

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
SAN LEANDRO  
Independent  
Assisted Living

**NOVEMBER  
2018**



## *A Note from the Executive Director*

Hello family!

I just wanted to let you all know that I'm so happy to see the number of participating residents increase during activities! Great job participating in the leg and arm strengthening exercises too. Many of you are showing improvements with your mobility. Keep it going!

I want you all to welcome a new family member to the Pacifica Senior Living San Leandro Team. Her name is Lisa Ray and she is our new Community Relations Director. Her prior experience in the Senior Living industry will be a great attribute to our community. Make sure to say hello when you get a chance!

Continuing on with Activities...in November we will be holding our **Thanksgiving luncheon**, not on Thanksgiving Day, but on **Tuesday, November 20<sup>th</sup>** instead. Please make sure that you and your family members calendar in this date. We would love to all celebrate side by side with all of you!

*Dillon Cagulada*  
*Executive Director*

## *Who am I?*

I recently just started working at Pacifica Senior Living San Leandro as a med-tech and I like the residents here, I feel more fulfillment than a job; thus, it provides me with not only hands-on experience but also relatable life purposes.

Furthermore, I graduated from UC Davis with a Business Sociology degree, worked as a paralegal for 5 years, I plan to go back to school to pursue my nursing degree while still working here at Pacifica Senior Living San Leandro.

## *Welcome to Our Community*

**Beverlee C.**

**Terrence J.**

**Reedy W.**

**Lizette R.**

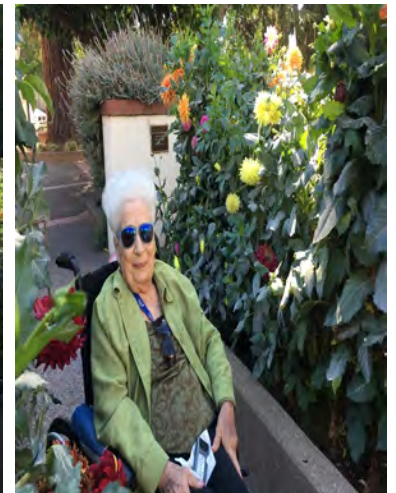
**Josephine W.**

*Activities & Special Events*

**Residents Vintage MEMORIES - Who am I?**



# Memorable Moments



## Staff Vintage Memories - WHO AM I?

### Birthdays

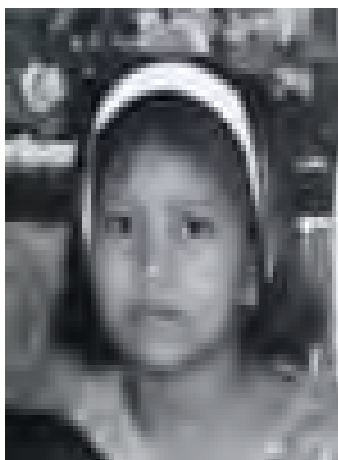


#### Residents Birthdays

Eileen 11/3  
 Gloria M. 11/18  
 Josephine 11/24  
 Kathy M. 11/24  
 Joyce B. 11/25  
 Lowell 11/25

#### Staff Birthdays

Delma 11/07  
 Shivnesh 11/17  
 Lisa R. 11/21  
 Jetrey 11/23



### *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**

### SPECIAL THANKS to all the Veterans & family members for protecting America!

#### In-House Veterans

Eddie - Army  
 Harold - Army  
 Rick - Air Force  
 Johnnie - Air Force  
 Fred S. - Air Force & Marine  
 Lowell - Navy  
 David F. - Air Force  
 Lizette - Army  
 Tom—Navy  
 John - Army  
 Riley - Army  
 James L. - Army  
 James W. - Army  
 Terence - Army  
 Skip - Marine  
 Fred P. - Navy  
 Reedy - Air Force  
 Frank - Air Force  
 David L. - Air Force

#### Husband/ Son

Genny - Army  
 Helen - Navy  
 Audrey - Army  
 Berthie - Navy  
 Cecilia - Submarine  
 Betty - Army  
 Kathy M. - Navy  
 Kathy B. - Air Force  
 Viola - Navy  
 Lois - Army  
 Maude - Navy  
 Karol - Air Force  
 Ursula - Army  
 Gloria M. - Army  
 Gloria S. - Army  
 Patricia - Army  
 Marie - Army  
 Gene H. - Air Force  
 Gene S. - Navy  
 Joyce B. - Army  
 Loretta - Army

## 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

**7 Days a week:**  
Morning Stretch at 9:30 AM  
Balloon Badminton at 10:00 AM

**6 Days a week:**  
Leg Strengthening at 12:30 PM

**4 Days a week:**  
Bean Bag Toss at 1:30 PM  
Walking Group at 11:15 AM



## Spiritual Activities

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

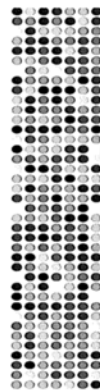
**Saturday Worship Service**  
Non-Denominational  
1st Sat of the Month  
10:00 AM (L)

**Support Group**  
Every Sunday  
11:15 AM (L)

**Sunday Church Service**  
Non-Denominational with TJC  
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 at 7:45 AM  
(LR)



## 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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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 new resident moves in. See a PSL representative for complete details.

## *Management Team*

Executive Director  
Dillon Cagulada

Administrative Assistant  
Gladys Manrique

Community Relations Director  
Lisa Ray

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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*348 West Juana Avenue*

*San Leandro, CA 94577*

*(510) 357-1691*

*Lic.# 015601394*

*www.pacificaseniorliving.com*

*Welcome Home!*