

Pacifica Tidings



May
2021



A Note from the Executive Director



What a year it has been, thank you for hanging in there with us. Hopefully we can resume family gatherings, group activities and outings soon. Please stay safe and thank you for your understanding regarding visiting your loved ones at this time.

Claudia Morales
Executive Director

Who am I?



Meet Viva!

I am originally from the Philippines and came to the U.S. in 2017. I enjoy working here because I've always loved taking care of elderly people.

Making them smile brings me joy.
Fun fact: I ride by bicycle to work!!

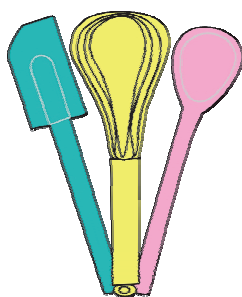
Welcome to Our Community

The Village welcomes...

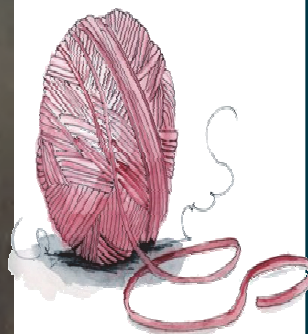
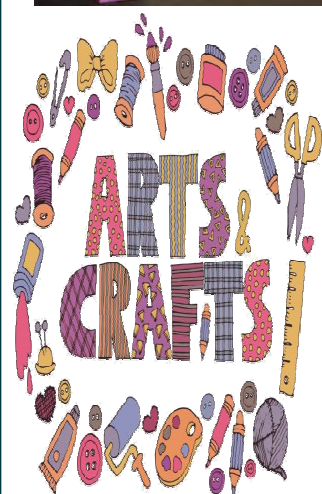
Bill S
Resident

Dianne P.
Communications Director

Activities & Special Events



Baking delicious
resurrection
rolls!



Memorable Moments



Residents
celebrated
St. Patrick's
Day by
painting
Shamrocks!



Birthdays

Happy Birthday to ...
Rebecca L.
May 7

Patricia F.
May 31

Richard J.
May 31

James F
May 17



A Note from the Activities Director

Hello,

We've created so many fun memories together here at The Village. Everyday is full of laughs and smiles with you all.

I do my best to have everyone participate in activities. Baking, working on crafts and passing out ice cream sundaes are my favorite activities to do with you all. I hope you enjoy it as much as I do.

Please share any activities you'd be interested in. Looking forward to it!

Mai



Health & Fitness by

Handwrite notes to boost your brainpower. Typing notes enables you to jot down more material, but you're more likely to remember those notes if you handwrite them, according to research from Indiana University. "To learn something means you have processed it," says Dr. Towfigh.



Blueberries are the King of Antioxidant Foods

Antioxidants protect your body from free radicals, which are unstable molecules that can damage your cells and contribute to aging and diseases, such as cancer. Blueberries are believed to have one of the highest antioxidant levels of all common fruits and vegetables. The main antioxidant compounds in blueberries belong to a family of polyphenols antioxidants called flavonoids.



Fitness Activities

Join us in Balloon Volleyball every morning. I will visit each floor for about 30 minutes. Don't miss out!!



Spiritual Activities

We at The Village understand that it is important to help communities of faith discern how best to practice their beliefs while keeping our staff and congregations safe. For many faith traditions, gathering together for worship is at the heart of what it means to be a community. The Village will organize services to be displayed virtually upon request.



Resident's Corner



Meet **Christine!**

She was born in San Francisco. Her mother was from France and her father was from Italy. Christine enjoys reading, traveling, sewing, and cooking. Her favorite dish to cook is lasagna. She even makes the noodles from scratch. She studied at San Fran

cisco College for Women at Lone Mountain. Her major was mathematics. She also ran a shoe store on Union Street for 30 years. Christine enjoys being around good company. WE are lucky to have you here Christine!!

Management Team

Claudia Morales
Executive Director

Andrew Velasquez
Business Office Manager

Elois Thomas
Resident Services Director

Dianne Perry
Communications Director

David Cocom
Food Service Director

Mailene Gonzalez
Activities Director



*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.*

It's a New Day.

And It's Yours!



The VILLAGE
AT HAYES VALLEY

A Premier Senior Living Community by Pacifica

**624 Laguna Street
San Francisco, CA 94102
415.318.8670**

www.VillageAtHayesValley.com

RCFE # 385600427 & 385600428

Welcome Home!