

Pacifica Tidings


PACIFICA
SENIOR LIVING
SAN LEANDRO
Independent
Assisted Living

**SEPTEMBER
2018**



A Note from the Executive Director

Dear Residents,

Great month for Activities in August. Looking forward to another great month in September as well. I encourage all residents to participate in the morning stretches with Lai and any exercises that are held for better health and just for a better well-being! In August, we had a few big winners during the trip to San Pablo Casino. This time let's try our luck at Cash Creek Casino and continue to be winners! In September, we are anticipating more shopping outings than we have had previously. Our Activity Director will also provide lunch time on the patio should anyone want to dine in a change of environment. Make sure to sign up to participate with Lai and thank you always for choosing Pacifica San Leandro as your home!

Sincerely,

*Dillon Cagulada
Executive Director*

Who am I?

- ⇒ I LOVE sunshine!
- ⇒ I love the sun for bringing light during the day and the moon for night.
- ⇒ I love the rain because it nourishes the people and our land.
- ⇒ I appreciate all the little things in life...no matter how big or small...

Welcome to Our Community

Pete P.

Helen P.

Activities & Special Events

Vintage MEMORIES...



Lauren S., her father & mother, and her wonderful husband with her at the beach...



Jose - 4th child 2nd to the left, top roll

Loretta & her husband and her loving parents...

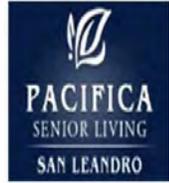


Pete in his teens and adulthood with his mother and brother

Barbara's son and family

Memorable Moments

Pizza Party, Ice Cream & LIVE Music



Here at Pacifica Senior Living
San Leandro - **WE LOVE**
social hours everyday and we do it
through a variety of activities!

We didn't realize
we were making
memories, we just
knew we were
having fun



Birthdays



Residents Birthdays

Karol T. 9/6
Joan R. 9/11
Nancy 9/16
Barbara H. 9/29
Gene S. 9/29

Staff Birthdays

Mario M. 9/4
Ruth O. 9/13



Ice Cream Parlor

I scream, you scream, we all scream for Ice Cream!

Attention: All Residents

We are happy to announce that our Ice Cream Parlor is open for all residents who would like to join our activity social group on Sundays through Thursdays from 1:30pm-2:30pm in the Lounge. It's a great way to get to know your neighbors and a time to share joy & laughter with others.

Hope to see you all during our social time of gathering on Sundays - Thursdays from 1:30pm-2:30pm in the Lounge!



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, walking groups, bean bag toss, pet therapy, music therapy, karaoke & happy hours, 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 \(bebrainfit.com\):](http://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



BADMINTON/ Arm Exercise! 7 Days a week @ 10:00AM#



Spiritual Activities

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

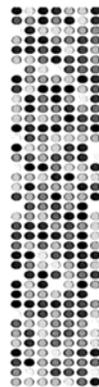
Saturday Worship Service
Non-Denominational
1st Sat of the Month
10:00 AM (L)

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 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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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!