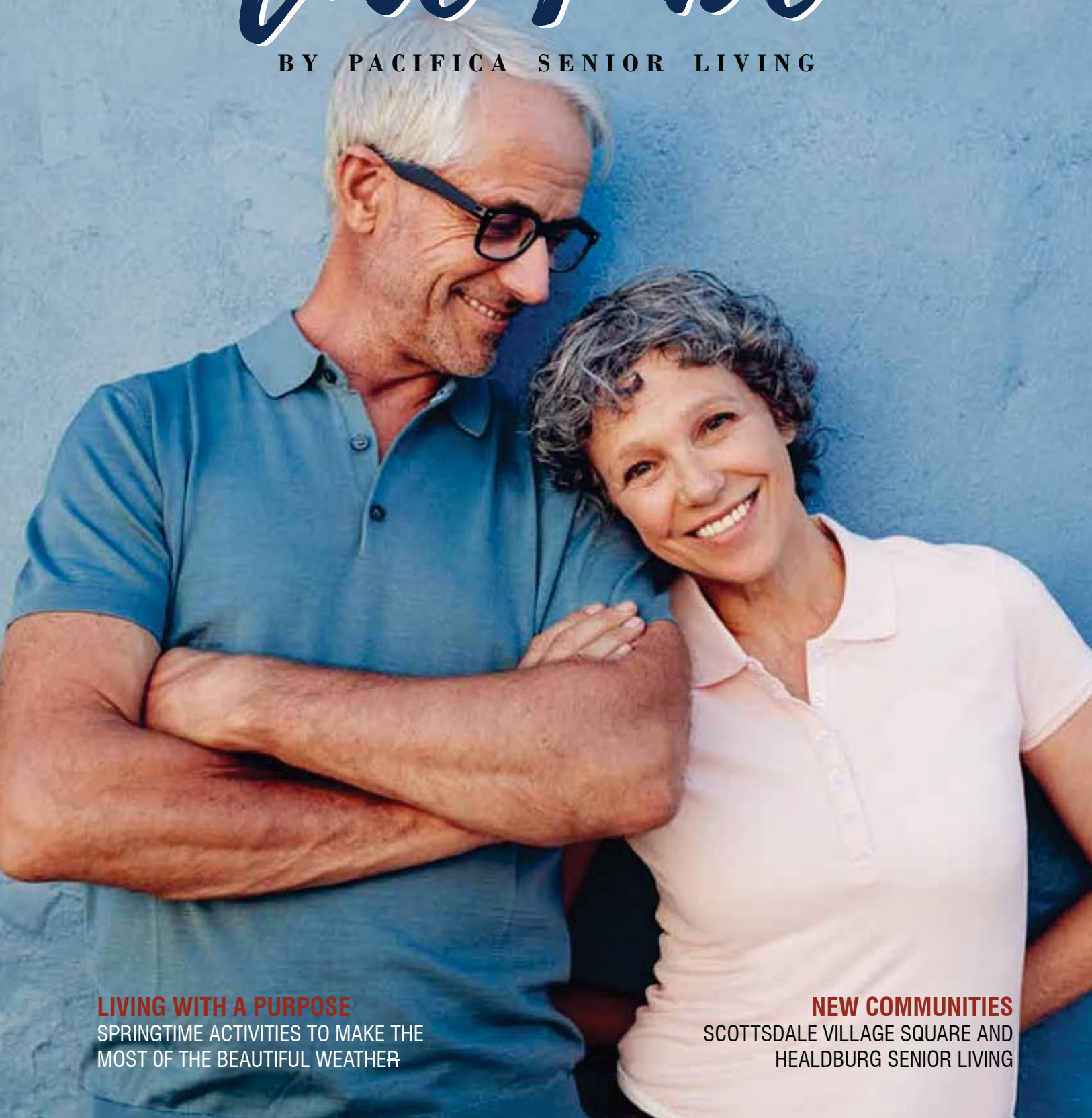


SECOND QUARTER - 2018

the Vibe

BY PACIFICA SENIOR LIVING



LIVING WITH A PURPOSE

SPRINGTIME ACTIVITIES TO MAKE THE MOST OF THE BEAUTIFUL WEATHER

NEW COMMUNITIES

SCOTTSDALE VILLAGE SQUARE AND
HEALDBURG SENIOR LIVING

A PEEK INTO A DAY AT PACIFICA SENIOR LIVING!

Every day is a new day with disparate activities and events held throughout the month!

SCHEDULE A TOUR TODAY



Deepak Israni
President and Managing Partner
Pacifica Companies

Hope you enjoyed the inaugural issue of *The Vibe*. Just like our communities, we take care extra care in bringing you a magazine that celebrates life in the later years. Like I mentioned in the first issue, *The Vibe* is a platform for the team at Pacifica Senior Living to connect with not only the residents and staff, but also families seeking help with the care of a loved one, and the surrounding communities.

I'm happy to present to you *The Vibe*'s second edition, which provides highly riveting content. Our opening segment offers an array of springtime activities, which will make you want to spend time outdoors. Also, we are overjoyed to add two more stunning properties to Pacifica Senior Living community portfolio—Scottsdale Village Square in Arizona and Healdsburg Senior Living in California.

This edition, also traces the life of Ida Keeling, the 102-year-old track and field athlete who holds the world record for the fastest time in 100-meter dash in the 100 plus age group. Keeling is nothing but an inspiration to us all. Meet our resident hero, Clay Castleberry from our Country Crest community who has an unyielding zest for life even at 91; he's the ambassador

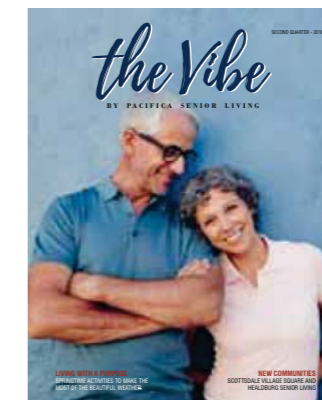
and welcome committee of the community. He talks about how he is living it up and how his life has changed for the better since he moved into Country Crest. Our employees Jackie Bobbit and Tony Fisher talk about their love for the job and the roles they play in shaping their respective communities.

Just like our star staffers and residents, we also have communities that have carved a spot among the very best. Pacifica Senior Living Northridge has been voted Best in Senior Living by the Caring Star Community in 2015 and by SeniorAdviser.com in 2018. Whereas, The Meridian at Kessler Park has been voted the Best in Senior Living for five years in a row, including the top spot in 2018 by the Caring Star Community.

Also, summer is almost here, and we have put together a list of stylish yet comfortable outfits and accessories that will keep you cool when the mercury rises. Our health section introduces you to the art of meditation and traces its popularity as one of the most efficient ways to de-stress.

Finally, take a look at our events and the causes we lend our voices and support to. I'm sure, you will keep coming back for more. Until, the next issue. ♦

*Just like our
communities, we
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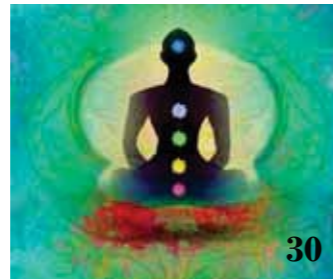
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Along Came Spring

Sunshine, gorgeous skies and warmer air. You know spring has arrived when nature's buzzing with bees, birds and animals! There's no better way to enjoy the beautiful warm weather than by spending time outdoors.

Winter has made way for spring and there's no other season better for exploring the great outdoors. Spending time outside is not only a great way to socialize and have fun, but also excellent for your overall wellbeing. Research shows that seniors who spend more time outdoors experience less pain, sleep better, and are happier and more relaxed. You can also soak up some much-needed vitamin D from the sun, which is essential for a healthy brain, bones and muscles.

Get outside and start enjoying some fun springtime activities. Here are some great suggestions.

EMBRACE THE SEASON

After being cooped up indoors all winter, it will feel great to get some fresh air and sunshine. You can enjoy the outdoors and nature by:

- Eating a meal outside
- Visiting a plant nursery
- Taking a scenic drive

GO ON A NATURE WALK

Once the weather warms up, the birds start chirping and the flowers start blooming. Immerse yourself in the beauty of nature by going for a leisurely stroll. During your free time, explore the grounds of your senior living community. In addition to exploring the great outdoors, nature walks are a fun way to stay active and healthy.

PHOTOGRAPHY

Spring is the best season for people who love photography. It's a great way to exercise the mind. Not only is taking pictures fun, but making the photos into crafts is equally exciting. Seniors in assisted-living can take pictures of their friends, family and their beautiful surroundings. Pictures can be then made into collages, scrapbooks, and even photo magnets.

GET SOME POOL TIME

If your community has an outdoor pool, take full advantage of it. Take a dip in the water, do some water aerobics, or even lounge by the poolside.

HAVE A CRAFT DAY

Stay indoors or sit outside on the porch and create something to celebrate the season. There are plenty of different spring craft ideas from which you can choose depending on your time and state of mobility.

- Make bird house or feeder.
- Decorate your front door with a beautiful spring wreath.
- Decorate your flower pots with several fun designs.
- Polymer Clay Drafts.
- Refrigerator scrabble game.
- Tropical paper flowers.
- Rock painting.

The only limit to how many springtime crafts you can create only depends on how much time and energy you can devote to crafting.

BRING SPRING INSIDE

Since it rains a bit during this time of the year, bring a little bit of springtime inside. Find a few houseplants and set them around the house to bring a little color and fragrance into the room.

FAMILY GATHERINGS

Seniors enjoy the time spent with family and close friends the most. Arrange a spring lunch, where everyone brings a dish to share. Make it even more fun by involving your older adult in all the planning and decorating. ♦

A Fun Weekend

Pacifica Senior Living Sun City in Florida, recently held an exciting cruise-themed open house for its residents, staff and guests. Here's a peek into the event in pictures.



Over a weekend in April, Pacifica Sun City community hosted an open house—Cruise Away with Us. From the residents and staff to the guests, everyone was dressed in cruise-wear. Everyone was welcomed with live Caribbean music, as they walked in. The whole set up was made to create an ambience and make everyone feel that they were walking into a cruise ship. Attendees were met with a Hawaiian Lei, their passport for embarkation, which was attached to a comment card that they were asked to fill out at the end of their cruise. Then, they were lead to the boarding area, where they took off with a Cruise Director for a tour around the ship. At the end of the tour, everyone enjoyed a delectable Caribbean buffet along with a Bahama Mama Punch. All the attendees were each given a goodie bag before disembarkation. Everyone also tried their luck at the \$300-worth Royal Caribbean gift cards draw. The event had a little over 90 guests and it was a great day because everyone had a gala time. ♦



Causes That Matter

Apart from conducting countless events and activities for residents' entertainment and wellbeing, Pacifica Senior Living communities also support various causes to raise funds. A Walk to End Alzheimer's is one such event, which you can be a part of and make a difference.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease. When you participate in the Walk, your fundraising dollars fuel the cause, and your participation in the event helps to change the level of Alzheimer's awareness in your community. The Alzheimer's Association provides free, easy-to-use tools and staff support to help participants reach their fundraising goal. While there is no fee to register, we encourage participants to fundraise in order to contribute to the cause and raise awareness.

As a Walk to End Alzheimer's® Team, Pacifica Senior Living will be forming teams and raising funds for Walks across the country. The funds raised will help fight Alzheimer's disease through vital research, advocacy efforts and essential support programs and services in your communities. Your team donations will play an important role in improving the lives of people living with Alzheimer's, their families and caregivers. ♦

Community name	Walk date
Pacifica Senior Living Vancouver	9-Sep-18
Pacifica Senior Living Chino hills	16-Sep-18
Pacifica Senior Living Escondido	22-Sep-18
Pacifica Senior Living Riverside	22-Sep-18
Pacifica Senior Living Heritage hills	29-Sep-18
Pacifica Senior Living Coeur d'Alene	29-Sep-18
Pacifica Senior Living Victoria Court	30-Sep-18
Pacifica Senior Living Snohomish	6-Oct-18
Pacifica Senior Living Kessler Park	6-Oct-18
Pacifica Senior Living Hemet	7-Oct-18
Pacifica Senior Living Woodmont	13-Oct-18
Pacifica Senior Living Park lane	13-Oct-18
Pacifica Senior Living Palm Beach	20-Oct-18
Pacifica Senior Living Bakersfield	20-Oct-18
Pacifica Senior Living Vacaville	27-Oct-18
Pacifica Senior Living Regency	27-Oct-18
Pacifica Senior Living Sakura Garden	3-Nov-18



Castleberry, a well-known and respected engineer from Butte County, pictured here holding his engineering calculator from the 1940s.

What do you enjoy most in this community from the many activities that are offered?

I enjoy the exercise classes the most. I am a very social and active person, and I like to keep moving. I am thankful that I am able to offer a make-up exercise class (stretching and light weights) to the residents each week. I like to add a dance step at each class to keep it interesting and fun (chuckles). It keeps me 91 years young!

How would you say Pacifica Senior Living Country Crest has changed your life?

Pacifica Senior Living Country Crest has offered me not just an apartment but a home—a space where I can entertain my family and friends. I've also acquired a new family and set of friends in the residents and staff. This is a place where I can give back to people and enjoy my life. I am happy to be the ambassador and welcome committee of Pacifica Senior Living Country Crest. I love to meet every person that tours and each resident that moves in. I offer to show them my 'presidential suite' on the third floor, so they can see the amazing panoramic view of the valley and they can see what a home can look like here. I like to introduce new residents to their neighbors and people I think they will enjoy things they have in common with. It's a beautiful place to live for so many reasons! ♦

Joyful Living

He is the resident ambassador and welcome committee and even runs two exercise classes because it keeps him young at 91. Meet Clay Castleberry, a resident from Country Crest community who's a shining example of living life to the fullest.

What made you choose Pacifica Senior Living Country Crest? Tell us your story.

Well, there are two reasons why I chose Pacifica Senior Living Country Crest. Firstly, my wife's uncle lived here about 15 years ago and we loved to visit him and felt it would be a good place to live someday if and when needed.

Secondly, when my wife was very ill almost three years ago now, she made me promise her that I would come to stay here after she passed away. I had the honor of loving and living with my best friend, my wife for 60 years. I wanted to keep that promise.

When did you move into Pacifica Senior Living Country Crest? How do you like it here?

I moved here on November 15, 2015 soon after I lost my wife. It's wonderful here. It turned out even better than I ever imagined (smiles)! The food is great, and I've gained 20 pounds since I moved here, which is a good thing. There are also many activities and events, which keeps us busy all the time. It's always clean. And best of all, it's run by women, and they run it well (smiles again).



When showing his apartment to potential new residents he tells them, "This is my faithful Indian companion who sits on my balcony guarding my lemon tree."

EMBRACE A NEW LIFE

with Pacifica Senior Living!

With Pacifica Senior Living Independent Living services, you get the chance to focus on yourself and indulge in hobbies and activities you love. Our friendly community is ideal for you to spend your days in comfort and convenience, while we take care of all your needs.

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Idaho | Oregon | Rhode Island | South Carolina | Nevada | Washington



Located in a residential neighborhood in Parthenia and Lindley (greater LA area), Pacifica Senior Living Northridge offers a full spectrum of assisted living and memory care services administered by their committed, caring and experienced staff. It's not surprising then that the community has been voted Best in Senior Living by the Caring Star Community in 2015 and by SeniorAdviser.com in 2018.



The Meridian at Kessler Park, is a luxury rental retirement community in the greater Dallas-Fort Worth area, which offers resort-style independent living. The community with its stellar settings has been voted the Best in Senior Living for five years in a row, including the top spot in 2018 by the Caring Star Community. ♦



PACIFICA SENIOR LIVING NORTHRIDGE



THE MERIDIAN AT KESSLER PARK



IDA KEELING: The Race Against Time

Ida Keeling isn't your typical runner. She holds the world record for the fastest time in the 60-meter dash for the 95-99 age group and the 100-meter dash for the 100 plus age group. Keeling is now 102, and in no mood to slow down. Her story is a testimonial to what true grit is all about.



Ida Keeling is a true force of nature—a classic lesson in how to turn one's life around after hitting rock bottom. Born in 1915 to immigrant parents, Keeling grew up with very little money in Harlem, Manhattan. Despite losing her husband at a young age, her fierce sense of independence helped her get through the Great Depression and the Civil Rights moment and raise four kids as a single mother. She moved the family into a one-bedroom apartment in a Harlem housing project and took up work sewing in a factory, all the while contending with the abuses and indignities endured by black women in mid-20th-century America. However, Keeling's greatest trials were when she lost both her sons to drug-related violence. Justice was never delivered in their case.

Like any mother, she found herself suddenly devoid of all hope and no will to carry on. Her health began to falter. Her blood pressure shot up, along with her heart rate. The image of her once spirited mother in such a state shook her daughter, Shelley Keeling. To draw her out of this depression, Shelley, a track-and-field cross-country coach bought her a pair of sneakers and asked her to go on a 'mini-run'. She was 67 at the time. In an interview with *Allure* magazine, Keeling says, "I didn't know

she had taken me for a 5K run... I just kept running."

Ms Ida, as she's fondly called, initially felt clumsy, but uplifted. She completed the 5K run and the rest, as they say, is history. The now legendary track and field athlete says, "Running to me, is like medicine." Since then, the 4-foot-6, 83-pound dynamo has raced all over the world and set multiple world records. At 100, she became the first woman to complete a 100-meter run.

At the 2016 Penn Relays, Keeling ran the 100-meter dash in 1 minute and 17.33 seconds to set the world record for women aged between 100 to 104—then dropped to the track to do push-ups to a cheering crowd. When quizzed about her love for running by *parade.com* she said, "When I lost two of my sons two years apart, I can't even describe how that felt. So, when my daughter suggested I go running because maybe it would make me feel better, I decided to try it. I went on that run, and soon enough, did another and then, another. Running felt so good. I would come home after exercising and felt like it relieved me of some stress and bad feelings. After all these years, I can tell you that running is a good way to feel better, mentally and physically." She isn't kidding, she has been running for a more than 30 years now. Keeling couldn't compete in the

Penn Relays 2017 because she broke her femur after falling at home. She took the time out to heal and came back even stronger. In February this year, the athlete set a world record in the 60-meter dash event at the Imperial Dade Track Classic hosted by Urban Athletics with an impressive race time of 58:34 in the 100 to 104 age group. This year, she also added yet another feather to her already crowded cap. Keeling became a published author with *Can't Nothing Bring Me Down: Chasing Myself in the Race against Time*—a memoir encapsulating her life, trials and tribulations and passion for running.

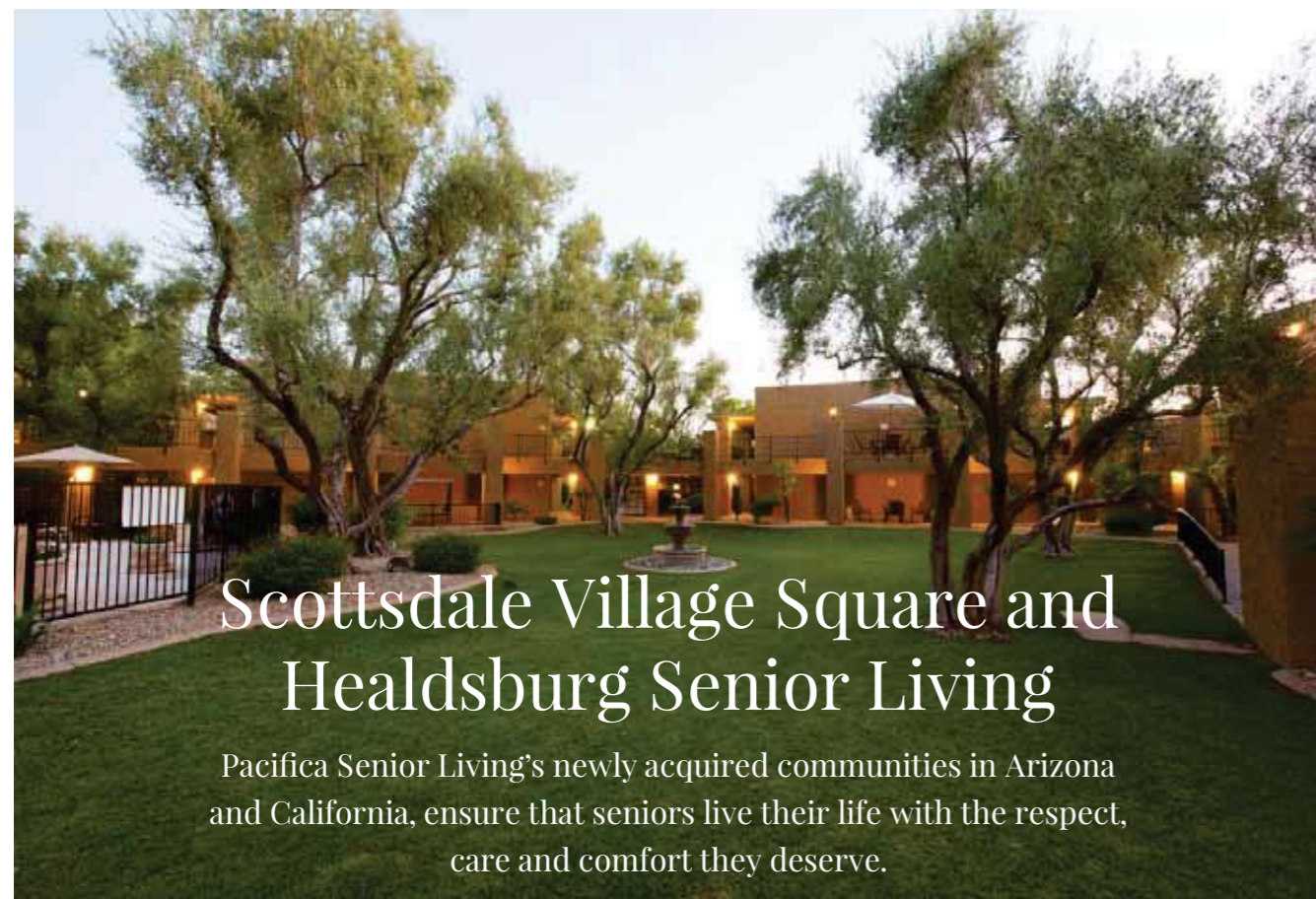
Keeling isn't modest about being a role model when it comes to health. "I believe that if you don't take care of your body, you're a loser. Take care of your insides and your insides will take care of you. There are people less than half my age, who can't do the things that I can do. And, that's saying something."

The record holder does admit that her pace has slowed down with age, but emphasizes on how important it is to just keep moving, even if one is as slow as a caterpillar. While she uses a cane when walking, she does not use one on the track. While speaking with *Cleveland*, she once said, "Walking with a cane takes minutes. Running with the champions takes seconds." ♦

Keeling's diet and routine

"I try to eat good, healthy food. I eat cereal, fruit, greens and my daughter is a big protein shake maker. I eat all kinds of greens and drink a lot of protein. I don't like overdoing sweets, so dessert is always apple sauce or sometimes, pie. At a certain age, sweets take over, but I'm very careful not to let too much sweet, grease or too many seasonings to get into my diet."

"I go to the gym, take a strengthening class that has some dance steps. On other days, I have my bike and my running and my three-pound weights. I squat with them and stretch my arms out. I try to do 10 minutes, three times a day; then it's nap time. When a race gets closer, I go with my daughter to the track for a 40-minute session of warm-up drills and a single 60-meter run."



Scottsdale Village Square and Healdsburg Senior Living

Pacifica Senior Living's newly acquired communities in Arizona and California, ensure that seniors live their life with the respect, care and comfort they deserve.

SCOTTSDALE VILLAGE SQUARE, ARIZONA

The later years of one's life should be spent in comfort and luxury without having to worry about a thing. Imagine living your days in an exquisite resort, enveloped by the magic of the Sonoran Desert! Located near Phoenix in Arizona, lies Scottsdale Village Square—one of the newest names to be added to Pacifica Senior Living's list of unique communities.

Scottsdale is a suburb of Phoenix, but unlike the typical suburban

community, it is a net importer of employment and serves as a regional retail and healthcare center. Scottsdale contains the core of specialty shopping, art galleries, and recreational facilities, and many of the cultural and sporting events that attract and sustain the regional tourism industry. Scottsdale's pioneering of such things as the Indian Bend Wash, the Civic Center, sign controls, significant open space and landscaping standards, has achieved a quality of aesthetic development widely emulated by other communities.

Scottsdale has more than 500 acres of developed park land, 36 acres of lakes, 37 miles of bike trails, and about 200 miles of non-paved multiuse recreational trails. Tennis, horseback riding, swimming, rollerblading, and fishing are among the year-round recreational opportunities available in Scottsdale. It has its own symphony orchestra and more art showcases per capita than almost any other world city. Although Scottsdale fields no major league sports teams, sports fans have easy access to events in Phoenix.

Scottsdale is the spring training home of the San Francisco Giants Major League Baseball team. There are over 200 golf courses in the Scottsdale area, including 28 public golf courses. Scottsdale was voted as '2010's Top North American Golf Destination' by the International Association of Golf Tour Operators. To top this all, this Phoenix suburb is known for its state-of-the-art healthcare facilities, which makes the community an ideal place to live.

With a South-western setting and traditions that are unique to Scottsdale, Scottsdale Village Square is a 24-hour independent living community, which offers an array of senior assisted living and memory care services and amenities. The Specialized Memory Care program is exclusively designed to meet all of their residents' cognitive, social and physical needs. There's also Specialized Memory Care for individuals with Alzheimer's, dementia and memory loss-related issues. The community creates a customized service and assistance plan for each resident, with a variety of therapies and life-enrichment activities. By embracing the latest research available, they have developed the best possible care solutions available along with a caring team of staff, who provide life enriching activities for the residents daily. Customized senior living at the Scottsdale Village Square community includes—independent living, assisted-living apartments, secured memory care, respite care and nursing rehabilitation.

At Scottsdale Village Square, year-round activities and events for

The Scottsdale Village Square community, creates a customized service and assistance plan for each resident, with a variety of therapies and life-enrichment activities.

all residents are specifically developed for their assisted living and memory care lifestyles. Since the community is centrally located, it's close to shopping, parks, and other areas of interest in the suburb. The team at Scottsdale Village Square, strongly encourage family members to be involved by attending special events, outings, and even participating in their daily activities.

Besides, residents are going to be privy to some of the best natural views on a daily basis. Crimson-hued Camelback Mountain, stunning Arizonian sunsets and the picturesque desert landscaping can be enjoyed from anywhere on the meticulously kept grounds within the community. This pet-friendly community, also offers church-services onsite, three delicious meals a day, onsite beautician and both offsite and onsite activities—making senior living the way it should be—cared-for and worry-free.

HEALDSBURG SENIOR LIVING, CALIFORNIA

Healdsburg is a small tourist-oriented city located in northern Sonoma County, California. Healdsburg has

been continuously awarded one of the top 10 smallest towns in America due to its three most important wine-producing regions (the Russian River, Dry Creek and Alexander Valley AVAs). Healdsburg is centered on a 19th century plaza that provides an important focal point for tourists and locals.

At Healdsburg Senior Living we offer—independent living, assisted living, memory care, skilled nursing, long and short-term rehabilitation and outpatient care. If a resident is used to living in large spaces and needs more room, we have two-bedroom apartments in addition to our one-bedroom and studio apartments. The residents can also enjoy great food prepared by our culinary staff, who will try and incorporate the freshest of fruits and vegetables in every meal. You'll be proud to have friends and family join you for a meal.

Community events at Healdsburg Senior Living attract participants from all over Sonoma County. Our residents like to give back to the local community by lending their time and talents to our fundraising efforts. We sponsor benefits for organizations like the Healdsburg Food Pantry, the Alzheimer's Association and the Healdsburg Museum. The United States Armwrestling Championship we hosted was to benefit SAY. While our Wizard of Oz event raised more than \$4,000 for the Alzheimer's Association. When someone decides to make Healdsburg Senior Living their new home, they can rest easy knowing that their needs will be taken care of. ♦



Leading The Way

Jackie Bobbitt, Vice President of Operations, Pacifica Senior Living, has an eye for spotting potential. She's responsible for hiring brilliant executive directors, who are then mentored by her to ensure the smooth operation of the communities run by the company.

Could you tell us about your background and the work you do?

I come from a hospitality background. My success at full-service restaurants was a result of my passion for developing and managing teams that had to work hard towards providing exceptional service in a fast-paced environment. As such, I was able to control food and labor costs and turn a guest's negative experience into a positive one when necessary. Later, I was fortunate to land a position managing a large senior housing property in Florida, where I had exceptional mentors that supported my growth in the Industry.

What does your job specification entail? What is the motto you stick to everyday?

Each day, my motto is to 'keep moving forward' and it 'takes a team'. We also focus on recruiting top-notch executive directors. Then, making it a priority to support and mentor them to fulfill the Pacifica mission—to 'take one day at a time and always put your residents first'—and reach stabilization. Families come to us with a need; often an imminent one, to help them with a situation for a loved one they may know very little about. It's our job to provide help and support and follow through. They count on us for consultation, communication and also for support in decision making.



What do you love about your job? And, what's the most challenging part?

Pacifica frequently acquires distressed properties. It involves a lot of hard work, and requires focus and genuine leadership to recruit the right team to work through the transition from renovation to stabilization. The entire process is extremely fulfilling from beginning to end. The renovation teams are respectful and communicative, which is paramount since this is our residents' home and construction can often be noisy and intrusive. Therefore, we take

putting our 'residents' needs first' very seriously, which help us continue to fill occupancy as we renovate. We greatly depend on our front-line staff. They are the ones we rely on, day in and day out, to take care of our residents and go the extra mile to provide them the highest quality of life possible.

What makes Pacifica Senior Living unique?

What sets us apart is that we are not a 'cookie-cutter' product. Each community has its own personality. Executive directors truly have the autonomy to run their properties and are also quite integral to our renovation process. Executive directors commonly know what is best for their properties



Hotel Indigo San Diego Del, a Pacifica property where ED meetings are hosted annually; (insert) Jackie Bobbitt, VP of Operations, Pacifica Senior Living

operationally, and take great pride in making those decisions when it comes to renovation.

What is the main idea behind Legacies™ Memory Care?

The journey for each Memory Care resident is different—the Montessori-based methods provide ways to circumvent existing deficits and build on strengths and skills that have been retained. It continues to provide an environment where the resident is treated with the utmost respect.

What is it like to work at Pacifica?

It's a company with plenty of opportunities to grow. Besides, peers and colleagues at Pacifica work together to make our properties the best they can be.

What kind of lifestyle does the community emanate?

Like I said, at Pacifica Senior Living, our residents always come first. So the lifestyle or the environment is one that allows personalized care and interests above anything else.

What are the activities to keep seniors engaged at your community?

A plethora of events, activities and social outings make up the robust calendars at each of our properties. These are specifically designed to reach our residents at the social, mental, physical, spiritual and philosophical levels.



Bobbitt with Executive Director Deatra Johnson during the ED Peoria Award, 2017



Felicitating Executive Director Karen Nickolai for her accomplishments at her property in 2017



(Left to right): Michael Wong, Darren Critchlow, Kerry Fryberger, and Michael Nickerson from the corporate office helping out

Is there anything else you wish to mention about your community/residents?

I must add that all the credit and accolades go to our executive directors and their respective teams. They work tirelessly to achieve occupancy and resident satisfaction together with the front-line staff, who are truly our eyes and ears within the community. ♦



Fisher with Julia Agee, Recreation Director, Pacifica Community, Healdsburg whom he collaborates with for the Comm-University program.

A Life of Service

Tony Fisher decided early on his life that he wanted to work and help older adults. As the Community Relations Director and Sales Director at a newly acquired Pacifica community in Healdsburg, CA he gets to do that and more.

Could you tell us a bit about your background and the work you do?

I have been working in senior care for over 20 years. My passion for working with older adults started at the age of three. My three brothers and I, ended up in the foster care system when we were barely toddlers. Chet and Betty Coleman, our foster parents, were approaching their 60s at the time we went to live with them. We called them grandpa and grandma because of their age. They, somehow were able to keep all of us together, at one point hiring an attorney because the State thought that it would be in our better interest if we were split up, as they thought that my foster

parents were too old to take care of us. Chet and Betty gave us a home we would have never had otherwise, and raised us to adulthood. We were the last of the foster children so we became like their own. Chet passed away over 20 years before Betty. I made sure she was well-cared for. This rich life experience really groomed me for the work I do now—helping families that are struggling with aging parents. I really understand what they are going through, as I went through the same at a much younger age. I feel blessed to have been raised by these two amazing older generation adults, and love that I have an opportunity to help others like the way they helped us.



Healdsburg Senior Living community, conducts many themed-events annually, to raise funds for non-profit organizations of the its residents' choice.

What does your job specification entail? What is the motto you stick to everyday?

My daily goal is to serve seniors, families and the community. I think that it's important to look at Healdsburg Senior Living as a community center that integrates the surrounding community. For example, we partner with 10 local schools through our Comm-University program. We have 200 to 300 hundred students coming monthly from 1st grade through 12th grade. We create a social classroom setting, where the students and residents are learning together. It's always project-based, so they have to complete their assignment with the residents they are partnered with. For example, they may be planting seeds for the garden in six packs, making bird feeders out of bagels, peanut butter and seeds or making healthy treats for The Green Dog Rescue Project, to name a few. All residents participate—from our independent residents and those in skilled-care to those with advanced dementia. We go into the classroom before the students start the program, we educate them a bit about the older adults. It's important to do so in order to narrow down the divide between our youngsters and elders. We talk about aging, have them watch the film *Alive Inside* and put them through an Alzheimer's simulation. What we see when the students arrive is magical and has brought many teachers and parents to tears as they see empathy in action.

Another way we create community is through our events—like the Quilt Show, Holiday Bazaar, Plant Sale and other themed events—which draw thousands of people annually. The \$100,000+ that has been raised in the last several years, support local non-profits that our residents are passionate about. After the fundraising event, the residents' hand a check to the organization, and the organization thanks them for making a difference in the community. This gives each resident the sense of purpose, value and contribution, which is especially important as we age.

What do you like most about your job? And what's the most challenging part?

I love that I get to come to work and have a chance to make

a difference daily in the lives of the people that I come in contact with. There are a lot of families that we work with that are not sure where to turn to, as they are dealing with the difficult decisions regarding their parents' changing care needs. I feel that it's a privilege to help them navigate the senior-care maze by providing solutions and resources that they may not be aware of. I think the most challenging part of my job is trying to keep things authentic and genuine in an industry that is becoming more and more consolidated and corporate. I think it's important to never lose sight of what is most important—providing the residents' the quality of life they so rightly deserve.

What makes Pacifica Senior Living unique?

I'm brand new with Pacifica, so I'm still learning about the company. I like the fact that they take pride in their communities and work to make sure they are beautiful. They provide the amenities that are needed, and have the programs and support systems in place to run things smoothly.

What is it like to work at Pacifica?

I like the fact that I have the help, resources and support, which is often just a phone call or an email away. The systems that they have in place will help me become more organized and efficient with my time. I also have really appreciated the support and autonomy to continue to do the things that I feel are important and meaningful to my job each day—all the while giving me the time to come up to speed on the culture of Pacifica.

What kind of lifestyle does the community emanate?

I feel like we are a community that has become a vital part of our surrounding community, where each resident is still making a difference. It's important to look at each resident as a unique individual, who has a life full of rich experiences, life skills, wisdom and amazing stories that need to be heard and shared. Elderhood is something to embrace, not fear. At Healdsburg Senior Living, I like to say that we 'rock your world' not your chair. ♦



GOOD TIMES WITH GOOD

Music



At Pacifica Senior Living, the Music & Memory program is carried out with the aim to improve the resident's quality of life. Music helps in stimulating the minds and memories of the individual as they connect to their favourite songs and associate them with memories of a good time.

Tour your nearest community today!

Enriched lives, peace of mind

– FOR YOU AND YOUR FAMILY!

At Pacifica Senior Living, we give our best to create a life for our residents beyond their overwhelming situations. Creating an individualized plan to suit you best, we aim to enrich your life with gratifying moments.

Schedule a tour TODAY!



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Home Away From Home

Pacifica Senior Living has thoughtfully designed properties that provide its residents the atmosphere and the comfort of a home with superior care.

Situated in Portland’s quaint southeast neighborhood, **St. Andrews Memory Care** offers full-service memory care programs, providing a warm, inviting and familiar environment for residents with Alzheimer’s disease and other forms of dementia. Our community focuses on programs that help individuals with memory loss to live happily—even thrive—while managing the issues of dementia. **The Park Lane**, is a retirement community, which feels like a secluded resort. Located in the picturesque Iris Canyon Greenbelt, The Park Lane boasts spectacular views of Monterey Bay. Residents wake up to fantastic views of the Bay, Skyline Forest and Jack’s Peak, and can take up fitness programs like yoga and tai chi or

learn how to watercolor. Residents can opt for independent or assisted living options. The residences are complete with a private patio or balcony—perfect for enjoying the beautiful seaside weather all year long. Located in the San Francisco Bay Area, Pacifica Senior Living **Oakland Heights** offers a full-spectrum of independent living, assisted living and memory care services administered by a specifically trained, caring and experienced staff. We are proud of the outstanding reputation we’ve earned in the Bay Area, one that’s built on strong values, a solid work ethic and the best care and outside medical services available. Here, you will enjoy a retirement lifestyle provided in a stunning setting—a lifestyle rich with services, amenities and endless possibilities. ♦



The Park Lane

St. Andrews Memory Care



Oakland Heights

Gearing Up For Summer

A few cool summer looks that will not only keep you comfortable on warm days, but also stylish.

Comfort needn't be boring. Besides, one of the things about age is that it's liberating—it's almost like you're starting over again. So why not begin with a few changes and additions to your wardrobe? Personal style is one sure-shot way to channel your true inner self.

Go Vintage

Vintage clothes are timeless classics. The immediate appeal lies in their uniqueness. So if you've kept one from your early days, wear it. You can make it current by adding accessories. If you're up for a trip to a thrift shop, either alone or with your friends, you're bound to find one-of-a-kind pieces. The experience is exciting, like a treasure hunt—you can never predict what you will find. From designer pieces to handmade ones, you may end up buying clothes that are elegant and also come at throw-away prices. The beauty about vintage clothes is that they were made with great care with materials which would stand the test of time, as back then, clothing didn't come cheap.

Choose Linen

During the warmer months, you really want to wear clothes that let your skin breathe. Linen is perfect for summer, and you can choose from an array of styles. Go for linen summer dresses, trousers, jackets or shirts. Linen flare-legged pants and culottes are excellent options as well. Men can go with linen jackets, shirts, pants or Chino shorts.

Flattering Tunics

Tunic tops can look good on most body types. Most women love tunics because they hide the belly area, which is a concern as they age. Make sure to pick one that isn't baggy, but slightly A-line—to stay comfortable and stylish during summer.

Kimono Jackets

Light and airy, Kimono jackets are the perfect way to add some color and prints to your summer wardrobe. Besides, they can be paired with formal or casual looks. The best



thing about a Kimono jacket is that they are not heavy as the traditional ones, and are bit like vibrant scarves with armholes!

Maxi Cardigans

Longer cardigans are flattering, stylish and light for summer. They also keep you comfortable, when there's a slight nip in the air, and also cover much of the lower torso area. Pair them with a comfortable pair

of jeans or cotton or linen trousers.

Denim Love

Soft denim is a thing now, and it's super light on your skin. You could either choose a pair of jeans that is both comfortable and flattering like straight-leg or wide-leg fits or pick denim A-line skirts. A-line skirts that are below or at the knee not only balances your figure but looks modest while sitting or walking. You can pair these with T-shirts, shirts or elegant blouses.



Accessories Galore

Straw Fedoras: A fedora is a fail-proof way to add a fun element to your summer wardrobe while protecting your face and hair from the harsh rays of the sun.

Neck Scarves: The smaller scarves that tie around the neck look fabulous and great—more like a neckpiece made out of fabric.

Tote: A carry-all straw tote will make sure you have all your things in one place, while complementing your summer outfit. ♦

Color And Our Mood

Wearing neutrals makes you feel safe and comfortable. Vibrant hues on the other hand, are said to make someone feel more alive and connected with the world. Wearing red helps a person feel more passionate and emotional. Yellow or orange, will immediately put you in a cheery mood. Different shades of blue can make you feel calm, in command or conservative. Whereas lilac, plum and royal purple can make one feel regal, refined or even spiritual.

A Spanish Revelry

Clear blue skies, turquoise waters, healthy Mediterranean cuisine, endless archaeological marvels, art, and people who know how to live the good life. Spain is everything you can possibly imagine and more.

One of Europe's biggest countries, Spain is a treat to the senses and a perennial favorite with travelers of all ages. The warm climate and its civilized lifestyle make Spain a top-holiday destination spot for older tourists. Besides, it has just the right mix of natural beauty and cultural and historical attractions. It also helps that most locals can speak English, especially in the urban areas.

Madrid

The Spanish capital, is one that will make your soul feel alive. An art lover's paradise, few cities boast an artistic pedigree quite as untainted as Madrid's. This is thanks to Spanish royals' love for art and artists. They, for centuries, commissioned and showered riches on artists. World-class galleries are Madrid's assets, most of which have masterpieces from Spanish painters such as Picasso, Dalí, Goya, Velázquez and Miró along with numerous works of Italian and Flemish greats. The city is easily one of the plushiest culinary capitals of Europe. From tapas to sit-down dinners beneath ancient vaulted ceilings, eating in Madrid is nothing less than an epicurean adventure.

Top attractions: *Museo del Prado, Parque del Buen Retiro, Plaza Mayor, Centro de Arte Reina Sofía, Museo Thyssen-Bornemisza*

Barcelona

An enthralling sea-side city, Barcelona is known for its legendary architecture and boundless culture. The city's also famed for its drinking and dining scene. The architectural marvels in Barcelona have withstood the test of time. Some 2,000 plus years to be exact. Towering Roman-era temple columns and Gothic quarter to soaring 14th-century cathedrals and fanciful creations by Gaudi—the architecture only adds to the city's vibrant and diverse landscape. While in Barcelona, you'll never run out of options to unwind. You can relax at one of its many pristine beaches, go shopping for local curios, have a picnic or have a meal at one of the many tapas bars or a Michelin-starred restaurant. And, visit its popular art galleries, museums and other architectural wonders.

Top attractions: *La Sagrada Família, Museu Picasso, La Catedral*

Costa Brava

Just under two hour's drive from eclectic Barcelona, lies

(Left): The Spanish capital Madrid at night; Soak up some sunshine at one of the many pristine beaches in Costa Brava

the tranquil Costa Brava—one of the most beautiful coasts of the Mediterranean Sea—stretching north from Barcelona to the Spanish-French border. Whether you're looking for sandy beaches, rocky coves, tranquil villages or mountain scenery, Costa Brava has something for everyone. This stretch of the coast is a foodie's paradise, as Catalonia (where the Costa Brava lies) has one of the highest concentrations of Michelin-starred chefs in Spain, not to mention superb, locally produced wines. The weather is another key factor. The region enjoys hot summers and mild winters, making it an all-year-round holiday destination.

Top attractions: *Teatre-Museu Dalí, Casa Museu Dalí, Empúries, Catedral de Girona*

Valencia

Valencia has changed drastically in the last two decades. Spain's third-largest city, now has some of the most striking elegant art nouveau buildings that line the streets along with Gothic and Renaissance monuments. While the city contains many monuments, Valencia's modern crown jewel is the City of Arts and Sciences, a futuristic complex of museums, cinemas, theatres and more. An exciting and perfectly liveable city, it's known for its thriving cultural scene and nightlife. With dynamic museums, a booming dining scene, great shops and miles of beach, Valencia is any vacationer's dream. Valencia is the home of the famous rice dish paella, but you will never run out of options to choose from.

Top attractions: *Ciudad de las Artes y las Ciencias, Catedral de Valencia, Museo Nacional de Cerámica.* ♦

The Mediterranean Diet

If you want to stay healthy, eat like those who live on the Mediterranean side of the world. Olive oil, cereals, fruits, vegetables, a moderate amount of meat, fish and dairy products and a lot of seasoning and spices—the meals are cooked using some of the freshest and choicest of produce. Food is usually served along with one of Spain's well-known wines. According to Spain Tourism's official website, The Mediterranean Diet was awarded the UNESCO Intangible Cultural Heritage of Humanity designation in 2010 because it's much more than just healthy food; it has been consolidated as culture that promotes social interaction, respect for the land and biodiversity, preservation of traditional and craft activities connected with agriculture and fishing.



Inclusive tourism

Spain is making stellar progress in making its cities accessible to accommodate differently-abled tourists as well. Enormous efforts are being made to make historical and natural monuments, transport and cities more wheelchair friendly. BCN ACCES TOUR (www.bcnaccestour-blog.com) is a Barcelona-based tour operator, specialized in accessible and inclusive tourism in Barcelona and Catalonia.

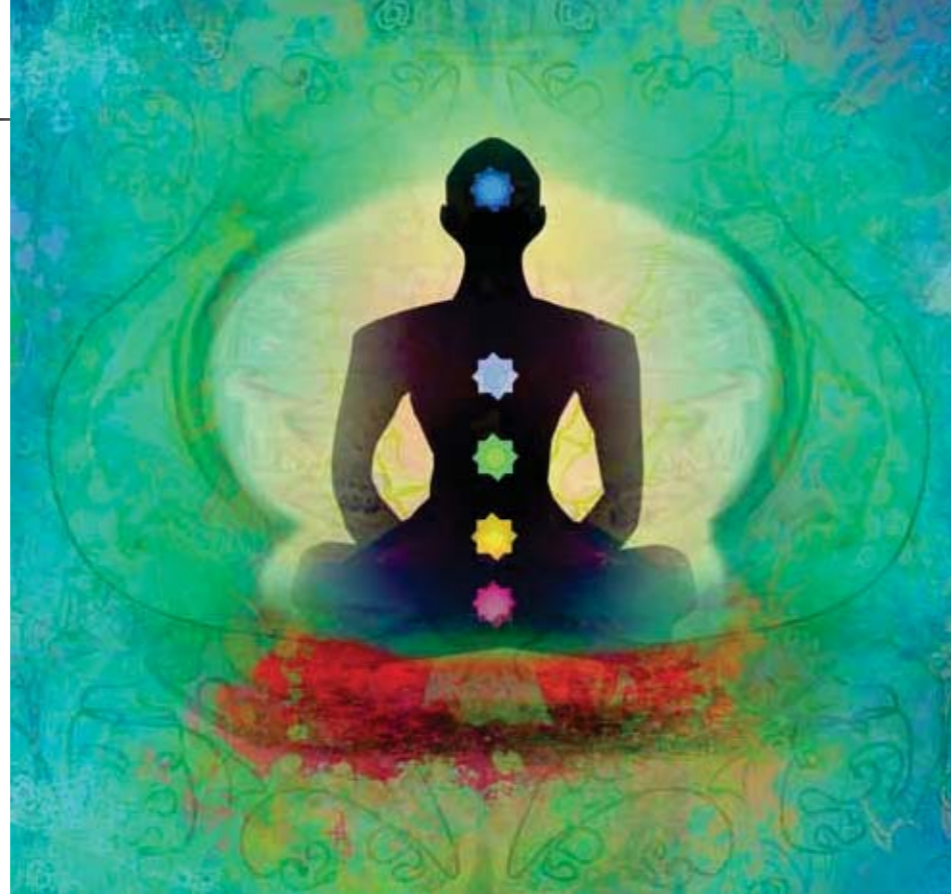
Meditation For Peaceful Living

Meditation is the ideal way to calm your inner self, clear your mind and advocate feelings of peace and a sense of awareness.

Indian *rishis* (seers) have been practising *dhyana* (meditation) for centuries. They are said to meditate in deep forests or high mountains, but all regular folks like us need, is a quiet corner. By dictionary definition, ‘meditation’ means to reflect upon or contemplate. In the yogic context, meditation or *dhyana* is defined more specifically as a state of pure consciousness. While the technicalities of this complex practice can take a considerable amount of time to grasp, its practical effects on the human body and mind, isn’t exactly rocket science. Here are ways in which meditation can help rejuvenate the mind and body. **Makes way for a happier you:** Endorphins are often referred to as the ‘happy hormones’, which is why you feel good immediately after any form of physical exercise. Meditation works in a similar fashion and makes the pituitary gland in our brain secrete endorphins that help elevate mood and have a positive effect on the whole body. It is also said to alter brain activity to enhance the area associated with positive emotional experiences.

Helps you de-stress: There have been multiple studies on meditation, and each of them have validated the fact that it can help reduce the levels of depression and anxiety. During a meditation session your body and mind completely relax and surrender to the present moment, which in turn, promotes natural healing for your nervous system, while calming down the mind.

Boosts memory and awareness: According to research, participants who completed a meditation program, showed



significant changes in areas of the brain that are connected to memory, self-awareness and perspective.

Relieves pain: Long-term practice of meditation can lead to physical changes in the brain that help alter the perception of pain and also lower pain sensitivity.

Lowers blood pressure and improves sleep: Countless studies have revealed that meditation aids in reducing blood pressure by decreasing psychological stress and increasing our coping ability. Research has also shown that it can enhance your slow wave sleep pattern, which can help fight insomnia. Furthermore, focussing the mind on mental and physical processes will aid relaxation and consequently, sleep.

Connects you with others: Meditation not only emphasizes on self-growth, but also improves social interaction. The mind becomes more sharply focussed on compassionate feelings that are directed towards others. Researchers have seen that meditation can also change brain waves, leading to higher levels of alpha brain waves, which are generally associated with a state of wakeful relaxation. This can help reduce negative mood and feelings including anger, tension and sadness. ♦

A beginners guide to meditation

The first stage of meditation is to concentrate on a specific object or establish a point of focus, with the eyes either opened or closed. Silently repeating a word or phrase, audibly reciting a prayer or chant, visualizing an image or focusing on an object such as a lighted candle in front of you. The use of imagery or visualizing, is an excellent way to practice

for beginners. Traditionally, a meditator visualizes his or her chosen deity—a god or goddess. However, any object is valid. Some practitioners visualize a natural object such as a flower or the ocean. You can choose one that instantly calms you and helps you focus. Or, you can simply close your eyes and focus on your breathing.

Dementia And Your Fitness Level

A new study suggests that high stamina, compared with medium, can decrease dementia risk by 88 per cent



According to a report on CNN, a new study has linked a person’s dementia risk to their fitness levels. Your stamina, or the time it takes for you to reach peak exhaustion during exercise—can be tied to your dementia risk. The study, published in March 2018, in the medical journal *Neurology*, found that women with high cardiovascular fitness, or high stamina, had an 88 per cent lower risk of dementia than women who were moderately fit. “I was not surprised that there was an association, but I was surprised that it was such a strong association between the group with highest fitness and decreased dementia risk,” said Helena Hörder, a professor in the Department of Psychiatry and Neurochemistry at the University of Gothenburg in Sweden, who was the first author on the study.

The study involved 191 women in Sweden, 38 to 60 years old, who completed an ergometer cycling test to evaluate their cardiovascular fitness. During the test, the women’s workload was measured, based on how much weight or resistance could be added to the bicycle before they became fatigued. “The level that you are so exhausted that you have to interrupt the test is a measure, in watts, of your work capacity,” Hörder said. “Cardiovascular fitness or endurance can also be tested in a submaximal test where you don’t push the person to maximal capacity.” These cycling tests were conducted in 1968, and the women were followed over a 44-year period until 2012. During that time, the researchers tracked the women’s health, taking a close look at who was diagnosed with dementia and who was not. The study found that the average age of dementia onset was 11 years older in the ‘high fitness’ group than in the ‘medium fitness’ group, and the most pronounced risk reduction was seen among those with high fitness levels.

The study had some limitations; it only involved a small group of women in Sweden. More research is needed to determine whether similar findings would occur in a larger, more diverse group. “One of the missing pieces of a study like this—and really the weakness in the literature to

date—is that the kinds of studies that we have mostly seen are association studies. These are studies of correlations, and they can’t necessarily talk about causality,” said Keith Fargo, director of scientific programs and outreach for the Alzheimer’s Association in Chicago. “Still,” he said, “the picture that is really emerging from the literature is about the importance of fitness in midlife, not just old age, when it comes to protecting your brain health and preventing or delaying Alzheimer’s disease and other forms of dementia.”

The new study adds to that overall growing body of evidence turning a spotlight on dementia and modifiable risk factors, such as poor cardiovascular health, a sedentary lifestyle, poor diet, smoking or excessive alcohol consumption. “There’s a very strong connection between cardiovascular health—so the health of your heart and your circulatory system—and the health of your brain,” Fargo said. “The reason for that is because the brain actually is what we would call a highly vascularized organ, meaning that your brain has many blood vessels. The demand for nutrient, oxygen-rich blood in the brain is very high compared to other organs, and so anything a person can do to increase their cardiovascular fitness level is likely to have positive benefits on brain health.” ♦ **Source: CNN**

Dementia Stats

About 5.4 million people in the United States are estimated to be living with Alzheimer’s disease, and it is the sixth leading cause of death among all adults, according to the US Centers for Disease Control and Prevention. According to the UK’s National Health Service, about 850,000 people in UK have dementia as a whole. Worldwide, about 50 million people have dementia, and there are nearly 10 million new cases every year, according to the World Health Organization.

Pacifica Senior Living

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