

Pacifica Tidings



**APRIL
2018**



A Note from the Executive Director

Dear Residents,

Spring is just around the corner and we are all very excited to see the sunshine! April is the month of rain and it is well needed for the growth of our garden in the patio, cleanse the air, and everywhere else around the world.

April 1st, 2018 - Easter Sunday will be the most busiest day of the month in celebration of Easter from 1:00pm-2:30pm in the Activity Room and Lobby Area. There will be Easter-Egg Hunt, happy hour with music, jewelry vendor, animal balloon artist, raffles, and prizes. Volunteers from Kipp High School and children from K-Kids Elementary and their parents will also be here to support the event as well as kids from our staff members joining in the fun.

Towards the end of April, we will be taking a day trip on the ferry to San Francisco and enjoy our day by the Bay with Resident Luncheon - requirement: self ambulatory and some walking. Please be sure to sign up if you are interested in going.

Sincerely Yours,
Dillon Cagulada

Who am I?

- ⇒ I am pleased to introduce myself as the new Executive Director of Pacifica Senior Living San Leandro.
- ⇒ I have been in the assisted living industries for over 13 years now, I have recently relocated from Los Angeles County and have worked for another assisted living corporation as their Marketing Director and Executive Director.
- ⇒ Lastly, I would like to use my talents and skills and implement them here in San Leandro to achieve the overall happiness and satisfaction of all the residents here.

Welcome to Our Community

**Frank V.
Riley J.**

Activities & Special Events

HOLIDAYS IN APRIL 2018



CHRISTIAN HOLIDAYS:

4/1/2018—Easter Sunday (Christian Observance). Many Christians celebrate Easter Sunday as the day of Jesus Christ's resurrection, which is written in the New Testament of the Christian bible. According to the Gospel of John in the New Testament, Mary Magdalene came to the tomb where Jesus was buried and found it empty. An angel told her that Jesus had risen.

Other Christian Holidays: 4/2/18 (Easter Monday), 4/6/18 (Orthodox Good Friday), 4/7-9/18 (Orthodox Easter)

JEWISH HOLIDAYS:

4/7/2018 - Last Day of Passover (Jewish Holiday). Jump to Seventh day of Passover - *Passover* or *Pesach* is an important, biblically derived Jewish holiday. Jews *celebrate Passover* as a commemoration of their liberation by God from slavery in ancient Egypt and their freedom as a nation under the leadership of Moses.

April 11th, 2018 - Yom HaShoah (Jewish Holiday). Israel's Knesset (parliament) established Yom Hashoah, also known as Holocaust Remembrance Day, as a memorial to about six million Jewish people who were slaughtered by the Nazis between 1933 and 1945. It is observed on the 27th day of the month of Nisan.

April 19th, 2018—Yom Ha'atzmaut (Jewish Holiday). Independence Day (Hebrew: יום העצמאות Yom Ha'atzmaut, lit. "Day of Independence") is the national day of Israel, commemorating the Israeli Declaration of Independence in 1948. ... Yom Hazikaron, the Israeli Fallen Soldiers and Victims of Terrorism Remembrance Day is always scheduled for the day preceding Independence Day.

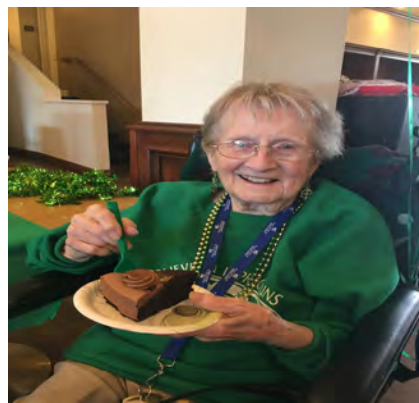
OTHER HOLIDAYS:

April 22nd, 2018 - Earth Day. Earth Day is an annual event celebrated on April 22. Worldwide, various events are held to demonstrate support for environmental protection. First celebrated in 1970, Earth Day events in more than 193 countries are now coordinated globally by the Earth Day Network.

April 25th, 2018 - Administrative Professionals Day. National Administrative Professionals' Day, also known as Secretaries Day or Admin Day, is observed on the Wednesday of the last full week in April of each year. It is a day to recognize the work of secretaries, administrative assistants, receptionists and other administrative support professionals.

April 26, 2018 - Take our Daughters and Sons to Work Day. Join The Celebration on Thursday, April 26th, 2018! For nearly 25 years the Take Our Daughters And Sons To Work program has been "Leading the way..." inspiring young dreamers to dream big. Inspiring them to dream of themselves in boardrooms, city halls, union halls and concert halls. Inspiring them to believe in.

Memorable Moments



Birthdays



Residents Birthdays

Barbara—4/3

Jo Ann—4/26

Staff Birthdays

Roselyn—4/24

SPECIAL BIRTHDAY CELEBRATION
Congratulations Maude - for celebrating your 101 years old birthday here with us at Pacifica Senior Living San Leandro gracefully and beautifully!



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 any of our in-house activities, residents' meetings, and educational presentations.

Once again, thank you and we look forward to seeing you soon!

Yours Truly,
Lai Saephan

Meet Our New Residents

Welcome Home



FRANK V.



RILEY J.

Health & Fitness by

Stress Management Tips WebMD.com

People can learn to manage stress and lead happier, healthier lives. Here are some tips to help you keep stress at bay.

- ⇒ Keep a positive attitude.
- ⇒ Accept that there are events that you cannot control.
- ⇒ Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- ⇒ Learn and practice relation techniques; try meditation, yoga, or tai-chi.
- ⇒ Exercise regularly. Your body can fight stress better when it is fit.
- ⇒ Eat healthy, well-balanced meals.
- ⇒ Learn to manage your time more effectively.
- ⇒ Set limits appropriately and say no to requests that would create excessive stress in your life.
- ⇒ Make time for hobbies and interests.
- ⇒ Seek out social support. Spend enough time with those you love.
- ⇒ Seek treatment with a psychologist or other professional trained in stress management or biofeedback techniques to learn more healthy ways of dealing with the stress in your life.

Fitness Activities

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



Balloon Badminton, Noodles,
Bean Bag Toss, Bounce Off
Game, and Bowling
Please refer to Calendar



Spiritual Activities

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

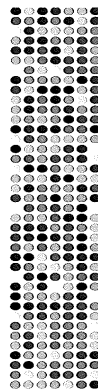
Saturday Worship Service
Non-Denominational
1st Sat of the Month
10:00 AM (AR)

Sunday Bible Study
Men's Gospel Group
2:30 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



PACIFICA
SENIOR LIVING
SAN LEANDRO

Independent
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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Welcome Home!