

Pacifica Tidings


PACIFICA
SENIOR LIVING
SAN LEANDRO
Independent
Assisted Living

**JULY
2018**



A Note from the Executive Director

Dear Residents,

Summer is definitely here as the sun is brighter and the weather is warmer in our lovely community of San Leandro. With that being said, we have a full month of events for all of you to enjoy this July. Also, remember to keep yourself hydrated this summer. Please note, water is always readily available in the Bistro Area.

We have luncheon outings to Sizzler & Lotus Leaf restaurant in July. We will also be providing music by Catherine Kavasch, Bruce Brill, and the Basement Smasher Band throughout the month. We have also scheduled another picnic at The Marina in San Leandro. Last, but not least, there will be a special 4th of July luncheon prepared by Chef Rosario. Family and Friends are highly encouraged to participate. Please do note there is a \$10 charge per guest for this special meal. Please make sure to sign up and RSVP if you wish to participate in any of the upcoming events.

Sincerely Yours,
Dillon Cagulada

Who am I?

- ⇒ I was born in Arkansas, but raised in Ohio to an Irish mother and a Salvadorian father.
- ⇒ I have lived in the Bay Area for over 30 years now where I have raised 3 beautiful daughters, ranging in ages from 22 to 14 years old.
- ⇒ If you know me, you know that I have a love for shoes, mostly heels that I can walk miles in.
- ⇒ I am rather new to Assisted Living, but I truly believe this is my calling and I love my job.

- Ruth Ocon

Welcome to Our Community

Eileen W.

James L.

David L.

Activities & Special Events

HOLIDAYS IN JUNE 2018



Wednesday, July 4th, 2018 - Independence Day. Independence Day commemorates the signing of the Declaration of Independence on July 4, 1776. Independence Day is the most important secular holiday held in the United States. Americans take this day to celebrate all that is American, remembering the great sacrifices of our forefathers as they fought and won our independence from Great Britain. The holiday is also referred to as 4th of July, named after the date on which it is celebrated each year.

Sunday, July 15th, 2018 - National Ice Cream Day. National Ice Cream Day is dedicated to appreciating ice cream. In 1984, Senator Walter Dee Huddleston of Kentucky initiated a joint resolution to declare July as the *National Ice Cream Month* and July 15 as *National Ice Cream Day*. On July 9, 1984, President Ronald Reagan proclaimed July 1984 as the *National Ice Cream Month* and July 15, 1984 as the *National Ice Cream Day*. This holiday is now celebrated on the third Sunday of July.

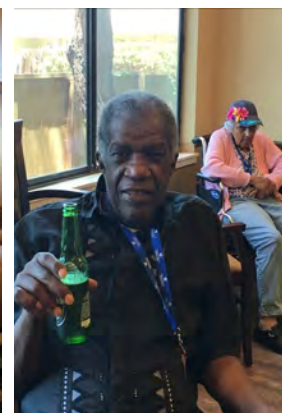
Wednesday, July 18th, 2018 - National Hot Dog Day. National Hot Dog Day seeks to appreciate hotdogs. The National Hot Dog and Sausage Council created the National Hot Dog Day to honor the all-American hot dog. The first National Hot Dog Day was held in 1991, where a hot dog luncheon was served on Capitol Hill. Since then, it has become tradition to serve hot dogs to Capitol Hill staffers, lawmakers, agency officials and baseball legends.

Sunday, July 22nd, 2018 - Parents' Day. Parents' Day celebrates and recognizes the important role of responsible parenting in every day family life. Families are a fundamental human institution; they are bonded by unconditional love and commitment.

Monday, July 30th, 2018 - National Cheesecake Day. National Cheesecake Day is a day of appreciation for the cheesecake dessert. Based on the discovery of cheese molds, it is believed that cheesecake originated in ancient Greece.

Monday, July 30th, 2018 - International Day of Friendship. International Friendship Day is a day designed to foster friendships and bridge the gaps between race, color, religion and other factors which keep humans from enjoying friendship with one another. Today, in such a global society, it is imperative that the leaders of tomorrow respect, include and understand world diversity.

Memorable Moments



Birthdays



Residents Birthdays

Manfred 7/10

Loretta 7/11

Helen 7/12

Frank 7/18

Mary Betty 7/29

Staff Birthdays

Carlo 7/4

Judee 7/18

Lorna N. 7/20

Alicia M. 7/26

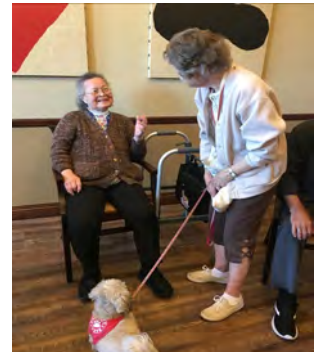
Arlyn 7/29

PET THERAPY

Meet Spunky **Every Tuesday**

1:30pm-2:30pm in the Lobby/ Lounge

Spunky is a certified pet therapy and Jane Tucker is the owner. Spunky is a 10 year old Shih Tzu Mix and she's very gentle to all her guests!



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 the 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, badminton, bowling, bean bag toss, pet therapy, music performances, chair happy hour, karaoke, shopping, religious services, casino trips, and etc. Please refer to the monthly calendar for the specific dates.

Again, thank you 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

Fall Prevention Tips

by Kindred at Home

Stay Active, Stay Connected:

- ⇒ Join a club/ senior center.
- ⇒ Go to religious services.
- ⇒ Organize game of cards.
- ⇒ Garden with your neighbor.
- ⇒ Have a friend join you to go walking outdoors or in the mall.

Improve lighting in your home by:

- ⇒ Keep a flashlight in each room/ put a lamp next to the bed within easy reach.
- ⇒ Put nightlights in the bedrooms, hallways, kitchen, and bathroom.
- ⇒ Take your time when walking
- ⇒ To prevent injury to your wrist or arm, don't use grab bars to pull yourself up.
- ⇒ Move/ rearrange items that you sue often. This will make it easier to find or reach.
- ⇒ Look at your home to find any safety hazards. Especially look at doorways and walkways. Remove or repair any safety problems that you find.

Moving Safely Outside:

- ⇒ Using curbs & stairs - Check the height of a curb before stepping up or down.
- ⇒ Don't rush when crossing the street. Watch for changes in pavement height.
- ⇒ Wearing shoes that keep you safe - Choose shoes with rubber or non-skid soles. Athletic shoes are a good choice.
- ⇒ Choose flats/ shoes with low heels. Avoid high heels/ platform.
- ⇒ All footwear should be sturdy and well-fitting. Don't wear flip-flops/ backless shoes/ slippers.
- ⇒ Don't walk around in stocking feet. Shoes are your safest bet, even when indoors.

Fitness Activities

Morning Stretch

7 Days a week @ 9:30 AM



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

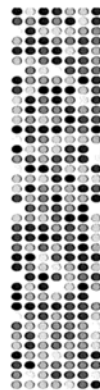
4th Tuesday of the Month

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 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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(510) 357-1691

Lic.# 015601394

www.pacificaseniorliving.com

Welcome Home!