

# Pacifica Tidings



**AUGUST  
2018**



## *A Note from the Executive Director*

*Dear Residents,*

*August is approaching and like every month here at Pacifica Senior Living in San Leandro, we will be providing you with fun filled activities to keep all of you happy and busy! Make sure to join in on our weekly Karaoke and Happy Hour events or participate in one of the beautiful scenic drives. We will be going on another fun filled trip to Cash Creek Casino and will also be providing a few picnics at The San Leandro Marina in August as well. Also, don't forget to sign up and participate with your Activity Director for Mind Fit with Lars of Home Care Assistance. Stay healthy and happy my friends & thanks for making Pacifica Senior Living in San Leandro your home!*

*Sincerely,*

*Dillon Cagulada  
Executive Director*

## *Who am I?*

- ⇒ I am your nurse.
- ⇒ I've been here since I was 18 years old and I like romantic comedy.
- ⇒ I am currently in school for my RN.
- ⇒ You are always welcome to come see me if you need Anything.
- ⇒ Let me know how I can better serve you.

- Jetrey Inarda

## *Welcome to Our Community*

**Betty Y.  
Patricia G.  
Marguerite S.**

## Activities & Special Events

### Vintage MEMORIES...

#### Inspirational Quotes:

**"I live for today and hope for tomorrow"** - submitted by Audrey G.



**Virginia B. and her mother.** Photo was taken at age 3 in 1945 when her father was sent over sea during World War II. Genny's mother stayed behind and worked in the shipyard, handling all clerical duties and managed to remain a Full Time teacher. Best memories - "my mother was very gentle, a loving mother & wife, kind, and very helpful. She was a good teacher, following our family tradition of teachers. During WWII, there was a lot of anxious people. Everyone pitching in to help with whatever was needed in the neighborhood..."



**Cecilia A. (right)** - Queen in her teens. Best memory and very proud to walk across downtown Oakland Parade waving to the audience...



**Johnnie M.** - Military days. Happy to be of service to America!



**Florence W. and daughter Cheryl** at Angel Island, beautiful memory!



## Memorable Moments

  
**PACIFICA**  
SENIOR LIVING

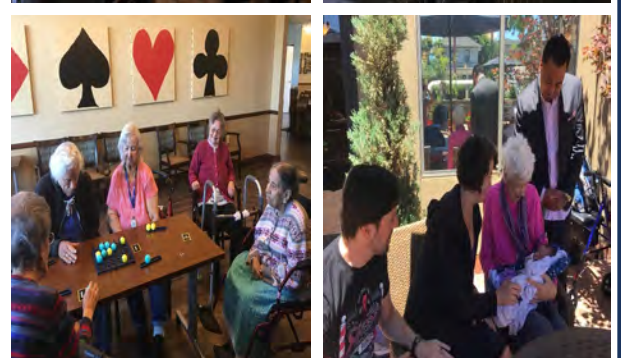
### **JULY 4TH CELEBRATION**

Pacifica Senior Living San Leandro

*happy 4th of July*



### **NATIONAL ICE CREAM DAY CELEBRATION - July 15th & 16th 2018** **Ice cream? You scream...we all scream for ice cream!**





## *Birthdays*



### Residents Birthdays

James W. 8/5  
Carmen S. 8/8  
Genny B. 8/10  
Joyce H. 8/13  
Margaret D. 8/17  
Marjorie M. 8/20  
Jose C. 8/21

### Staff Birthdays

Visania 8/29



## MUSIC THERAPY

We LOVE MUSIC! Don't you? Come join us...

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

Again, thank you for choosing us and we look forward to serving you!

Yours Truly,  
*Lai Saephan*

## Dining Room Serving 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



## Dining Room Opens

**Breakfast at 7:15am**

**Lunch at 11:15am**

**Dinner at 4:15pm**

## Health & Fitness by

### 10 Brain Exercises to Keep Your Mind Sharp (bebrainfit.com):

Exercising your mind helps you and your mental best now while it protects future memory loss and cognitive decline. Benefits: less stress, better memory, more positive mood, increased focus and concentration, boost in motivation and productivity, enhanced fluid intelligence, creativity, and mental flexibility, faster thinking and reaction time, greater self-confidence, sharper vision and hearing.

- 1) **Switch Hands:** if you are right handed, try using your left hand.
- 2) **Do things Upside Down or Backwards:** this forces your brain to really think every time you glance at your watch.
- 3) **Read Books Aloud:** this engages the imagination in a different way.
- 4) **Simultaneously Use All Your Senses:** try activities that simultaneously engage all your senses. Being social and talking to others provided additional brain stimulation.
- 5) **Try New Things:** do things you've never done before.
- 6) **Challenge Yourself with Mastery:** learning something new stimulates brain activity.
- 7) **Do Things the Hard Way:** stop relying on technology and use your brain instead of smart phones for math & spelling.
- 8) **Connect With Different People:** connecting with others, this opens you up to new perspectives and ideas.
- 9) **Start Mediating:** the brain benefits stress reduction, improved, learning ability and mood, increased focus & attention, and even reversal of brain atrophy (i.e. Zen 12 Meditation).
- 10) **Get Physical Exercise:** exercise reduces stress by increasing the feel-good brain chemicals serotonin, dopamine, and norepinephrine.

## 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)

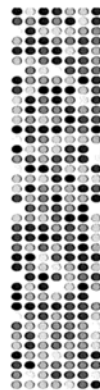
**Saturday Worship Service**  
**Non-Denominational**  
1st Sat of the Month  
10:00 AM (L)

**Every Sunday**  
**Christian Support Group**  
10:45 AM (L)

**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

  
**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 next 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!*



**PACIFICA**  
SENIOR LIVING

SAN LEANDRO

Independent  
Assisted Living

*348 West Juana Avenue*

*San Leandro, CA 94577*

*(510) 357-1691*

*Lic.# 015601394*

*[www.pacificaseniorliving.com](http://www.pacificaseniorliving.com)*

*Welcome Home!*