

Pacifica Tidings



May 2021



A Note from the Executive Director

The month of May allows us to feel the warmth of the sun in its increasing strength.

Let us each take a moment to share with those around us the warmth of our love and our time, while we have the ability to do so. For the words or actions we share may be just what someone is needing at that moment.

Have a wonderful month of May!



Dwight Aalgaard

Who am I?



Last Month Answer:
Harper Lee

- I was born on May 20, 1908, in Indiana, Pennsylvania.
- My slender build momentarily kept me from pursuing my dream.
- During my lifetime, I dabbled a bit in politics.
- The president of the United States considered me his friend.
- I am one of the most admired Hollywood actors.
- Westerns and suspense films were among my favorites.
- I helped an angel get his wings.

Welcome to Our Community



Activities & Special Events



Radishes are ready and delicious!

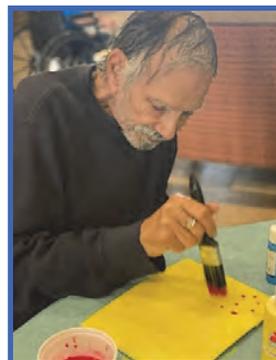
We love to GARDEN!!



Easter Egg Dyeing and Landscape Canvas Painting



National Peach Cobbler Day was a treat! THANKS CHEF!



Jackson Pollock style splatter paint technique!



Memorable Moments



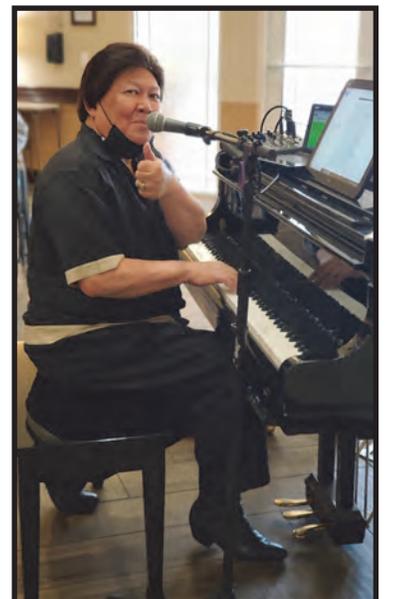
Thanks Harbor Hospice for the CUPCAKES & COOKIES for Easter!



April Fool's Day Trickery!!



Thanks to MICHAEL, NELLIE & MARTIN for all the lovely music to dance the afternoon away to!!



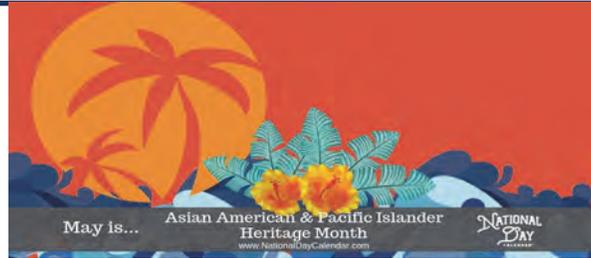
Birthdays

5/1: Ann M.

5/5: Ernestina S.

5/31: Josefa K.

MONTHLY BIRTHDAY
BASH WILL BE HELD ON
THE LAST TUESDAY
CAKE IS PROVIDED BY:
HARBOR HOSPICE



May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

John F. Kennedy once said: **“Our attitude towards immigration reflects our faith in the American ideal.”**

The American ideal is to recognize the rich cultural diversity of our nation and honor the contributions of all immigrants. The U.S. celebrates Asian American and Pacific Islander Heritage Month each May. Through traditional and social media, in theatres, museums, and parks, various events are organized to draw attention to Asian American and Pacific Islander culture.

A Note from the Activities Director

Celebrating Gifts from the Garden Month

As the famed gardener C.L. Fornari once said, April may be National Gardening Month--but May is when the temperatures rise, skies clear, and true gardening magic really begins for the entire country.

Thus, was born *Gifts from the Garden Month*, a chance for us to celebrate the act of gardening (as well as all the great benefits we reap from it).

Natural, invaluable beauty

One of the biggest gifts of gardening is, of course, the priceless beauty it creates in your outdoor space. In gardens both big and small, the combination of sweet-smelling flowers or sturdy, practical vegetables create a sense of color and natural beauty that can't be paralleled anywhere else but the great outdoors.

Please join us Saturday afternoons for Gardening in our Courtyard.



Residents here at Legacies San Martin have been working on poetry for the last couple of months. They have had a blast sharpening their tongues and their skills!

Here are a couple poems they have finished....

Life.

*Although it may be tough,
you don't need anything else.
Only because life is precious and valued.
Accumulating offspring and kinfolk.
Anguish tries to tear you apart,
but you value more instead.
I will, to the end,
Defend.*

*Today is tomorrow gone bad.
Today was too brief.
Tomorrow is another chance.
One more chance to get it right.*

THANK YOU LEGACIES POETRY CLUB!

Health & Fitness by Older Americans Month



When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

The theme for OAM 2021 is "*Communities of Strength.*" Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help to support and inspire others. This OAM, we will celebrate the strength of older adults and the Aging Network, with special emphasis on the power of connection and engagement in building strong communities.

There are many things we all can do to nurture ourselves, reinforce our strength, and continue to thrive. Connecting with others is one of the most important—it plays a vital role in our health and well-being, and in that of our communities. From finding joy in small things and sharing our stories, to looking at the big picture and giving to others, join us in promoting the ways we are connected and strong.

<https://www.aoascc.org/News-and-Events/older-americans-month/>

Fitness Activities

Chair Yoga:
Mon @ 3pm
Chair Dance:
Tues @ 3pm
Fun & Fitness:
Wed @ 2pm

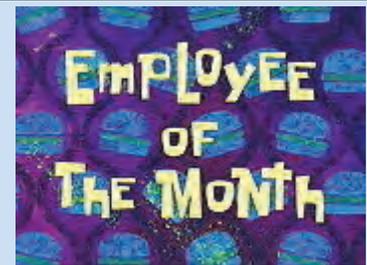
Music & Movement:
Tues @ 10am
Fri @ 9am

Nerf-Gun Fun & Kickball:
Wed @ 2pm

Spiritual Activities

Catholic Mass
Sundays 9:00AM
Catholic Channel

Christian Service
with
Pastors Bill and Helen
Sundays at
9:15AM in Large Common Area



Kayla Bunting



If there is an activity that you would like to add, just drop your idea in the suggestion box!

Management Team

Dwight Aalgaard
Executive Director

Shannon Posatiere
Move-in Coordinator

Yolanda Parnell
Dining Service Director

Joni Cabauatan
Activities Director

Emilee Floyd
Resident Care Coordinator

Rosario David
Memory Care Director



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.*



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Welcome Home!