

# Pacifica Tidings



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

**January 2019**



## *A Note from the Executive Director*

**Dear Pacifica Senior Living, Oakland Heights Family,**



Welcome to the New Year with us here at Pacifica Oakland Heights. I hope you have had a chance to meet our new Activities Director, Kelly Stearns and our 2nd Marketing Director, Teresa Peixoto. We are excited to have them join our team. We are continually working to provide the best Senior Living experience here at Pacifica Oakland Heights. If there is ever anything that I can do to better improve your experience, my door is open. We are adding more Activities to our schedule and more opportunities for our families to join us in dining opportunities. Cyrus, our Culinary Director will soon be hosting his first Winter Buffet in the Community on January 26th at 11:30 am as a Chinese New Year's Buffet. Please RSVP at the Front Desk by January 20th. The cost is \$10. Please follow our Facebook page to get Current Activities. I am also asking for everyone to please send me your best contact information, including email to get any urgent messages out as quickly and efficiently as possible. Email me at [ed.oaklandhts@pacificaseniorliving.com](mailto:ed.oaklandhts@pacificaseniorliving.com).

Thank you,

Amanda North

## *Who am I?*



## *Welcome to Our Community*

**Gennie N.  
Mai N.  
David A.  
Shirley S.  
Janna R.  
Lois J.**



## *Activities & Special Events*





## ***Health & Fitness by Beating the Holiday Blues for Seniors***

Beating the Holiday Blues... We've written on this topic previously, yet I never find it outdated to share advice that may help others from developing feelings of unhappiness, insomnia, loss of appetite, or even depression. So here, courtesy of Mark Sichel, L.C.S.W.; and published in the November 25, 2009 edition of Psychology Today ([www.psychologytoday.com](http://www.psychologytoday.com)), are 10 tips to Beat the Holiday Blues.

The "Holiday Season" – that time from Thanksgiving through New Year's – is supposed to be happy times filled with get-togethers between friends, neighbors, and family. They are a time of celebration and joy; a time to remind us all of the brilliant, wonderful things life has bestowed upon us.

Unfortunately, for many people, this special time of the year turns out to be a time when joy is replaced with sadness, love with anger, and contentment with anxiety. The demands on each of us during the "Holidays" are enormous. Not only are we expected to continue to work each day, but now we must figure out a way to find some extra money from an already thin economy and bank account to attempt to keep up with the Joneses in gift buying.

We begin to lose sleep, eat poorly, and stop whatever exercise we were doing prior to the holiday arriving. All this "change of lifestyle" moves us closer and closer to the "Holiday Blues." Add to that the often found situation of our elders living alone, without their life-long spouse, and you have a situation primed for disastrous effects.



## ***Birthdays***



### ***January Birthdays***

*Clyde R.*

*Joel P.*

*Jennie L.*

*Deborah D.*

*Gardiner H.*

*Bernice M.*

*Walter G.*

## ***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)***



The answer to that is our very own Executive Director, Amanda North. She no longer has the curl on the top of her head, but definitely recognizable still.

Stay tuned for next month's Who Am I.

We are looking for volunteers for our Monthly Newsletter. So if you would like to be featured, please submit a picture.

## *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*

**Kelly Stearns**  
*Activity Director*

**Ruth Ocon**  
*Community Relations Director*

**Teresa Peixoto**  
*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!*