

Pacifica Tidings



PACIFICA
SENIOR LIVING

CHINO HILLS
Assisted Living
Memory Care

November/December
2021



A Note from the Executive Director

May the holiday season fill your home with joy, your heart with love, and your life with laughter. The Holidays are here, and we are so excited to celebrate with all of you. As you all know Thanksgiving and Christmas are my two favorite holidays. I love the smell of homemade turkey and fresh cut Christmas trees. Make sure to check your Activity calendars for all the special dates filled with holiday fun.

Whatever is beautiful. Whatever is meaningful. Whatever brings you happiness. May it be yours this holiday season and throughout the coming year

Thankful,
Julie

Who am I?

She was born November 22, 1943, Long Beach, California, U.S. As a child, she wanted to grow up to be a preacher. She was denied a tennis scholarship because of her gender. She played a fundamental role in forming the Virginia Slims Tour. She was the first woman to be named "Sportsperson of the Year" by Sports Illustrated. Threatened to boycott the 1973 US Open if equal prize money was not awarded. The fight she started for equal pay in the Grand Slams took 34 years to reach fruition when Wimbledon became the last of the four to fall into line in 2007.

Welcome to Our Community

Marianne T.
Ed S.
David R.
June M.
William G.
John M.
Tom C.
Peggy M.
Keiko C.

Activities & Special Events



Veteran's Day Event

November 11th



Thanksgiving Dinner

**November 18th
at 5:00pm**



Christmas Celebration

December 17th at 5:00 pm.



New Years Eve Party

December 31st at 5:00 pm.



Performance by
Zachary Martinez
Dec 4th 10:30 am



Performance by
Jony Kuo
Dec 19th at 2:30 pm



Health & Fitness by

~Activity Connection

The Health Benefits of Kindness

It's a fact: being kind is good for the mind, body, and soul. It has been demonstrated to help increase self-esteem, improve mood, decrease blood pressure, and reduce stress by decreasing the stress hormone cortisol. It can help enhance a sense of connectivity with others and decrease loneliness. Being kind has a positive effect on the brain by boosting the hormones serotonin, dopamine, and oxytocin. These neurotransmitters produce feelings of satisfaction and well-being and "light up" the pleasure/reward centers of the brain. During this process, endorphins, the body's natural pain killer, can be released. All of this adds up to a win-win situation for both the givers and the receivers of acts of kindness.

We should also extend kindness to ourselves. Those who verbally beat themselves up, feel unworthy, and view life negatively are generally not happy, healthy people. Being positive, being kind to oneself, feeling gratitude, and viewing our mistakes as opportunities for improvement makes for a well-balanced, productive life.

Birthdays

November Birthdays

Charles M. 11/13
Adrienne M. 11/14
Gretchen J. 11/17
Art C. 11/18
Juanito L. 11/24

December Birthdays

Connie P. 12/8
Graham N. 12/16
Edward W. 12/17
Barbara B. 12/24

Spiritual Activities

Sundays 10:00am
in the **Social Parlor**

Deaconess Mary Ellen B. & Pastor Bob W.

Church service for all denominations on.

Sundays 10:30am
in the **Activity Room**

St. Paul's Catholic Church
will be holding service.

Who Am I? (answer)

Billie Jean King



Management Team

Julie Olmedo, LVN
Executive Director

Georgi Mendez
Sales Director

Eunice Cueva
Business Office Manager

Denise Medrano, LVN
Resident Services Director

Cameron Coomes
Activities Director

Vida Ross LVN
Memory Care Director

Tyler Barragan
Food Service Director

Christian Nubla
Environmental 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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Chino Hills, CA 91709

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License #366425024

www.pacificaseniorliving.com

Welcome Home!