

Pacifica Tidings



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

May 2021



A Note from the Executive Director



Dear Pacifica Oakland Heights Family,

My Goodness have things changed in the little time I was away working at the Corporate Office! I could not be happier to be back home at Oakland Heights and walk through this journey with each one of you together. As all of you know, I have an open door policy so please feel free to come by anytime for a chat or just to say hello. Look forward to work for you and make 2021 a great one!

Much Happiness!

Ruth Ocon, Executive Director

Email: edoaklandhts@pacificaseniorliving.com

Who am I?



Welcome to Our Community

**Abraham
Patsy
Frances
Tanya
Susan
Dolores
Mathew & Karina**

Activities & Special Events



Health & Fitness by

COVID-19: Safety Tips for You

(www.redcross.org)

HOW TO PROTECT YOURSELF AND OTHERS

Wash your hands often with soap and water for at least 20 seconds, especially after being in a public place, or after blowing your nose, coughing or sneezing.

If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol.

Avoid touching your eyes, nose and mouth with unwashed hands.

Avoid close contact with people who are sick. Some people without symptoms may be able to spread the virus.

Stay home as much as possible and avoid non-essential travel.

Practice social distancing by keeping at least 6 feet — about two arm lengths — away from others if you must go out in public.

Cover your mouth and nose with a cloth face cover when around others and when you must go out in public, such as to a grocery store. The cloth face cover is meant to protect other people in case you are infected. However, do NOT place cloth face coverings on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance. Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

See CDC guidelines, including how to create your own cloth face cover.

Cover your coughs and sneezes. Use a tissue to cover your nose and mouth, and throw used tissues in a lined trash can. If a tissue isn't available, cough or sneeze into your elbow — not your hands. Wash your hands immediately.

Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. Follow CDC guidance.

Birthdays



Linda

Stacey

Richard

Dorothy

Carol

Duke

Beverly

Spiritual Activities

Listed below are the few Spiritual Activities that we do here in the Community. Please reach out to Kelly, our Activities Director if you are interested in participating.

- Journaling
- Meditative Techniques
- Pet Therapy
- Horticulture Therapy
- Church Services
- Inspirational Readings
- Remembrance Gardens
- Religious Studies
- Favorite Prayer Recitals
- Communion
- Spiritual Growth Sessions

Who Am I?

(answer)



This is our amazing resident George! He is full of life and joy. We can always count on George to share knowledge on almost any topic. He attends every activity and event here at Pacifica Oakland. We are extremely lucky to have him apart of our community!

Management Team

Ruth Ocon
Executive Director

Bebe Phothyrath
Business Office Manager

Joann Nisperos
Resident Care Director

Fred Harmon
Memory Care Director

Paul Williams
Maintenance Director

Imani James
Activity Director

Scott Panco
Community Relations Director

Maricela Lomeli
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!