

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
HILLSBOROUGH  
Assisted Living  
Memory Care

**December  
2018**



## *A Note from the Executive Director*

Throughout the holiday season we will be having events that you and your loved one can participate in. Please look for your ugliest sweater as VITAS Hospice will be sponsoring an Ugly Sweater Bunco on December 7<sup>th</sup> at 3:00 pm. We will be doing our to if you would like to go, please sign up at the front desk and be in the lobby at 4:00 p.m. Our Resident Holiday Party will be on Thursday, December 20<sup>th</sup> at 6:00 pm with entertainment and a desert bar. With our Christmas tree up in the front lobby we would like to encourage everyone to add their own ornament to the tree. and we will play it on any day, Monday through Friday at 6:00 p.m. This is a perfect time to invite families and friends to our community for a meal or to participate in one of our events. Our New Year's Eve lunch will

be on December 31<sup>st</sup> at 11:00 a.m. and followed by our New Year's Eve party at 3:00pm.

Last but not least, our staff will be celebrating the holidays with an employee Christmas party. We would like to remind resident that as an alternative to individual employees receiving money or gifts from residents or family, we will accept general donations or gifts that will be raffled amongst all employees at the Christmas party. If you choose to write a check, please make it payable to CASH. Any check written to Pacifica has to go through our corporate office then they have to write us a check which can take longer. Please do not feel obligated to make a donation or to give a raffle prize. We truly feel that it is our privilege to provide exceptional service and quality of care each day.

Happy Holidays to you and your family.

## *Who am I?*



## *Welcome to Our Community*

Suzanne G.  
Raymond D.  
Archie M.  
Raymond D.  
Yvonne O.  
William C.  
Henry P.  
Emmanuel A.  
Elizabeth B.  
Conchita D.  
Dickie M.  
Dale F





## *Health & Fitness by*

The holidays are a wonderful time of year to visit with family and celebrate our many blessings, but with traveling, parties, and cold weather, it can also be a time when many let their healthy lifestyles fall by the wayside. This holiday season, commit to your healthy lifestyle by remembering the following tips:

### **Stay Hydrated**

Drinking water is always important. Eight glasses a day is recommended so think about taking a water bottle with you while you are out and about.

### **Stay Rested**

The holidays can be a stressful time with guests, shopping, events, and much more. Make sure to rest and relax when you get a chance. Don't wear yourself out before you get a chance to enjoy time with your family. Remember you can always ask for help!

### **Stay Well**

Unfortunately, the holiday season coincides with cold and flu season. Keep yourself well by getting the necessary vaccines and visiting your doctor at the first sign of illness. During the holidays, it's easy to ignore symptoms and put off going to the doctor, but remember, early detection is key!

### **Stay Involved**

Spending time with family and friends is the most important part of the holiday season. By staying healthy, active, hydrated, rested, and well this holiday season, you will be able to stay involved in all of the festivities. Please make sure you participate in our upcoming events.

We wish you and yours a happy holiday filled with health and happiness!

## *Birthdays*

### **December**

Connie Bridges	5th
Dolores Stabnau	10th
Elizabeth Shore	10th
Conchita Dizon	10th
Robert Cunningham	14th
Carolyn Coffey	15th
Christine Arroyo	15th
Robert Nigg	16th
Derrill McConnell	19th
Jennie Tembledor	21st
Barbara Miller	21st
Lounette Clinton	23rd
Lola Peterson	28th
Hilton DeFreitas	28th
Dolores Witham	30th
Claire Girard	31st

## *Spiritual Activities*

### **TV Catholic Mass**

Every Sunday  
In the Activity Room  
At 9:00 a.m.

### **Communion with Kim**

Every Sunday  
In the Activity Room  
At 9:30 a.m.

### **Mass with Father Patrick**

Every Second Monday  
In the Theater Room  
At 10:15 a.m.

### **Bible Study with Pastor Mike**

Every Wednesday  
In the Theater Room  
At 10:30 a.m.

### **Lutheran Bible Class**

Every Second Thursday  
In the Library  
At 2:00 p.m.

## *Who Am I?*

### *(answer)*

Charles Saliba: Born 2-24-1929 in Savannah, Georgia to Dr. & Mrs. Saliba. Charles has 2 brothers and 2 sisters. His Father died in 1932 when Charles was 3 years old. The family moved to El Paso, Texas. Moving again to Arkansas in 1939. Charles graduated High School in 1945. He attended Louisiana State University in Baton Rouge. He majored in Pre Medical. Charles moved to Newport Beach, Ca. in 1948. Charles married Johnnie Maxie Knight in 1949. They had 62 wonderful years together. They have 2 children. Charles worked for Alpha Beta Market for 30 years. Charles opened the first Alpha Beta market in 1963. He retired in upper Management at the age of 56 in 1986. Sadly, his wife Johnnie passed away in 2014. Johnnie lived at Pacifica Senior Living for 7 years in Memory Care. Charles moved to Pacifica in 2016. He spent a lot of time in Hawaii. He will be 90 years old still driving and in good health he is active and enjoying living here at Pacifica Senior Living Hillsborough.

## *Management Team*

Janeth Medrano  
**Executive Director**

Crystene Char  
**Business Office Manager**

Jennifer Heldoorn  
**Senior Sale Director**

Jessica Gomez  
**Health Services Director**

Espi Rivas  
**Activities Director**

Joanna Ochoa  
**Dining Services Director**

Jose Vega  
**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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Lic.# 366426031*

*Welcome Home!*