

Pacifica Tidings


PACIFICA
SENIOR LIVING
SAN LEANDRO
Independent
Assisted Living

**JUNE
2018**



A Note from the Executive Director

Dear Residents,

Once again, I would like to take the time to thank all of the residents and family members here at Pacifica Senior Living San Leandro for making my transition here such a pleasant and fulfilling one. I am so happy to be part of this great community and a part of your family!

We had another successful month in May. You all seem to have had a fun filled calendar of events and we wish to provide you with the same for the month of June. The Activity Director has created great events for Cinco de Mayo, Mother's Day, and Memorial Day just to name a few. It is truly nice to see how much the resident participation has increased over these past couple of months & I encourage you all to do the same for June as well.

In June, we will continue to provide you with all the activities you love to enjoy within the community, and with special outings for your pleasure outside of the community as well. In June, it's time to celebrate our Dads and Father's out there. Pacifica San Leandro will be hosting another special event on Sunday, June 17, 2018 in celebration of Father's Day. A special meal will be prepared by our Chef Rosario, so please have your family members and friends RSVP with the Front Desk or our Business Office should they wish to join us on this special day. We also have National Picnic, Hula Dance Performance, and much more for the month of June and we hope to see you all during the upcoming events. Please be sure to sign up if you are interested.

Sincerely Yours,
Dillon Cagulada

Who am I?

- ⇒ I am a care giver.
- ⇒ I've been at Pacifica Senior Living San Leandro for 8 years.
- ⇒ I enjoy what I do here because I love my residents.
- ⇒ They make me happy because I am able to care for their daily needs.

- Alicia M.

Welcome to Our Community

Johnny M.

Keiko K.

Rita M.

Margaret D.

Virginia B.

Juliana F.

Activities & Special Events

HOLIDAYS IN JUNE 2018



Flag Day



Father's Day



International Picnic Day



Summer Solstice

6/8/2018 - International Best Friend Day. National Best Friend Day seeks to celebrate best friends and the contribution that best friends make in our [daily](#) lives. A best friend is a friend that you consider closest to you. It is a person that you can always rely on, someone genuine, trustworthy and who accepts you for who you are.

6/14/2018 - Flag Day. National Flag Day is when [Americans](#) celebrate the meaning of their nation's flag, honor the traditions associated with its care, and educate those around them to its significance. The Flag of the United States is to be honored and carries with it both history and tradition. On June 14, 1777 the Flag Resolution was signed, making the current stars and stripes the National Flag of the United States of America. On May 30, 1916, President Woodrow Wilson called for the nation-wide observance of Flag Day. In 1949, President Harry S. Truman signed congress' decree, making June 14th of each year National Flag Day.

6/17/2018 - Father's Day. Father's Day is the day to recognize, honor and celebrate the sacrifices and accomplishments of fathers. In 1910, the Washington State Governor declared Father's Day on the 19th of July. It then became a permanent federal holiday in 1972 when President Richard Nixon proclaimed that the third Sunday in June would be further known as Father's Day. On this day, [children](#) celebrate their fathers and father figures to show their love and appreciation.

6/18/2018 - International Picnic Day. International Picnic Day celebrates gathering together outdoors to eat and enjoy one another's company, which has traditionally been called *Picnic*. The true origin of International Picnic Day is unknown, but can be traced back to the end of the French Revolution and the Victorian Era. Picnics were ways for people to escape the restrictions of etiquette and formality. As an informal food holiday, there are few rules and lots of options. International Picnic Day is observed on June 18th each year.

6/21/2018 - Summer Solstice. The Summer Solstice marks the beginning of the summer season in the Northern Hemisphere. On this day, the North Pole is tilted towards the Sun at the [highest degree](#) of angle. Places in the Northern Hemisphere experience the longest hours of sunlight throughout the year on this day. The history of the Summer Solstice is rooted in both ancient mysticism and nature. This day takes place somewhere around June 20th or 21st each year.

Memorable Moments



Birthdays



Residents Birthdays

Keiko 6/11

Harold 6/26

Staff Birthdays

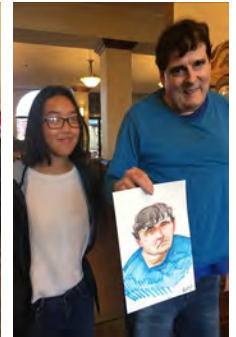
Garardo 6/5

June 6/8

Jerfrey

Senior Portrait Event

Special thanks to the following artists for hosting this special event for us - Makayla, Isie, & Lucy from Oakland Tech High School and Michael & Eric from KIPP High School. Thank you for sharing your talents with us and we love our portraits!



A Note from the Activities Director

Dear Family & Friends,

Thank you for choosing Pacifica Senior Living San Leandro. We are happy to have you as part of our family!

We have a variety of activities to offer you here - you are always welcome to come and leave as you pleased.

Activities include but not limited to: Morning stretch, arm exercise, badminton, bowling, bean bag toss, pet therapy, music performances, happy hour, karaoke, shopping, religious services, casino trips, and etc. Please refer to the monthly calendar for the specific dates.

Thanks again for choosing us and we look forward to seeing your participation soon!

Yours Truly,
Lai Saephan

DINING ROOM OPERATION HOURS

Breakfast: 7:30 a.m. - 9:00 a.m.

Lunch: 11:30 a.m. - 1:00 p.m.

Dinner: 4:30 pm - 6:00pm

ATTENTION: ALL RESIDENTS



PLEASE BE INFORMED THAT
RESIDENTS ARE NOT ALLOWED IN THE KITCHEN DUE TO SAFETY REASONS.

Should you need anything from the kitchen, please inform the kitchen staff.

Thank you for your cooperation and we look forward to your compliance...

Health & Fitness by

National Institute of Aging from NHI

Symptoms & Diagnosis of Alzheimer's Disease: Noticing Memory Problems? What to do next?

For some older people, memory problems are a sign of mild cognitive impairment, Alzheimer's disease, or related dementia. People who are worried about memory problems should see a doctor. Signs that it might be time to talk to a doctor include:

- ⇒ Asking the same questions over and over again
- ⇒ Getting lost in places a person knows well
- ⇒ Not being able to follow directions
- ⇒ Becoming more confused about time, people, and places
- ⇒ Not taking care of oneself - eating poorly, not bathing, or being unsafe

People with memory complaints should make a follow-up appointment to check their memory after 6 months to a year. They can ask a family member, friend, or the doctor's office to remind them if they're worried they'll forget.

Tips for Dealing with Forgetfulness

People with some forgetfulness can use variety of techniques that may help them stay healthy and deal with changes in their memory and mental skills.

Here are some tips:

- ⇒ Learn a new skill.
- ⇒ Stay involved in activities that can help both the mind and body.
- ⇒ Volunteer in your community, at a school, or at your place of worship.
- ⇒ Spend time with friends and family.
- ⇒ Use memory tools such as big calendars, to-do lists, and notes to yourself.
- ⇒ Put your wallet or purse, keys, and glasses in the same place each day.
- ⇒ Get lots of rest.
- ⇒ Exercise and eat well.
- ⇒ Don't drink a lot of alcohol.
- ⇒ Get help if you feel depressed for weeks at a time.

Fitness Activities

Morning Stretch
7 Days a week @ 9:30 AM



Arm Strengthening Exercise
Through Balloon Badminton
7 Days a week @ 10:00AM



Spiritual Activities

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

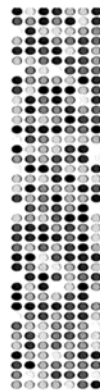
Saturday Worship Service
Non-Denominational
1st Sat of the Month
10:00 AM (L)

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

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

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 we 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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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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Lic.# 015601394

www.pacificaseniorliving.com

Welcome Home!