER MY NEW NEIGHBOR!

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

REFERRING NEIGHBOR \_\_\_\_\_

Pacifica San Leandro  
510.995.0094  
348 W Juana Avenue | San Leandro, CA | 94577



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Assisted Living

License No. 015601394

348 W Juana Avenue

San Leandro, CA 94577

510-995-0094

www.PacificaSanLeandro.com

\*Credit will be issued 60 days after the new resident moves in. See a PSL representative for complete details.

## *Management Team*

Executive Director  
Dillon Cagulada

Administrative Assistant  
Gladys Manrique

Community Relations Director  
Ruth Ocon

Business Office Manager  
Lisa Lostica

Resident Services Director  
Jetrey Inarda

Activities Director  
Lai Saephan

Food Services Director  
Rosario Pagayon

Environmental Services Director  
Mario Molloy



*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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*348 West Juana Avenue*

*San Leandro, CA 94577*

*(510) 357-1691*

*Lic.# 015601394*

*www.pacificaseniorliving.com*

*Welcome Home!*