



# Pacifica Tidings

Luxury Senior Living by Pacifica

200 Glenwood Cir • Monterey, CA 93940 • (831) 373-0101



## Community Staff Directory

Executive Director .....	Beau Ayers
Business Office Manager .....	Jessica Sanchez
Resident Services Director .....	Eva Reiter, LVN
Memory Care Director .....	Lilli Bennett-Russell
Resident Services Coordinator .....	Donna Lao
Community Relations Director ..	Marissa Nuñez
Community Relations Director ....	Kristine Ware
Executive Chef .....	Jaime Fernandez
Dining Room Manager .....	Angelica Hernandez
Environmental Services .....	Scott Borgman
Activities Director .....	Ciquia "CC" Martin

## Helpful Phone Numbers

Concierge Desk .....	831.373.0101
Dining Room Direct Line .....	831.373.1942
Maintenance Direct Line .....	831.641.9132
Monterey Taxi Vouchers .....	831.646.3866/3878
MST Rides .....	831.754.2805
Joyce, Hairstylist .....	831.229.2529
Nicole, Manicurist .....	831.262.7573
Sheryl, Massage Therapist .....	619.592.1455

May 2021

## A Note From the Executive Director



During the month of May we celebrate Mother's day. This has always been a special holiday to me because of the great meaning, respect and love given on this day. I am very fortunate to have a mother and now a wife that has dedicated their lives to being mothers. Mother's day always reminds me of the children's book "Love you Forever". This book is about a mother's love for her son continues as he goes through

the stages of life. Every night his mother sings her song to him while rocking him. Even after the boy has grown into a man, his mother drives across town to hold him in her arms and sing. The mother eventually becomes too old and sick to carry on with this tradition. In turn, the man then drives across town, holds his mother in his arms and sings the song to her. When that day comes in my life I will proudly hold my mother and let her know that I love her forever. I am thankful for all the women in my life and their incredible contribution that have help developed me into the man I am today. Happy Mother's Day!

## A Good Rule of Thumb

Washing your hands is a routine habit, but be sure your thumbs get in on that 20-second scrub-down. Those two digits spend a lot of time on high-touch surfaces, such as tapping cell phone screens and pressing remote control buttons, so don't forget them.



5/1	Dorothy Reid
5/1	Mary Ann Sillman
5/1	Jenny LaSala
5/2	Sherri Williams
5/4	Admiral Williams
5/5	Joe Mangin
5/5	Grace Kim
5/7	Rosemary Smith
5/7	Molly McKnight
5/9	Barbara Alexander
5/11	Judith Therrien
5/12	Marvin Quaid
5/14	Charmain Guarino
5/15	Kay Cacace
5/16	Lucia Dahlstrand
5/17	Bill Reno
5/18	Melody Williams
5/19	Shirley Wereszynski
5/21	Sandy Daniels
5/24	Marlene Haskell
5/26	Hanna Petersen
5/26	Suzanne Irwin
5/29	Deirdre Schroeder
5/29	Ellen Dwyer
5/30	Rachel Potter

**Save the  
Date**



Celebrate May Birthdays at  
Happy Hour on Wednesday,  
May 26th!



### **From TPL Residents' Council**

Each May and November we have the opportunity to show our appreciation to Park Lane non-administrative (hourly) staff (includes kitchen, dining room, housekeeping, assisted-living, sales, and transportation) for their service to us the past six months. The suggested donation is \$2.00 per day of residency. This amount is much less than what we would spend if we were tipping individual workers, a custom discouraged by Park Lane because many deserving behind the scenes people would not be rewarded. However, any amount you wish to give is appreciated. A collection box will be located in the Rendezvous Room by the dining room entrance during the drive. Your generosity has been and will be greatly appreciated. Thank you so much. You may also mail your contribution to:

TPL Residents' Council, 200  
Glenwood Circle, Monterey, CA  
93940, Box 505

Please make checks payable to  
"TPL EMPLOYEE  
APPRECIATION FUND" or  
"TPLEAF"

### **Team Member Spotlight: Kristine Ware!**



Kristine comes to The Park Lane with an extensive and broad professional background in public, private and non-profit sectors. Most recently, she held the position of Director of a non-profit membership program serving seniors aging in place within their home on our Monterey Peninsula. She is a motivational speaker, a certified master grief coach and a mental and physical health advocate. She looks forward to build a strong foundation for serving our senior living community here at The Park Lane by supporting seniors aging in place through connection and compassion. Kristine was born at CHOMP and raised here on our Monterey Peninsula. She is truly connected to the heart of Monterey County, having served so many diverse populations throughout her professional experience. Kristine is our newest Community Relations Director and will work along side Marissa Nunez to bring you new neighbors! Invite a friend or acquaintance to reside with us and earn rewards after they are here for 90 days! Make sure your referral mentions your name at the tour to get the credit you deserve! Call 831.373.0101 and ask to speak to Marissa or Kristine today!

## Word for May: Remembrance

Whether by accident or design, the next 31 days are filled with opportunities to recognize those who've sacrificed for the greater good. At *M-W.com*, it defines remembrance as "something that serves to keep in or bring to mind," and May delivers on that premise with Mother's Day, Armed Forces Day and Memorial Day. Both groups—mothers and military men and women—give of themselves so that we may live protected and free. Let us all remember the importance of their contributions this month and beyond.

## Family Day at the Park Lane!

International Day of Families highlights the importance of having strong family units. A healthy family gives rise to strong communities ultimately helping every member feel better about themselves. It is also a constant reminder that families don't look alike. Some families have children, and others don't. Some have both parents while others have one or none. Therefore, International Day of Families is a time to celebrate the different families and their uniqueness.

Join in the global celebrations by participating in the International Day of Families

## Anagrammatic Amusement

An anagram is a word or phrase made by transposing the letters of another word or phrase. For example, by rearranging the letters in "listen," you can spell "silent." To find the answer, rearrange the letters of the phrase in quotations.

Because it is impossible to simply "dial a memory," many Americans will spend this day visiting cemeteries, participating in parades or just enjoying the beginning of a three-day weekend with friends and family.

Answer: "Memorial Day"

activities organized by The Park Lane, on **Saturday, May 15th from 2:00-5:00.**

Some communities hold workshops, seminars, exhibitions, education sessions and games for youth and children. **We will have live entertainment from Specter Dance, a BBQ, and outdoor games for the whole family!**



## Come on, Get Happy!

Everyone is invited to join us at our weekly happy hours. Drink and be merry with members of the community. You're sure to enjoy the assortment of beverages, and the company can't be beat! Make sure to always check the daily activity sheet for the latest in location, as there is constant changes going on.

Most of our happy hours will include live entertainment. **Beverages will be served from 3:30 - 4:30 and live music will start at 4:00 and end at 5:00.** Some happy hours will not feature live entertainment. On those days please note that happy hour is titled "Social Happy Hour".

Do you ever wonder why it's called 'Happy Hour'? If you enjoy the social ritual known as happy hour, thank the U.S. Navy. Happy hours can be traced back to World War I and was the name given to weekly entertainment programs for sailors. To boost the crew's morale and ease the boredom of being at sea, ships featured music or athletic events, such as boxing and wrestling matches. It wasn't until Prohibition that happy hour became associated with alcoholic cocktails.

## Positive Thought

"One of the most important things you can accomplish is just being yourself." —Dwayne Johnson

## Paper Crafting W/ Trisha



## Crafting Creates Brain Benefits

Whether you're stitching, purling, painting, gluing or carving, crafting not only keeps your hands busy, but science shows it can keep your brain nimble, too. Researchers say activities such as sewing, knitting, scrapbooking and woodworking can protect the brain from age-related damage and decrease the risk of mild cognitive impairment. While crafts may appear to simply provide hobbyists with a creative outlet and enjoyment, scientists assert that crafting is unique in that it can exercise many areas of the brain, including memory, attention span, visual-spatial

processing, and problem-solving.

**Join us for Paper Crafting with Trisha on Tuesdays at 1:00 in the Arts & Crafts room.** Stay tuned for additions to the activities calendar such as Crafting & Building, Scrapbooking, and Paint Night!



## Sign Up for Fun

We love to provide outings, field trips and other special events outside the walls of our community. This month a Restaurant Outing is on the calendar! On Monday, May 17th we are going to The Gallery Cafe at Pebble Beach. This will be a lunch outing so departure is at 11:00 sharp. Please be sure to sign up for this outing ahead of time and be ready to load the bus by 10:45, from the main lobby. That way this trip will go as smoothly as possible. Thank you in advance!

*Outing tip: Make sure you have your wallet, and a light jacket before you go!*



## Help Us Plan Activities

Would you like to help us organize activities and events for our community? Join the activity planning committee! This group will meet regularly to brainstorm ideas for entertainment, crafts, games, outings and more. We'd love to have your input! Sign up at the front desk or speak to the activities director if you're interested in joining.



### Al's Corner

Hi, I'm Al Z. Heimers. I know many people, but many do not know much about me. Therefore I want to provide some facts for you to get to know me better. The goal is to create a sense of familiarity so there will be less fear of me. If I show up, anyone living with me is at risk for wandering. Six in 10 people living with me, will wander at least once; many do so repeatedly. Common signs a person may be at risk of wandering include:

- Returning from a regular walk or drive later than usual.
- Forgetting how to get to familiar places.
- Talking about fulfilling former obligations, such as going to work
- Trying or wanting to "go home" even when at home.
- Becoming restless, pacing or making repetitive movements.
- Having difficulty locating familiar places, such as the bathroom, bedroom or dining room.

Tips that may help reduce the risk of wandering and help bring peace of mind - Identify the time of day the person is most likely to wander (for those who experience "sundowning," this may be starting in the early evening.) Plan things to do during this time — activities and exercise may help reduce anxiety, agitation and restlessness. Prepare the home: Create indoor and outdoor common areas that can be safely explored. Monitor noise levels to help reduce excessive stimulation. Plan ahead: Create a list of places the person might wander to, such as past jobs, former homes, places of worship or a favorite restaurant. Ask neighbors, friends and family to call if they see the person wandering, lost or dressed inappropriately. Take action when wandering occurs: Check local landscapes, such as ponds, tree lines or fence lines — many individuals are found within brush or brier. If the person is not found within 15 minutes, call 911 to file a missing person's report. Inform the authorities that the person lives with me. Begin search-and-rescue efforts immediately. Many individuals who wander are found within 1.5 miles of where they disappeared. For more information, visit [www.alz.org](http://www.alz.org) and check out more stages and behaviors of wandering.



Lifestyle Enrichment is important to us!

# "This Month In History"

## MAY

**1908:** The first Mother's Day celebrations are held at gatherings in Grafton, W.Va., and Philadelphia.

**1936:** Joe DiMaggio makes his MLB debut, taking the field as a New York Yankee.

**1942:** To help the American war effort, gas rationing begins in 17 eastern states. By the end of the year, it was in effect in all 48 states.

**1963:** The first James Bond film, "Dr. No," premieres in the U.S. Scottish actor Sean Connery portrayed the fictional secret agent.

**1973:** Stevie Wonder's "You Are the Sunshine of My Life" is the No. 1 song played across the U.S.

**1980:** An earthquake triggers the volcanic eruption of Washington's Mount St. Helens.

**1999:** Discovery becomes the first space shuttle to dock with the International Space Station.

**2003:** After a 16-year run on Broadway, the musical "Les Miserables" closes.

**2013:** An 80-year-old Japanese man becomes the oldest person to climb Mount Everest, the world's highest mountain.

**2018:** England's Prince Harry marries American actress Meghan Markle in a ceremony broadcast around the world. The pair received the titles Duke and Duchess of Sussex.

## SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

Each row of 9 numbers must include all digits 1 through 9 in any order.

Each column of 9 numbers must include all digits 1 through 9 in any order.

Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

5	1	8	2	9	7	6	3	4
9	4	7	3	8	6	5	2	1
6	2	3	5	1	4	9	7	8
3	5	2	8	7	1	4	6	9
4	8	6	9	2	7	3	5	1
7	9	5	1	6	3	4	8	2
2	6	4	1	3	8	5	9	7
1	7	5	6	2	9	8	4	3
8	3	9	7	5	4	2	1	6

9					7			
3				2	9		7	
7	6	5			1			
		4						
1	5			7			8	4
						2		
			5			3	2	9
	2		9	8				6
4			7					5