

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
SAN MARTÍN  
Independent Living  
Assisted Living

October  
2021



## *A Note from the Executive Director*

As we enter October, may our lives be filled with the bounty of years that have produced for us a harvest of memories, relationships and love.



*Dwight Aalgaard*

## *Who am I?*



### **LAST MONTH'S ANSWER: Agatha Christie**

- I grew up in the Dust Bowl during the Great Depression.
- I played football, basketball, and baseball in high school.
- I ran so fast that people called me "The Commerce Comet."
- I moved to New York City in 1951.
- The press called me a hick from Oklahoma.
- In Oklahoma City, a statue of me stands on a street named for me.
- I was inducted into the Baseball Hall of Fame in 1974.
- The post office put my mug on a stamp in 2006.

## *Welcome to Our Community*

**Toni Lisle**

**Patricia Smith**

**John Spaulding**

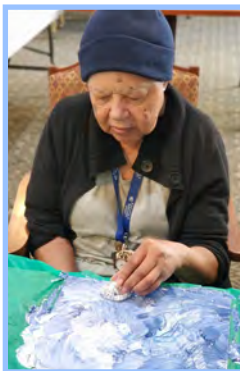
**Charles Gould**

**Doug Ealy**





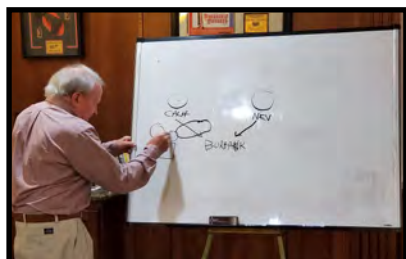
## Activities & Special Events



Arts and  
Crafts  
&  
Painting!



Happy  
Grand  
parents  
Day!!



Thank you Harbor  
Hospice for hosting  
Cookie Decorating!



Happy Oktoberfest!  
Katya, from Harbor,  
was a great host!



Infinity's Veteran Café  
Was fun with a Wild  
West Theme!







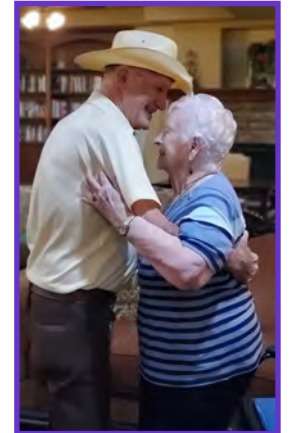
## Memorable Moments



Leon C really brought the fun this month. So happy he is back in the house!!



## DANCE!!!



**Assisted Living Week was so much fun!!**

Thanks to Pacifica and Encompass for the donuts, the tacos, the magic show and the massages!!





## Birthdays

Perry B: 10/01  
Keith H: 10/02  
Edward C: 10/06  
Grace C: 10/07  
Dennis K: 10/12  
Arabella Y: 10/20  
Kanta D: 10/22  
Ronald B: 10/27  
Becky S: 10/27  
Doralee B: 10/29  
Gloria A: 10/31

Monthly Birthday Bash will be held on the fourth Friday of each month. The cake is provided by CarePro Home Health.



## October Is National Physical Therapy Month: Let's Make It a Moving Experience



Inadequate physical activity results in an added \$117 billion in health care costs in the U.S. and leads to reduced quality of life for millions of Americans. As we struggle to address a global pandemic, it's more important than ever to encourage movement to help people manage pain and other chronic conditions, recover from injuries, and reduce the risk of future injury and chronic disease.

October is a time to celebrate the profession and all the ways physical therapists, physical therapist assistants, and students help improve lives across the country. This year's theme is the promotion of physical activity and the unique value PTs and PTAs bring to help people get moving.

*"Although this year has brought significant challenges to health care and the profession, we are getting through them together," said APTA President Sharon L. Dunn, PT, PhD. "Now, more than ever, it's important to share the value of keeping active and moving, and APTA offers inclusive ways for us to share with our communities the importance of physical activity to a healthy life." (apta.org)*

Thankfully here at Pacifica San Martin, we have on-site therapy with ONR and group exercise offered 6 days a week. Please see your calendar for all active groups led by your Activities staff and those led by ONR/On-site therapy. We are all here to help you find ways to thrive and keep moving!

## A Note from the Activities Director

October is my favorite month! It is the perfect time to breath in some cooler air and appreciate all that the summer sun has brought forth.

This is also my favorite month to be an Activities Director!! We will get to dress up for a Costume Party. We will celebrate the spooky with Creepy Cupcake Decorating and Spooky Cocktails.

We will also be celebrating by holding a DOOR DÉCOR CONTEST and CANDY CORN COUNT for residents and staff to participate in.

So start decorating those doors folks and good luck!! Contest Winners chosen 10/29.



## Need Members for Welcome Wagon!!!



Many of you may have noticed, there are a lot of new faces around. As we get more residents coming in, we would like to start a WELCOME WAGON!

### What is a Welcome Wagon?

A welcoming service that provides information about a community to new residents.

### Who makes up the Welcome Wagon?

YOU! Any resident who enjoys living here and wants to show the newbies the ropes.

### How do YOU sign up?

Speak with your Activities Director immediately to sign up! We will have our first **WELCOME WAGON COMMITTEE MEETING** on 10/26 @ 2pm in the Loft.

## Health & Fitness by



October is a time to help and teach people about breast cancer today.

### What Are the Symptoms?

There are different symptoms of breast cancer, and some people have no symptoms at all.

Symptoms can include—

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- Nipple discharge other than breast milk (including blood).
- A new lump in the breast or underarm.

If you have any signs that worry you, see your doctor right away.

Other than skin cancer, breast cancer is the most common cancer among American women. Mammograms are the best way to find breast cancer early, when it is easier to treat and before it is big enough to feel or cause symptoms.

### How Can I Lower My Risk?

You can do things to help lower your breast cancer risk.

- Keep a healthy weight and exercise regularly.
- Don't drink alcohol, or limit the amount of alcohol you drink.
- If you are taking hormone replacement therapy, ask your doctor about the risks.

### Fast Facts About Breast Cancer

- Each year in the United States, about 255,000 women get breast cancer and 42,000 women die from the disease.
- Men also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

## Fitness Activities

### Chair Dance:

Mon @ 9am

### Zumba Dance:

Thurs @ 9am

### Hasfit:

Sat @ 3pm

### Chair Yoga:

Wed @ 9am

### Grow Young

### Fitness:

Fri @ 9am

### Tai Chi:

Tues @ 9am

### Exercise w/ On-Site

### Therapy:

10/5, 10/12 & 10/19

@ 2pm

\*Times subject to change

## Spiritual Activities

### Church Service w/ Pastors Bill & Helen:

Sundays at 10:00 am  
in the Loft

### Bible Study:

Wednesdays at 1pm  
In the Loft

### Prayer Circle:

Wednesdays at 6pm

### Catholic Services:

Sundays at 1pm

\*Times subject to change



## RESIDENT COUNCIL PRESIDENT NEEDED!!



We have Resident Council Meetings on the last Monday of every month in the Dining Room at 2pm.

The Council is in need of a President and Vice President. If you would like to nominate yourself or someone else, please come to the next meeting!

**COUNCIL  
ELECTIONS**



## Toni Carter Medical Technician



## *Management Team*

Executive Director  
Dwight Aalgaard

Business Office Manager  
Torrey Donner  
Maintenance Director  
Jose Garcia

Food Service Director  
Jana Lemus  
Community Relations Director  
Jackie Casillas

Resident Services Director  
Rosie David  
Resident Care Coordinator  
Jessica Muro

Activities Director  
Joni Cabauatan



## *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!*