

Pacifica Tidings



PACIFICA
SENIOR LIVING
OAKLAND HEIGHTS
Independent Living
Assisted Living • Memory Care

**October
2018**



A Note from the Executive Director

Dear Pacifica Senior Living, Oakland Heights
Family,

Thank you for choosing Pacifica as your home! We wanted to welcome anyone who is interested to join us on October 20th for the "Walk to End Alzheimer's" Pacifica is not only a sponsor but also walking in the Walk. Our team is "Oakland Heights Legacy Makers" and I encourage everyone to participate. You have probably noticed new faces around the Community and I would like to introduce you to a few. First we have Ace, who joined us in August as our Maintenance Director. His team is working hard to make the property the best it can be. Donna has joined our team as our new Resident Services Director from our San Francisco Community. Cyrus is our new Culinary Director and he loves cooking from scratch and creating delicious food. Ruth is the newest member of our team and she brings a new perspective on the best way to market our Community to new residents. Please stop by and see us soon!

2018 Walk to End Alzheimer's - East Bay Area, CA

Take the first step to a world without Alzheimer's.

Saturday, October 20, 2018



Who am I?



Welcome to Our Community

**Vereta P.
Charline P.
Gloria F.
Jennie L.
Eugene L.
Marguerite S.
Tomy L.
Peggy S.
Sherry C.
John Lee G.**

Activities & Special Events



Health & Fitness by Keys to Aging Well

While maintaining your physical health is important to [healthy aging](#), it's also key to value the experience and maturity you gain with advancing years. Practicing healthy habits throughout your life is ideal, but it's never too late reap the benefits of taking good care of yourself, even as you get older.

Here are some healthy aging tips that are good advice at any stage of life:

- Stay physically active with regular exercise.
- Stay socially active with friends and family and within your community.
- Eat a healthy, well-balanced diet — dump the junk food in favor of fiber-rich, low-fat, and low-cholesterol eating.
- Don't neglect yourself: Regular check-ups with your doctor, dentist, and optometrist are even more important now.
- Take all medications as directed by your doctor.
- Limit alcohol consumption and cut out smoking.
- Get the sleep that your body needs.

Finally, taking care of your physical self is vital, but it's important that you tend to your emotional health as well. Reap the rewards of your long life, and enjoy each and every day. Now is the time to savor good health *and* happiness.



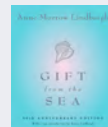
Birthdays



October Birthdays

Helen W.....October 1st
 Marilyn H.....October 2nd
 Lorraine R.....October 5th
 Brent S.....October 15th
 Bill Z.....October 18th
 Sally J.....October 20th
 Keith T.....October 24th
 Beverly B.....October 25th
 Lynne C.....October 26th
 Martha N.....October 27th
 Alice K.....October 29th
 Shirley R.....October 31st

Spiritual Activities



Gift from the Sea by Anne Morrow Lindbergh

In this inimitable, beloved classic—graceful, lucid and lyrical—

Anne Morrow Lindbergh shares her meditations on youth and age; love and marriage; peace, solitude and contentment as she set them down during a brief vacation by the sea. Drawing inspiration from the shells on the shore, Lindbergh's musings on the shape of a woman's life bring new understanding to both men and women at any stage of life. creativity within their own lives.

This class takes place on **Tuesdays at 3:30pm in the Library**. Please come and join us.

Suggestions for future books are welcome.

Who Am I?

Nathaniel Adams Cole (March 17, 1919 – February 15, 1965), known professionally as **Nat King Cole**, was an American jazz pianist and vocalist.



Management Team

Amanda North
Executive Director

Bebe Phothyrath
Business Office Manager

Donna Bautista
Resident Care Director

Fred Harmon
Memory Care Director

Ace Huynh
Maintenance Director

Mary Kay LaRivers
Activity Director

Ruth Ocon
Community Relations Director

Cyrus Droivold
Dining Services Director



*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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**2361 East 29th Street
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www.pacificaseniorliving.com

Welcome Home!