

Pacifica Tidings



September
2022



*A Note from the
Executive Director*

Greetings Everyone!

"By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer ".

Warm Regards,
Mandy Taylor

Who am I?

I was born in San Francisco. I have a master's degree in Education and was a High School teacher. I love music and dancing. I was a member of a Professional Dance Band in Alameda and Santa Clara counties. During my free time, I play trumpet and guitar. I like helping and connecting with people.

*Welcome to
Our Community*

**Joan McArthur
George DeLeon
Linda Watts**

welcome
HOME
♥

alamny

Special Events & Memorable Moments



Health & Fitness by

Benefits of Mental Health

1. Decrease Stress
2. Increase self-esteem and self confidence
3. Better sleep
4. Boost your brain



Sept. 2 - National Food Bank Day

Sept. 3 - National Tailgating Day

Sept. 5 - Labor Day

Sept. 7 - National Beer Lover's Day

Sept. 11 - National Grandparents Day

Sept. 13 - National Peanut Day

Sept. 16 - National Guacamole Day

Sept. 18 - Wife Appreciation Day

Sept. 20 - National Pepperoni Pizza Day

Sept. 22 - National Ice Cream Cone Day

Sept. 24 - National Singles Day

Sept. 25 - National Quesadilla Day

Sept. 27 - National Corned Beef Hash Day

Birthdays

**Beryl Ann Hoff—
09/03/1929**

**Eleanor Barber -
09/08/1940**

James Nye —09/13/1937

**Samuel Crawford -
09/27/1935**



Spiritual Activities

Every Sunday a Deacon from St. Anne's Catholic Church comes to give communion to our residents.

9:15 am - Communion at Assisted Living

9:30 am - Communion at Memory Care

Who Am I?

(answer)

SANTOS ALVAREZ

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Management Team

Interim Executive Director

Business Office Manager
Robert Roby

Resident Service Director
Shenina Mason

Memory Care Director
Bernadette Bender

Activity Director
Marissa Baldomero

Food Services Director
James Martinez

Plant Operations 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.*



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!