

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
RIVERSIDE  
Transitions  
Legacies Memory Care

Nov/Dec 2018



## *A Note from the Executive Director*

### **Special Invitation for our Thanksgiving Dinner!**

**Thursday, November 15, 2018  
from 5:00—7:00 p.m.**

As you know this is an important holiday for your loved one. We want to give you the opportunity to spend this valuable time and share a thanksgiving dinner for the first time here at Pacifica Riverside. We would dearly appreciate you to mark your calendars for this amazing event, where we will enjoy a delicious homemade dinner prepared by our wonderful Chef.

~Eva Tawfik



## *Who am I?*



## *Welcome to Our Community*

We would like to welcome our  
newest residents to  
Pacifica

Barbara B.	Paula B.
Mary B.	Stephen T. E.
Lucy S.	Ruby C.
Tamiko B.	Barbara G.
Rexford R.	Thomas B.

It's a great pleasure to have  
you here!



## Activities & Special Events

### Italian Dinner Night!



### Aquarium of the Pacific Fieldtrip

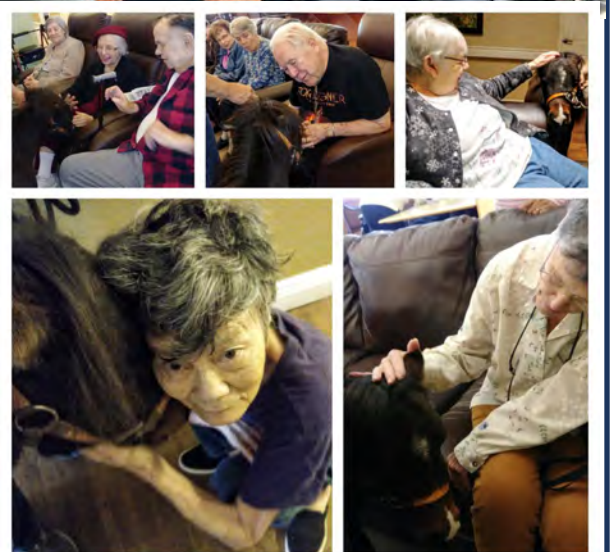


### Annual Hoedown





## Memorable Moments





## *Birthdays*

### November

Gilberto R.	95	Anita P.	95
James P.	82	Jennifer W.	72
Ruby C.	101		
Patricia J.	87		
Chester P.	86		
Janet S.	74		
Miquela M.	87		

### December

Alba V.	87
Mary L.	85
Thelma S.	102
Steve H.	70
Helene H.	89
Norma M.	78
Doris W.	65

## Upcoming Events:

**Veteran's Day Celebration**  
Wednesday, November 7, 2018  
From 1:30—3:00 p.m.

**Thanksgiving Dinner**  
Thursday, November 15, 2018  
From 5:00—7:00 p.m.

**Christmas Trimming**  
Tuesday, December 11, 2018  
From 5:00—7:00 p.m.

## *A Note from the Activities Director*

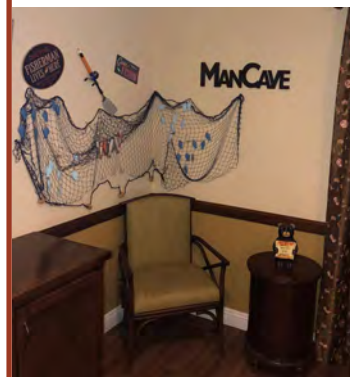
I would like to introduce myself.

My name is Kassandra Paredes. I am the new Activities Director. I have had the pleasure of taking over this new role where I get to interact more with the residents and families. I have been with Pacifica since 2012 as a caregiver, Med Tech, Cottage Manager, Office Assistant and now the Activities Director. I am looking forward to the rest of the year for all of our future events, outings and activities. Feel free to contact me anytime about your loved ones activities. Always keep a calendar near by, family and friends are always welcomed to joined us!

**[ad.riverside@pacificaseniorliving.com](mailto:ad.riverside@pacificaseniorliving.com)**  
**~Kassandra Paredes**



**We invite you to visit our new stations  
between Cottage 2A and 2B**



## *Health & Fitness by*

**Julie Shevette**  
**Resident Care Director**

Holidays and Alzheimers

The holidays are a time when family and friends often come together. But for families living with Alzheimer's and other dementias, the holidays can be challenging. Take a deep breath. With some planning and adjusted expectations, your celebrations can still be happy, memorable occasions.

In the early stage, a person with Alzheimer's may experience minor changes. Some may withdraw and be less comfortable socializing while others may relish seeing family and friends as before. The key is to check in with each other and discuss options. A simple "How are you doing" or "How are you coping with everything?" may be appreciated. Plan the holidays together, focusing on the things that bring happiness and letting go of activities that seem overwhelming or stressful.

### **When the person lives in a care facility**

A holiday is still a holiday whether it is celebrated at home or at a care facility. Here are some ways to celebrate together:

- Consider joining your loved one in any facility-planned holiday activities
- Bring a favorite holiday food to share
- Sing holiday songs and ask if other residents can join in

Read a favorite holiday story or poem out loud

### **Adapt gift giving**

Encourage safe and useful gifts for the person with dementia. If someone asks for gift ideas, suggest items the person with dementia needs or can easily enjoy. Ideas include: comfy clothing, favorite foods and photo albums.

## *Fitness Activities*

**CHAIR AEROBICS**

**SEATED YOGA**

**DANCERCISE**

**CHAIR TONING**

**WALKING CLUB**

**SIT N' STRETCH**

**BALL TOSS**

**BALLOON TENNIS**

## *Spiritual Activities*

### **Meet to Compete**

Every Monday

@

2:00 p.m.

Come Join Us!

### **Happy Hour**

is every

Friday

@

2:00 p.m.

In the activity room.

### **SUPPORT GROUP 3RD SATURDAY OF THE MONTH**

@

10:00 A.M.

## **Who Am I?...** **(Answer)**

I was born in Illinois on 1946 and became a Nurse in St. Francis School of Nursing in Peoria, Illinois. I have lived in Joliet, Illinois, Thousand Oaks and Yorba Linda in California. I got married and gave birth to two amazing children, Lisa and Michael and now, I have four beautiful grandchildren. I enjoy square dancing, classic Jazz, walking, listening to music and I love to watch western movies. My favorite sport team is Notre Dame Football.

My name is: Paula Beoletto

## *Management Team*

**Eva Tawfik**  
Executive Director

**Julie Shevette, LVN**  
Resident Care Director

**Richard Lopez**  
Business Office Manager

**Kassandra Paredes**  
Activities Director

**Priscilla Zuniga**  
Dining Services Director

**Willie Aguilar**  
Maintenance Director

**Debra Aleman**  
Community Relations 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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*Welcome Home!*