

# Pacifica Tidings



**December  
2018**



## *A Note from the Executive Director*

We Welcome the month of December, with a lot of holiday festive celebrations to share with you and your family. On December 6th we will hosting our Christmas Tree Trimming party, with Christmas carolers and yummy desserts, including eggnog to toast the community Christmas tree. On going through the month we will be hosting Christmas Eve Dinner and Christmas Day with a traditional holiday Brunch. We also have a great surprise, Santa himself will be here on December the 21st to give out presents to all our residents, we will entertainment too, were hoping everyone can attend. I want to wish everyone a Merry Christmas and Happy New Year from the staff here at Union City Pacifica Senior living.

Happy Holidays!

## *Who am I?*



- I was Born on October 15, 1936
- I was born and raised in Oakland California
- I served in the Army Reserve for 20 years from 1954-1974
- I was married to Dorothy for 40 years
- I have 2 children and 5 grandchildren
- I retired from working with AT&T after 38 years as a field engineer

## *Welcome to Our Community*



Episani  
Shirley  
Toby  
Elena  
Ken

## *Special Events & Memorable Moments*





## *Health & Fitness by*

6 simple steps to keep your mind sharp at any age

Everyone has the occasional "senior moment." Maybe you've gone into the kitchen and can't remember why, or can't recall a familiar name during a conversation. Memory lapses can occur at any age, but aging alone is generally not a cause of cognitive decline. When significant memory loss occurs among older people, it is generally not due to aging but to organic disorders, brain injury, or neurological illness.

Studies have shown that you can help prevent cognitive decline and reduce the risk of dementia with some basic good health habits:

- staying physically active
- getting enough sleep
- not smoking
- having good social connections
- limiting alcohol to one drink a day
- eating a balanced diet low in saturated and trans fats.

Certain health conditions that can impair cognitive skills include diabetes, high blood pressure, sleep apnea, depression, and hypothyroidism. If you have any of these health issues, you can help protect your memory by following your doctor's advice carefully.

<https://www.health.harvard.edu>

## *Birthdays*



Shigeko 12-3  
Walton 12-6  
Josephine 12-6  
Eleanor 12-8  
David 12-9



## *Spiritual Activities*

We offer drives for you to attend the Church of your choice every Sunday morning.

We have Communion every Sunday at 9:30 in our Gathering Room, and at 10:15 in Legacies.

We have Rosary every Tuesday and Thursday at 10:00 in Legacies.

## *Who Am I?* (answer)

The answer is  
Our very own Ken!



My hobbies include gardening, reading, beach life, and especially hiking. I really enjoyed hiking Glacier Point and Half Dome at Yosemite National Park.

I very much enjoy watching my favorite teams the San Francisco 49ers and The Boston Red Sox.

## *Management Team*

Executive Director  
**Kai Qian**

Community Relations Director  
**Teresa Peixoto**

Business Office Manager  
**Brandy Johansen**

Resident Care Director  
**Reema Morrar**

Memory Care Director  
**Nylene Munoz**

Food Services Director  
**Floyd Barrow**

Activity Director  
**Michele Wilcox**



## *Our Mission*

*Privately owned, Pacifica Senior Living  
strives to create a lifestyle of  
independence and peace of mind  
for each individual and their family.*

*We do what we love and  
what we truly believe in –  
providing compassionate, personalized  
care services with dignity and respect.*

*Our dedicated, professional team supports  
each resident and goes above and beyond  
to help them feel at home.*



**PACIFICA**  
SENIOR LIVING

UNION CITY

Assisted Living  
Memory Care

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*Welcome Home!*