

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
UNION CITY  
Assisted Living  
Memory Care

**August  
2018**



## *A Note from the Executive Director*

Dear residents and families.

Happy August! I can't believe how fast this year has gone. The staff and I like to thank you for all the wonderful moments we had together so far and hope to finish the year strong. Recently, we have had many new changes in the community lately including renovations and staffing. My goal is to make sure you are comfortable with these recent upgrades. Please feel free to speak with me if necessary. I also like to spend some time to honor and express how pleased I am with our ladies of Housekeeping. Delfina, Selam, and Sarthi have worked tirelessly every day to make sure our home is clean and smelling fresh. They have made

sure our resident's rooms are neat and free of potential hazards to ensure a better quality of life. They have help clean up messes no one else would touch. They truly are an essential part to this community. Please find some time to thank them with me on such wonderful job they do for us. Pacifica of Union City will be restoring our program for "Employee of the Month." This program is designed to identify one individual staff member in our community who had done excellent work. This individual has gone above and beyond what is expected of them and has a strong will to contribute to team effort. My management team and I would like your help to give us feedback on who you think the "Employee of the Month" should be and why. This will definitely help us to acknowledge that special person. ~Kai

## *Who am I?*

- \* I was born on March 28, 1957
- \* I was born in New York City
- \* I was married in New York in 1980 to my husband



Thomas

- \* Me and my husband moved to Millbrae CA in 1984
- \* I have 7 brothers and sister
- \* I have 2 daughters
- \* I love animals

*Welcome to  
Our Community*

  
**WELCOME**  


Leona  
Miguel  
Nydia  
Joseph

*Special Events & Memorable Moments*



## *Health & Fitness by*

everydayhealth.com

### The Lifelong Benefits of Exercise

Stop procrastinating and start  
exercising!

The benefits of physical  
fitness are too great to  
ignore.

Feel younger, live longer. It's  
no slogan — these are actual  
benefits of regular exercise.  
People with high levels of  
physical fitness are at lower  
risk of dying from a variety of  
causes, according to a recent  
study published in the Journal  
of the American Medical As-  
sociation.

Physical Fitness: What the  
Benefits of Exercise Mean for  
You

There's more good news. Re-  
search also shows that exer-  
cise enhances sleep, pre-  
vents weight gain, and reduc-  
es the risk of high blood pres-  
sure, stroke, type 2 diabetes,  
and even depression.

everydayhealth.com

## *Birthdays*



### **Happy Birthday!!!**

Barbara 8-3  
Terry 8-8  
Robert 8-11  
Olivia 8-11  
Eileen 8-15  
Phil 8-20  
Helena 8-26  
Teodoro 8-27

## *Spiritual Activities*

We offer drives for you to  
attend the Church of your  
choice every Sunday  
morning.

We have Communion every  
Sunday at 9:30 in our  
Gathering Room, and at  
10:15 in Legacies.

## *Who Am I? (answer)*



Did you guess Sophie? If you did you are correct!  
It's our very loved, very sweet, Sophie. She is so generous  
with a loving spirit!  
We are so happy she is part of our Pacifica Family!!!!

## *Management Team*

Executive Director  
**Kai Qian**

Community Relations Director  
**Teresa Peixoto**

Business Office Manager  
**Brandy Johansen**

Resident Care Director  
**Katherine Maningding**

Memory Care Director  
**Nylene Munoz**

Activity Director  
**Michele Wilcox**



## *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.*



**PACIFICA**  
SENIOR LIVING

UNION CITY  
Assisted Living  
Memory Care

*33883 Alvarado Niles Road  
Union City, CA 94587  
(510) 489-3800  
PacificaUnionCity.com  
License # 019200509*

*Welcome Home!*