

Pacifica Tidings


PACIFICA
SENIOR LIVING
CHINO HILLS
Assisted Living
Memory Care

**November/December
2018**



A Note from the Executive Director

This year has gone so fast, I feel as if we just celebrated Thanksgiving lunch here at the community together, but it's been a year already. We are excited for this year's Thanksgiving DINNER we will be hosting for all residents and family members, on November 15th @ 5pm. Please RSVP to Mary (Activity's Director). We will be hosting a special dinner under the stars and lights outside in our court yard.

Our December Holiday dessert bar and entertainment event will be December 12th from 6pm-9pm. This will be fun for all the family, so bring the grandkids to visit Santa and the Chipmunks. We will have a special chair next to the fire place to take your holiday pictures with Santa. Bring your appetite for sweets because Robert and his team will put on an amazing sweets spread of all choices. Then find a seat with your loved ones and enjoy some great entertainment by A.J. and family.

I will end the year with this quote:

"Life isn't about waiting for the storm to pass... It's about learning to dance in the rain. Happy Holidays to you and your family.

Thankful,
Julie Olmedo

Just be



Who am I?

The Story of this special legend can be traced back hundreds of years. It is believed that he was born sometime around 280 A.D. in Patara, near Myra in modern-day Turkey. Much admired for his piety and kindness, He became the subject of many legends. It is said that he gave away all of his inherited wealth and traveled the countryside helping the poor and sick. One of the best known stories is that he saved three poor sisters from being sold into slavery by their father by providing them with a dowry so that they could be married. Over the course of many years, his popularity spread and he became known as the protector of children and sailors. His feast day is celebrated on the anniversary of his death, December 6. This was traditionally considered a lucky day to make large purchases or to get married. By the Renaissance, he was the most popular saint in Europe. Who AM I????

Welcome to Our Community



Robert Fay
Arthur Cancholu
James Fay
Jack Brickett
Bobbie Brickett
Wilbur Richardson

Activities & Special Events

November Outings & Activities:

Mon - 11/5 - All day outing to Puma Casino - **Bus leaves at 8:30am - returns at 5:00pm**

Tues - 11/6 - Election Day!! - Polling booths will be open from **7am - 8:00pm - Activity Room**

Tues - 11/6 - Traveling Game Show

Wed - 11/7 - Food Council Meeting

Sun - 11/11 - Veterans Day Social & Presentation to our Veterans. **6:00pm**

- Hosted by Jerry Hinds - Vitas Home Health Veterans Representative

- Cookies & Coffee will be served immediately following ceremony

All Family Members Welcome!!!!

Tues - 11/13 - Pet Therapy & Jan's Boutique

Thur - 11/15 - **Residents & Family Members Thanksgiving Dinner - 5:00pm** (RSVP to Mary (Activity Director) by Nov.7th at [\(adchinhills@pacificaseniorliving.com\)](mailto:adchinhills@pacificaseniorliving.com))

Mon - 11/19 - Lunch Outing - Anchos Mexican Restaurant & Entertainment by Ron Johnson

Tue - 11/20 - Entertainment by Tony Lopez

Mon - 12/3 - Christmas program performed by The Chino Hills Singers Company

Wed - 12/5 - Christmas program performed by Diane Chavarro

Mon - 12/10 - Christmas program performed by Ron Johnson

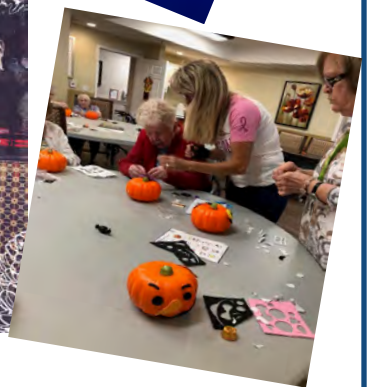
Tues - 12/11 - Marcella Jewelry Boutique

Wed - 12/12 - **Resident & Family Members Holiday Dessert Bar - Entertainment & Santa Clause** **6:00pm**

Tues - 12/18 - Jan's Holiday Boutique

Wed - 12/19 - Resident Council Meeting

Thur - 12/20 - Christmas program performed by The Chino Senior Choir



Health & Fitness by

Denise Medrano, LVN Resident Services Director

Allergies are hypersensitive responses from the immune system to substances that either enter or come into contact with the body.

These substances commonly include materials such as pet dander, pollen, or bee venom. Anything can be an allergen if the immune system has an adverse reaction. A substance that causes an allergic reaction is called an allergen. Allergens can be found in food, drinks, or the environment. Many allergens are harmless and do not affect most people.

If a person is allergic to a substance, such as pollen, their immune system reacts to the substance as if it was foreign and harmful, and tries to destroy it.

When a person with an allergy comes into contact with an allergen, the allergic reaction is not immediate. The immune system gradually builds up sensitivity to the substance before overreacting.

The immune system needs time to recognize and remember the allergen. As it becomes sensitive to the substance, the immune system starts making antibodies to attack it. This process is called sensitization.

Sensitization can take a few days or several years. In many cases, the sensitization process is not completed. The patient experiences some symptoms but not a full allergy.

Allergies may also be seasonal. For example, [hay fever](#) symptoms can peak between April and May, as the pollen count in the air is much higher.

A study published in JAMA Pediatrics reported that [food allergies](#) in children cost the U.S. economy nearly [\\$25 billion](#) annually.

Birthdays



Rosaria Maniaci	11th
Charles Melendez	13th
Ann Johnson	14th
Francis Ruiz	17th
Lois Krumrei	17th
Art Canchola	18th
Urb Miki	27th



Wanda Renner	9th
Holly Shepard	12th
Wanda Steury	18th
Barbara Bader	23rd

Spiritual Activities

Father Mike from St. Paul the Apostle Church will give Communion on the 1st Friday of the month

11:30 a.m.

(Library)

Delia Aguirre, lay Minister from St. Paul the Apostle Church will distribute Holy

Communion.

SUNDAYS

11:00 a.m.

(Activity Room)

Calvary Worship
(Non-Denominational)

SUNDAYS

(1st and 3rd Sunday of month)

1:00 p.m.

(Activity Room)

Who Am I?
(answer)

Ho! Ho! Ho!

Merry Christmas!



Management Team

Julie Olmedo, LVN
Executive Director

Chad Ormsby
Sales Director

Eunice Cueva
Business Office Manager

Denise Medrano, LVN
Resident Services Director

Mary Pabst
Activities Director

Jessica Gomez, LVN
Memory Care Director

Robert Finn
Food Services Director

Sergio Bravo
Environmental 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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CHINO HILLS

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Welcome Home!