

Pacifica Tidings



PACIFICA
SENIOR LIVING

UNION CITY
Assisted Living
Memory Care

**January
2019**



A Note from the Executive Director

Dear Residents,
I am very excited to have joined Pacifica Union City in December 2018. I have been an Executive Director for almost 14 years now, and I am looking forwards to bring my knowledge and experience to our wonderful community. Prior to becoming an Executive Director I was an Activity Director, and this is something I am very passionate about. Michele is fantastic and I am looking forward to working with her to create some more wonderful activity programs for everyone here. We would love to increase the attendance at our

programs and welcome all of your suggestions and input on our current calendar. With the holidays behind us, we have some time to really focus on the events and activities that are important to our residents here at Pacifica Union City. We have a great program ready for you this month and we look forward to hearing your feedback. My door is always open so any time you want to come chat with me about anything that is happening in our lovely community please feel free to stop by.

Kind regards,
Anna

Who am I?

He was born June 17th, 1923.
She was born August 26th, 1922.
They were both born in Mexico. They met in school. They were married December 5th, 1947.
He served in the Navy.
They have shared 71 years together.



Welcome to Our Community



Welcome Home

Epifania

Special Events & Memorable Moments



Health & Fitness by **COLD & FLU PREVENTION**

The cold and flu season is upon us again! Here are some tips to be aware of to reduce the risk of getting sick.

1. **Get vaccinated—** If you haven't already see if a family member can take you to get a flu shot.
2. **Wash or sanitize hands thoroughly and often—** Frequently washing hands with regular soap is an effective way to get rid of cold and flu germs. Hand sanitizer is also a good way to kill cold & flu germs.
3. **Exercise regularly—** Moderate exercise boosts the immune system and could reduce risk of a cold by a third.
4. **Clean the environment to eliminate germs—** Try to keep the environment as germ-free as possible. That means using disinfectant when cleaning, especially in the bathroom and kitchen. When cleaning, pay special attention to germ hot spots like door-knobs, light switches, and kitchen and bathroom counters.
5. **Cover your mouths with the inside of your elbow when sneezing or coughing—** Doing this prevents the spread of germs.

Let's do our part to help everyone and reduce the spread of germs during this flu and cold season. Take care everyone.

Birthdays



Edna 1-1
Mary 1-2
Francine 1-5
Edith 1-8
Mary 1-10
Dorothy 1-14
Epifania 1-14
Lancy 1-18
Lily 1-25
Athena 1-31

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.

We have Church Services every Sunday at 1:00 in our Gathering Room

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

Who Am I? (answer)



The answer is
Our very own Ralph and Helen
They have lived here at Pacifica for 5 years now!
They have 4 Kids 3 Daughters and 1 Son
They Love Dancing Together



Management Team

Executive Director
Anna Reddy

Community Relations Director
Teresa Peixoto

Business Office Manager
Brandy Johansen

Resident Care Director
Reema Morrar

Memory Care Director
Nylene Munoz

Activity Director
Michele Wilcox

Food Services Director
Barry Beauchamp

Plant Operations Director
George Khosho



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

*33883 Alvarado Niles Road
Union City, CA 94587
(510) 489-3800
PacificaUnionCity.com
License # 019200509*

Welcome Home!