

Pacifica Tidings


PACIFICA
SENIOR LIVING
SANTA BARBARA
Memory Care

July
2018



A Note from the Executive Director

I am often asked "What can I do to lower my chances of getting dementia?"

Physical exercise is an important part of a healthy lifestyle, contributing to general fitness, muscle control and coordination, and to a sense of well-being. Physical exercise is also essential for maintaining adequate blood flow to the brain and may stimulate brain cell growth and survival. Exercise is therefore one of the factors researchers are considering for its role in reducing the risk of developing dementia and for the benefits it offers to people with dementia.

People who exercise regularly are less likely to experience heart disease and stroke, both factors that are associated with an increased risk of developing dementia. Exercise is also

important in reducing the risk of high blood pressure, type 2 diabetes and obesity, all of which are risk factors for dementia.

Several prospective studies (where large groups of people are followed over time) have found that higher levels of **physical exercise are associated with less cognitive decline in older people**. Other studies have found that people who exercise experience a slower loss of brain tissue as they age.

My answer, let's get moving!

~Wendy

Who am I?

I was a physicist. I am famous for the formula $E=mc^2$

I was an ancient Greek Philosopher!
Alexander the Great was my student.

I was a famous German composer.
I became deaf but continued composing

I was a founding founder of the US. I flew a kite and discovered that lightning was electricity

I was the 42nd President of the US.
I was the first Baby Boomer president



Welcome to Our Community



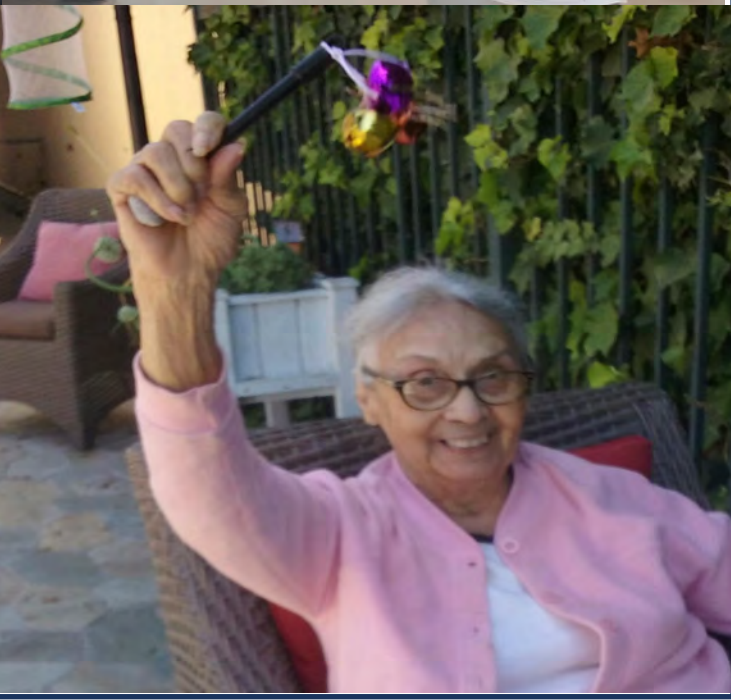
Activities & Special Events

Pacifica Senior Living
Santa Barbara invites you to
Come share a savory moment with us.



Stop by on Wednesday July 4th, to enjoy
sharing an Independence Barbeque with us!

Memorable Moments



Birthdays

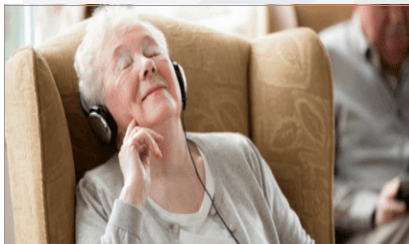
Happy Birthday to
the United States of
America
July 4, 1776
2015 Years old



July Birthdays

In astrology, those born between July 1–21 are Crabs of Cancer. Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle. Those born between July 22–31 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, and creative. Leos use their humor and loyalty to bring people together to work for a common cause.

Carl Lewis – July 1, 1961
Ann Landers – July 4, 1918
Frida Kahlo – July 6, 1907
Ed Ames – July 9, 1927
E. B. White – July 11, 1899
Woody Guthrie – July 14, 1912
Ginger Rogers – July 16, 1911
John Glenn – July 18, 1921
Ernest Hemingway – July 21, 1899
Don Drysdale – July 23, 1936
Mick Jagger – July 26, 1943
Beatrix Potter – July 28, 1866
J. K. Rowling – July 31, 1965



Give the Gift of Music!

Do you have a gently used iPod that you no longer need? Help us spread the music and find your iPod a good home.

Music & Memory participants tap deep memories that are not lost to dementia and can regain a cognizance, enabling residents to feel like themselves again; to converse, socialize and stay present.

Music & Memory shows consistent results:

- Participants are happier and more social.
- Relationships among staff, friends and family deepen.
- Residents benefit from a calmer and more supportive environment.



certified ✓



A Note from the Activities Director

Summer has arrived! We go outside almost every morning. Our sunflower seeds are sprouting everywhere. We've planted lots of garlic and have some tomato seedlings started. (I'm sure we'll eventually make pizza or special spaghetti sauce.) We watched caterpillars grow into beautiful butterflies and let them share our garden. And like everybody else, we have fun (and ice cream) in the sun!
~Robin

Featured Writer: Patricia Mata

My name is Patricia and I was asked to write a little something about my Dad, Charles Richardson. He is a new resident of Pacifica and I'm sure if he could communicate his thoughts, he would express his happiness about the care he is receiving from such an amazing staff.

During his lifetime, he's gone by a couple of different names. For most of his life, people referred to him as C.T. but more recently, he's chosen Charlie. I just simply call him dad. Dad has always been a people person and has a knack for being the "life of the party." As far back as I can remember, I don't think he ever met a person he wouldn't joke with and get to know.

I remember as a young girl, Dad would always love music, and golfing.

His love for helping people is exemplified in the variety of jobs he has had. He was a sailor in the navy, a barber, a mortician, and after retirement, a bus driver.

My Dad married his wife, my step-mother Lorraine 24 years ago. He is the father of three children, myself and two brothers. He has 8 grandchildren and 9 great grandchildren. He will always be loved by family and friends. Thank you so much for welcoming him to the Pacifica community.

~Patricia

Health & Fitness by



We are happy to announce that we have a new in-house Doctor for our commu-

nity. This is optimal for residents who are unable to leave our community to see their doctor easily. His visits are covered by Medicare. If you are interested in having Doctor Bourne see your loved one, please let Karla or Wendy know and we can make all of the arrangements for you.

A bit about our new Doctor...

Dr. Jeffrey Bourne, DO, CMD, became a board-certified Internal Medicine specialist upon completing his residency at the University of California, Davis Medical Center in Sacramento. After beginning his medical practice on the California's Central Coast, he quickly realized the standard "brick-and-mortar" physician model was not for him. Dr. Bourne now focuses exclusively on caring for home bound, elderly patients. Instead of seeing his patients in a typical doctor's office, he visits them where they live; in their homes, board & care residences, and skilled or long-term nursing facilities.

We are planning a family night in July and Doctor Bourne will be present for you to meet and ask questions about his practice.

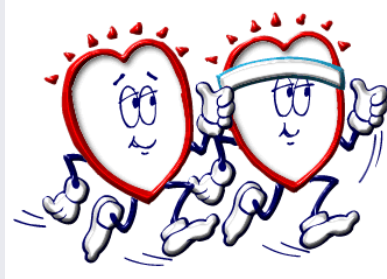
Fitness Activities

Sundays Walking Club 3:30

Mondays Walking Club 3:30

Fridays Stretching Fun 9:30

Wellness Clinic is the second Friday of each month.



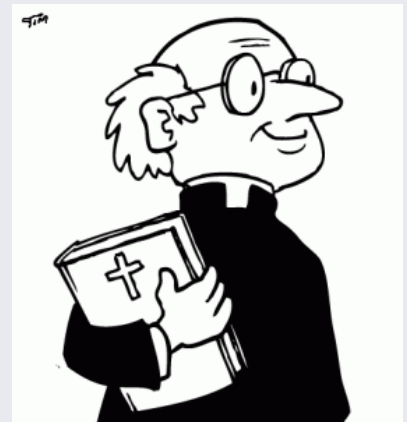
Spiritual Activities

Catholic Communion each Sunday at 10:00

Inspirational Poetry each Sunday at 10:30

Chaplain Visits each Tuesday at 1:30

Pastoral Visits each Wednesday at 1:30



Welcome our new med-tech Maria Alvarado!
Maria was an employee of Alexander Court a year ago and returned because she loves our community!



She is welcomed by familiar faces and new faces. She is happy to be here and ready to help our residents to make them feel better. She looks forward to learning more and to grow in this community. She works hard for her 4 children and when she is not working at her second job Maria likes to spend time with her kids.

Management Team

Wendy McInay
~Executive Director

Karla Wrigth
~Nurse

Miriam Santiago
~Business Office Manager

Robin Weiler
~Activity Director



Our Mission

*Privately owned, Pacifica Senior Living
strives to create a lifestyle of
independence and peace of mind
for each individual and their family.*

*We do what we love and
what we truly believe in –
providing compassionate, personalized
care services with dignity and respect.*

*Our dedicated, professional team supports
each resident and goes above and beyond
to help them feel at home.*



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www.PacificaSeniorLivingSantaBarbara.com

Welcome Home!