

Pacifica Tidings



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

**November
2018**



A Note from the Executive Director



Dear Pacifica Senior Living, Oakland Heights Family,

We have had a lot of changes in the 6 months that I have been here at Pacifica Oakland Heights and we have even more to come. I appreciate all of your patience during these transitions and I ask for your continued patience in the additions that we will continue to add to the community. Know that I am always open to suggestions and want to continue to work to make Pacifica Oakland Heights the best place to live in the area.

Just wanted to say at the beginning of this Holiday Season that we are very excited that we get to be part of your family and your lives. We want to invite you to join in with us for our Thanksgiving and Christmas Buffets.



Thanksgiving Dinner

Saturday, November 17, 2018

Two Seating's

11:30am & 1:00PM

\$15.00 Per Guest

Who am I?



Welcome to Our Community

***Job W.
Elnora L.
Kathleen B.
Paula A.
Macy C.
Hector C.
Electra P.***

Activities & Special Events



Activities for October Birthdays, The Walk to End Alzheimer's and Halloween



**Health & Fitness by
The Real Fountain of Youth: Exercise**

Exercise maintains healthy blood vessels for good circulation in the body and brain. It also helps people manage their weight and cope with stress. And exercise stems age-related losses in bone density and muscle mass while it keeps the heart and lungs strong. The bottom line, reflected in dozens of studies, is that people who exercise, on average, live longer than those who don't, with a reduced chance of heart disease, high blood pressure, stroke, type 2 diabetes, colon and breast cancers, depression, falls and even mental decline.

"Exercise seems to be one of the key factors that distinguish people who have a healthy old age from those who don't," says Suzanne Leveille, a professor of nursing at the University of Massachusetts Boston who is conducting research on disability in older people. "Being sedentary is a known risk factor for just about every poor health outcome, from being hospitalized to ending up in a nursing home, and even to mortality."

In terms of longevity, regular exercise seems to have an impact that few other health measures can match.

Compared with sedentary men and women, people who did an hour and a half of moderate-to-vigorous physical activity weekly — less than 15 minutes a day — were 20 percent less likely to die during a follow-up period of more than a decade, according to a 2008 report by a federal guidelines committee. And when these exercisers spent more time moving — an hour a day — they cut their risk of dying by a whopping 40 percent.



Birthdays



November Birthdays

- Sam T..... 5th
- Ray W..... 6th
- Kathleen B..... 7th
- Joann R..... 8th
- May L..... 8th
- Richard B..... 9th
- Jacqueline C..... 14th
- Helen R..... 17th
- Alfred O..... 25th

Spiritual Activities



**The Untethered Soul
by Michael A. Singer**

What would it be like to be free from limitations and soar beyond your boundaries? What can you do each day to find this kind of inner peace and freedom? **The Untethered Soul** offers a simple, profoundly intuitive answer to these questions. Whether this is your first exploration of inner space or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you.

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?
(answer)**

Squanto

One of the first Native Americans at the first Thanksgiving. When the *Mayflower* landed in 1620, Squanto worked to broker peaceable relations between the Pilgrims and the local Pokanokets.



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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Welcome Home!