

Pacifica Tidings



PACIFICA
SENIOR LIVING
HILLSBOROUGH
Assisted Living
Memory Care

**January/February
2021**



A Note from the Executive Director

A very big HAPPY NEW YEAR TO EVERYONE. The well anticipated 2021 is finally here. We will forever remember 2020 and reflect on it as we look ahead at what 2021 has in store for us. Our new normal and our new ways of connecting with family while staying safe. With a New Year comes new light. We bring in this New Year with new happiness, new goals, new achievements and a lot of new inspirations on life.

January 24 is National Compliment day. Come to the front desk where we will be providing cards for you to write a compliment to the staff. We will display them in the lobby for all staff to read and feel great about the big picture they are part of.

With February approaching fast, we celebrate the shortest month of the year with Valentine's Day and Super bowl. Be sure to visit the front desk to fill out a Candy Gram for your special someone here in the community. They will be delivered on February 12th.

On behalf of the entire staff here at the Community, we look forward to seeing many new faces and making new friends in the months ahead!

Who am I?



Welcome to Our Community



Janice C.
Barbara B.
Hilario R.
Michael B.
Sieglinde J.

Special Events & Memorable Moments

Happy New Year 2021

Friday 1/1 Toasting the New Year with Stephanie at 3:00pm (Activity Room)

Saturday 1/2 Coffee Klatch with Espi at 3:00pm (Activity Room)

Monday 1/4 New Resident Social with Stephanie at 3:00pm (Activity Room)

Tuesday 1/5 Resident Activity Meeting with Espi at 3:00pm (Activity Room)

Friday 1/8 Happy Birthday Elvis Social with Espi (Activity Room)

Tuesday 1/12 It's BUNCO! Time with Espi at 3:00pm (Activity Room)

Thursday 1/14 Thirty Thursday with Espi (Lobby)

Friday 1/15 Discussion: First Super Bowl with Espi at 2:30pm (Activity Room)

Friday 1/15 Beer and mini Hot Dogs with Espi at 3:00pm (Activity Room)

Monday 1/18 History of Martin Luther King Jr. at 3:00pm (Activity Room)

Wednesday 1/20 Let's Get Crafty with Espi at 3:00pm (Activity Room)

Thursday 1/21 2:00 Resident Menu Review with Robert at 2:00pm (Library)

Friday 1/22 Wine & Cheese Social at 3:00pm (Activity Room)

Tuesday 1/26 Tea & Trivia with Espi at 3:00pm (Activity Room)

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Health & Fitness by

Gabrielle Rossi LVN **WHAT TO KNOW ABOUT** **COVID-19 VACCINES AND** **HOW THEY WORK**

Here's everything you need to know about the different vaccine candidates racing to end global pandemic:

How are they similar:

Many of these vaccines work in different ways, but they all have the same fundamental goal: to ensure you are protected from infection without making you sick. When you get a vaccine shot, the medicine flows through your bloodstream, tricking your body into thinking that you're being attacked by a foreign invader.

Your immune system swoops into action, churning out virus-fighting proteins called antibodies that can protect you from the would-be threat. Your immune system also has a pretty good memory, so it will spring into action again should you ever become exposed to the real virus.

Every vaccine is different, and it's not clear how long immunity for a COVID-19 vaccine may last. But the benefit of a vaccine is that it gets your immune system in fighting shape without making you sick.

How they are different:

When it comes to COVID-19 vaccines, there are four main approaches that are currently being tested in late-stage trials across the globe.

Some are considered "old school" — they use a traditional approach, which uses real weakened or killed virus to spark this immune reaction. Others use little pieces of the virus' surface, rather than a whole dead virus. Still other vaccines use a different, inactive virus as a trojan horse to deliver genetic material from the COVID-19 virus.

Birthdays

January

Inez L.	4th
Joe H.	5th
Cecile T.	9th
Barbara T.	12th
Billie B.	25th
Marguerite	26th

February

Hope C.	4th
Patricia V.	10th
Christiana M.	13th
Audrey M.	18th
Catherine W.	23th

Spiritual Activities

TV Catholic Mass

Every Sunday
On Channel 56
At 9:00 a.m.

Evening Rosary with Adelfa

Every Tuesday
At 6:00 p.m.

Bible Study with Pastor Mike

Every Wednesday Zoom
At 10:00 a.m.

Who Am I?

(answer)

Joanne East was born on 8/10/1929 in Los Angeles, CA. Growing up in the Fairfax District. Joanne remembers the newspaper boys yelling in her neighborhood EXTRA EXTRA while passing out the papers. The Jewish people in the neighborhood introduced her to bagels and blintzes which she enjoys. She attended Cathedral Chapel School with her brother and she had to take a yellow cab taxi. They lived a few miles from the school. She went on to Sacred Heart High School where her mother graduated in 1913. Joanne was in the choir singing in her Christmas shows. Growing up the family raised Angora Rabbits she learned to shear the fur off so they could sell it to make yarn for the war efforts. Joanne continued on to UCLA University getting a Degree in Teaching. June 20th, 1953 she married William East and had 5 boys and 5 girls. Joanne worked for the telephone Company and also Union Pacific Railroad as a mail clerk and bill collector. She was a Visual Therapist and she was the first Librarian for the LA Arboretum. Joanne was also a Home Economics Teacher also learning and Translating Braille.

Management Team

Mandy Taylor LVN

Executive Director

Claudia Ruiz

Office Manager

Yadira Lopez/Nohely Lopez

Community Relations Director

Gabrielle Rossi LVN

Health Services Director

Isabel Enriquez

Resident Services Director

Espi Rivas

Activities Director

Grace Gruz

Memory Care Director

Robert Finn

Culinary Director

Jose Vega

Engineering 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!