

Pacifica Tidings



**OCTOBER
2018**



A Note from the Executive Director

Dear Residents,

In October, your Activity Director and the rest of the management staff believe that it would be beneficial for the health and well-being of our beloved residents to focus on mobility and exercise. Therefore, in October you will notice a variety of physical activities we would like you all to participate in such as the morning stretches, arm exercise, and leg strengthening sessions we provide. Of course we will still provide all of you with our usual Scenic Drives, New Ice Cream Social activity, and Shopping Outings throughout the month of October as well.

As always, I appreciate you all for choosing Pacifica Senior Living San Leandro as your home!

*Dillon Cagulada
Executive Director*

Who am I?

- ⇒ I was born and raised in the Philippines; I've also obtained my Pharmacist degree there.
- ⇒ I came here to be with my husband and kids.
- ⇒ I started working at Pacifica Senior Living as a care giver and was promoted to Med-Tech within a year.
- ⇒ I enjoy my work with a passion because it makes me happy when my residents tell me how much they appreciate what I do for them.

Welcome to Our Community

Geza M.

Mary H.

Activities & Special Events

Vintage MEMORIES - Guess who?



Memorable Moments

Labor Day Luncheon

September 3rd, 2018



Birthdays



Residents Birthdays

Aziza H. 10/5
Viola R. 10/5
Betsy C. 10/7
Audrey G. 10/29

Staff Birthdays

Rosario P. 10/6
Jennifer A. 10/8
Astrid G. 10/15
Nancy R. 10/29

Special Thanks to all the volunteers over the year!
Thank you for your time and presence, you've made a big difference in our lives here at Pacifica Senior Living San Leandro! KUDOS to ALL...



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 happy family!

We have a variety of activities to offer you here and you are always welcome to come and go as you please.

Activities include but not limited to: physical fitness, support group, pet therapy, music therapy, happy hour, karaoke, shopping, religious services, casino trips, and etc. Please refer to our monthly calendar for 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 at 9:30AM

Balloon Badminton
7 Days a week at 10:00AM

Leg Strengthening at 12:30PM

Walking Group at 12:30PM



Spiritual Activities

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

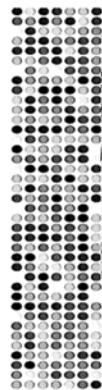
Saturday Worship Service
Non-Denominational
1st Sat of the Month
10:00 AM (L)

Every Sunday
Christian Support Group
11:00 AM or 12:30PM (L)

Sunday Service
Non-Denominational
3rd Sunday of the Month
10:00 AM (L)

Spirit Care
3rd Tuesday of the Month
1:30 PM (L)

Sunday St. Leander's Church
Every Sunday
Meet in the LR @ 7:45 AM
(LR)



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
TBD

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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Welcome Home!