THE WINTER ISSUE DECEMBER 2022

BY PACIFICA SENIOR LIVING

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HEALTH TIPS Find out how walking can be great for you

INSPIRATION

Say hello to Sister Madonna Buder or the Iron Nun a 92-year-old triathlete!

TRAVEL Come, fall in love with the bountiful state of Oregon

The MERIDIAN at LANTANA

COME HOME TO THE

LANTANA

MERIDIAN AT

THE BEST **MEMORY CARE COMMUNITY** IN PALM BEACH COUNTY, FL

PALM BEACH COUNTY

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space for an inviting and exciting atmosphere! Next, meet our star residents Gloria N of Pacifica Rancho Penasquitos, CA and Judith W of Pacifica Senior Living San Martin, NV. We at Pacifica love celebrating occasions, both big and small. Our next segment gives you a look into some of the recent events held across our communities Mother's Day High Tea, Memorial Day, meet-and-greet, a community Guac-off and a milestone birthday of one of our residents.

the Vibe

Deepak Israni

Managing Partner,

Pacifica Companies

ur residents are the heroes of our story.

At Pacifica Senior Living, we truly believe

that your retirement years can be your best,

and we strive to ensure that by providing

a higher quality of care that will help you or your

loved one thrive! Our life-enriching amenities and

personalized care administered by an experienced

team delivers the support you need to live your golden

to add bright and cheerful elements to your living

At Pacifica Senior Living,

we truly believe that your retirement years can be your best, and we strive to

ensure that by providing a higher quality of care that will help you or your loved one thrive!

We start off this edition of The Vibe with tips

vears to the fullest.

President and

In our next segment, get acquainted with the Iron Nun! At the age of 82, Sister Madonna Buder became an overall Ironman world record holder for finishing the Subaru Ironman Canada! Today at 92, she still leads a disciplined life ensuring she utilizes the 'gift of mobility'. Her story is a true inspiration, and reminds us that it is never too late to get active or to find your passion in life. Then, meet Lori Irby, the Executive Director at West Park Senior Living in San Dimas, CA. She talks about her love for working with seniors and fostering kittens.

Next up, this edition's style section makes a strong case for stripes while the health segment highlights the benefits of walking for seniors. Priscilla Zuniga, Chef at Pacifica Senior Living Riverside, CA dishes out one of her favorite recipes. Our Travel section closes

this issue, offering a sneak peek into the beautiful, bountiful state of Oregon. •



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Disclaimer:

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CIFICA SENIOR LIVING SUNRISE

THE BEST MEMORY CARE COMMUNITY IN FORT LAUDERDALE, FL

ANT BEST STATE



Get your summer fix all year round by brightening up your living space with these stunning summer home decor ideas full of warmth and cheer.

t's the season to take a lungful of fresh summer air and soak in some much-needed sunshine. Clearblue skies and the vibrant hues help in keeping us in a good mood. Wouldn't it be wonderful if we could hold onto that feeling throughout the year? From bold colors to vibrant prints a few easy updates can make your room or living space feel as relaxed as a seaside retreat or the cottage hideaway you're dreaming of! Let's find out how....

Bring the Outside, Inside!

This simply means adding some indoor plants to your room! Seasonal flowers, herbs or certain low-maintenance, non-toxic flowering plants will help to bring in the spirit of summer into your room and remind you of warm days spent outdoors no matter what the season. Succulents are a fuss-free addition, as they need to be watered only once in two weeks. Some succulents and cacti even bloom!

Yellow Accents

Yellow is perhaps one of the happiest colors out there! This cheerful hue often brings to mind images of sunshine and warmth. Besides, there's shade of yellow for everyone and the tone you choose can have a huge impact on the mood you subsequently create! There are lots of subtle ways to introduce yellow into your room décor like by creating a feature wall, adding yellow curtains, accenting a scheme with yellow furniture or simply by scattering yellowhued cushions/throw towel and hanging artwork with hints of sunny yellow!

Nature-inspired Elements

Countless studies have proved that being close to Nature is good for our mental and overall well-being. While summer is great for strolls and trips to the beach, the cooler months can make you gloomy and miss those days in the beautiful outdoors. The best way to keep a slice of summer in your room all-year-long is by introducing Nature-inspired décor items into the mix.

Floral prints are a great way to energize a dull room. Even 'tropical' patterns and prints of foliage, animals or birds can add a touch of summer to your room. Pattern is a great way to revive a room. Try swapping your cushion covers, bed linen or rugs for floral or other outdoor-inspired ones like those mentioned above for infusing some life into your favourite room.

Summery Scents

Smell is a core-memory evoker! It can transport you to a space and time associated with a particular fragrance. So, once summer is over and done, and you're missing a trip to the beach or park summer-inspired scents are your quick fix. Citrus or floral scented non-toxic candles with aquatic or other fresh notes can be reminiscent of a gentle summer breeze and instantly take your mind somewhere warmer! If you're not allergic to essential oils, an infuser will do the trick too!

Wall Art

Are you looking at a bare wall while in your room? It's time to add some summer-inspired affordable artwork to your wall. A dreamy drawing or a painting of a beautiful beach or sunset or a lush tropical poolside will brighten up grey, cold days when you're missing the sun, sea, and sand! If photographic wall art is more to your taste, opt for pics of places you've loved or places you'd love to go to with your loved ones. A gallery wall can be the right pick-me-up for days vou need an extra push.

To conclude, the beauty of these ideas is that they won't cause a dent in your savings and can be easily swapped with new things when you get bored of them. Plus, these work well for all seasons! Which one of these options would you like to try? •





A Sense of Belonging

the Vibe

Resident Speak

Gloria N knew she had found the place she needed to be the minute she walked into Pacifica **Rancho Penasquitos in** San Diego, CA

Could you please tell us a bit about your early life and vour family?

"Born in the small town of McKeesport, PA I was raised along with my two brothers. Growing up we were a very close-knit family, which is how we remain today. I, myself, have gone on to raise an amazing family of five who I love and am beyond proud of."

What is your favorite activity of Tech Tuesday?

"I love learning more and more about my iPad. It keeps me connected to my loved ones and opens up a whole new world for me!"

What do you most enjoy about Pacifica Senior Living Rancho Penasquitos from the many activities that are offered?

"I love the friendships I have made since moving in the most. I feel comfortable, secure, and safe. I know I am where I belong. This is my home now and where I am meant to be."

"I knew I needed to be around people my own age,

while still maintaining my independence. Walking

had found the place that I needed to be."



What made you choose Pacifica Senior Living?

"I knew I needed to be around people my own age, with similar life experiences while still maintaining my independence. Walking into this building, I knew I had found the place that I needed to be. It was warm and very family oriented. I knew I was home."

What does a typical day in your life at Pacifica Senior Living look like? What are your favorite activities?

"I enjoy sitting around at mealtimes visiting my friends and participating in activities like Trivia, Judge Misty Meanor, The Marissa Mimosa Show and Wheel of Fortune."

How would you say Pacifica Senior Living has changed vour life?

"No one grows up wanting to move into Senior Living, but since I moved to this community, I feel like I am home. I cherish the friendships I have made and the memories I have created. I know that if I need assistance, I can always ask, but I am still able to maintain my independence." •

with similar life experiences into this building, I knew I

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Could you please tell us a bit about your early life and **vour family?**

"I was born in January 1942, so I'm a war baby! I'm the oldest among my eight siblings of five boys and three girls. I had some wonderful teachers, especially my third-grade teacher who used to tell us: 'If you learn how to read you can do anything'. I had other great teachers along the way, so I decided to teach as well. I taught for 30 years in Clark County. I taught all levels. I worked with the first woman principal to open a school there. I received an award: Excellence in Education, only 25 of these are given out in a year in the US."

What made you choose Pacifica Senior Living San Martin, Las Vegas? How has your life been since the move?

"My daughter chose it for me because her mother-in-law lived here for eight years. My life has changed because I've had the time to get myself healthy with the help of the many wonderful staff here and my doctors."

What does a typical day in your life at the community look like?

"I have an early breakfast and then I visit my friend Betsy. I normally go back to my room to read or journal. I also take a walk and do therapy. Then I go to lunch and after that go back to my room. Then I come out to socialize at the pub. Zero drinking for me, but I do socialize. I love the entertainment. I then have dinner and go back to spend time with my husband. Finally, I relax and plan for the next day."

What do you enjoy the most out of the many activities that are offered at Pacifica Senior Living San Martin?

"I needed assistance when I came here, but thanks to the staff and the various activities, I was able to become independent! It's great to be surrounded by loving and caring people. I've tried to get involved as well. I like the day trips we do, as

A New Healthy Life

After moving into Pacifica Senior Living San Martin, Las Vegas, NV Judith M Ward became healthier and independent with the help of the amazing staff and her doctors. She also discovered that she had places to go to and people to meet!



"I needed assistance when I came here, but thanks to the staff and the various activities, I was able to become independent! It's great to be surrounded by loving and caring people!"

I love sightseeing! Also, I really do enjoy the entertainment and crafts."

What is your favorite activity on Tech Tuesday?

"I have a brand-new tablet, but it's never been hooked up. I know I can bring that down to get set up and to have someone help me be more tech savvy. In my lifetime, technology has been the greatest thing that has happened... well, when used properly. It's great to know we have a computer class that I can go to if I have any questions!"

How would you say Pacifica Senior Living has changed vour life?

"It has made me realize that I have things to do, places to go, and people to be with! It has also given me time to become healthy." •

SIMPSONVILLE

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Mother's Day High Tea

Pacifica Senior Living Hillsborough, California, threw a lavish high tea to celebrate mothers and mother figures in the community.

egendary Italian actress Sophia Loren (who was named by the American Film Institute as one of the greatest female stars of Classical Hollywood cinema) is said to have described motherhood as this: "When you are a mother, you are never really alone in your thoughts. A mother always has to think twice: Once for herself and once for her child." It's true, isn't it? Most mothers don't ever stop worrying about her children no matter how old they are!

To honor, celebrate and to show our love and admiration for all our mothers in a beautiful way, and to thank them for all that they have done for us Pacifica Senior Living Hillsborough set up a beautiful tea party on Mother's Day this year! Residents were invited to come and



enjoy a lovely afternoon spread of tea, drinks, and snacks as a tribute to all the amazing mothers and motherly figures in our lives. Everything was served in a traditional high-tea style with mini sandwiches, delicious desserts, and lots of love. The amazing high-tea assortment set up by our culinary department and yet again by our staff who went above and beyond! It was a blessing to have all our mothers together with their families and the smiles and laughter that filled our

community that day was truly wonderful. The residents enjoyed being able to spend

time together and share stories about their mothers, being mothers, and watching their own children become parents. It was a great time where all the lovely ladies of Hillsborough could bond over shared experiences and reflect on fond memories. Loved ones and friends were also invited to come and share their own stories.

Events like these are a great time for others to come and visit our community to get a feel of what life is like at Pacifica Senior Living Hillsborough. Or simply just to visit with a loved one. We hope to see you out at our next event! •

Memorial Day

acifica Senior honors those that have fought and laid down their lives, making the ultimate sacrifice for the rights and freedoms we enjoy today. Memorial Day is a day to reflect and remember, ensuring that those who died in combat, did not do so in vain but have given each of us a chance to make a better, kinder, more loving world!

Pacifica Klamath Falls celebrated Memorial Day by holding a barbecue for residents and staff. Both the staff and residents also participated in several lawn games and took photos in the special photo booth that was set up on that day. We shall never forget the sacrifices of the soldiers who were martyred!



Pacifica Senior Living Klamath Falls, Oregon commemorated the troops who've laid their lives for our great country on Memorial Day.







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Events & Celebrations the Vibe

Spring into Action!

Pacifica Senior Living Newport Mesa, CA held a meet-and-greet. for an afternoon of networking with the newest members in our team.



ur specialized memory care community now has some new faces, and some old ones in new roles. Rose Nakadaira who we all know and love as our smiling and cheerful Business Office Manager has taken up the role of Executive Director! Rosie has been with Pacifica for seven years now and we cannot think of a better person to help lead our community into its next chapter! "Pacifica is like my home away from home. The staff and residents feel like my family, and I can't wait to welcome all our future residents," she says.

Then we have, Susan Hall joining the team as our Community Relations Director! Susan is new to the Pacifica family, but it feels like she has been a part of our community! She has two decades of sales experience in senior living and will be a great guide to those who are inexperienced and

want to grow. Susan really showcased her skills bringing this whole event together!

We also have a new Activities Director, Liam Larson. Liam, who joined Pacifica in June 2021, has shown through his care for the residents that he is the perfect fit for this new role. Liam previously worked at the Ocean View School Department in Huntington Beach, working in the after-school care for students with special needs. He was a MedTech when he first joined the Pacifica family. In that time, he has learned how to gauge the needs and capabilities of his residents by adding new and fun activities!

What's any get-together without some good food and drinks? Guests and our teams were treated to wine, amazing cheese platters, appetizers, and other beverages. A gala time was had by one and all! •



Birthday Celebrations

It's not every day that a resident turns 101, so we at The Meridian at Anaheim Hills, CA threw a birthday bash to celebrate Flora!

lora, one of our assisted-living residents, is loved by all here and is often referred to as 'sweetie pie'. So, when she turned 101 in May, we threw her a party to let her know how special she is. There was a delicious cake and decorative balloons. Flora has had strong scholastic grades and was on the Cross-Country track team. She then went on to junior college and took classes in business and secretarial. She's quite the character and we wouldn't have it any other way! •





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The Iron Nun

In 2012, at the age of 82, Sister Madonna Buder became an overall Ironman world record holder for finishing the Subaru Ironman Canada! Today at 92, she still follows a disciplined life ensuring she utilizes the 'gift of mobility'.

ister Madonna Buder was born in 1930 in St Louis, Missouri. As a kid, she was a decent athlete, winning a national championship in equestrian events while in her teens. You'd think she would have been a runner all her life, right? Wrong. Sister Buder started running only in her late forties after being encouraged by a priest who told her that 'running was great for aligning the body, mind and soul'.

In her book Grace to Run she talks about how becoming a nun was something she had decided when she was all of 14 years of age! At 23, she made that happen by deciding to live a life of service. She entered the Sisters of the Good Shepherd convent in St Louis after which she changed orders, and was sent to Spokane in Washington to serve with the Sisters for Christian Community. As a member of the non-canonical Sisters for Christian Community independent of the authority of the Roman Catholic Church Sister Buder had the freedom to choose her own ministry and lifestyle. More than two decades later, she found her second calling: running!

She ran her first race in 1977 and wasn't sure if it was okay for her to be running races, since she was the only nun doing so and she also realized that the public wasn't used to seeing a nun running. To avoid creating slander or controversy, she went to the bishop in advance and told him she wanted to run in support of the cause for Multiple Sclerosis (MS). Sister Buder asked for his blessing because she wasn't sure how the media would handle it. She recalls him telling her: "Sister, I wish some of my priests would do what you're doing."

The First Run and Triathlon

The deal was sealed then and there, and Sister Buder ran her very first 8.2-mile race. After that, she joined a running group, where she thrived on the group mentality, and it was here she eventually learned of the Ironman triathlon in Hawaii. Her first thoughts were of how claustrophobic she would feel swimming along with so many others. Secondly, she couldn't even wrap her head around sitting in a bike saddle for so long. Her third and final thought was that she simply had to try it! Sister Buder competed in her first triathlon a half-Ironman in Banbridge, Ireland, at the age of 52. The course was hilly, she swam in the "darn cold" water (before wetsuits were the norm) and she rode a second-hand men's bike she had scored at a police auction. Nevertheless, she finished the race and felt an overwhelming sense of accomplishment. "I felt an immense amount of accomplishment after I finished that race;" she said, "I was content." Shortly thereafter, she completed her first full Ironman. From that point on, the media dubbed her as the Iron Nun.

Challenges

Sister Buder's list of achievements are surely impressive, but they did come with their own share of challenges. In an interview with triathlete.com she said: "When I first took up running, my newfound joy was not supported by the sisters I lived with, who considered this undertaking inappropriate for a nun." This was one of the reasons why she decided to change orders. She had the ability to train for triathlons, while volunteering in jails and with children in difficult situations. Her 'vow of poverty' was/is also challenging. Triathlons require equipment, entry fees, and travel expenses. Sister Buder leaves everything up to God and considers herself fortunate to have been given equipment by others including donations from companies that make them. Many triathlons waive their fees for her, and she often sleeps at the houses of friends and triathlon participants when she travels.

According to a feature in triathlete.com, Sister Buder has completed roughly 400 triathlons including 45 Ironman races all while she was over 50 years old. She also opened six age groups for triathlons starting with 50 and over. She holds the current world record for the oldest woman to ever finish an Ironman Triathlon, which she achieved at age 82 by finishing the Ironman Canada on August 26, 2012. She was even featured in a fun and inspirational Nike ad in 2016, when she was 86 years old!

In September 2020, she participated in The Last Call triathlon in Loveland, Colorado "My participation opened up a new category 90 years old and above." The conditions were tough. "The water was 64 degrees, and it took me an hour during transition to warm up enough to get on the bike." Neither freezing temperatures nor bodily injuries can stop the Iron Nun's plans for running. Despite being in her nineties she still walks two miles a day, goes to the pool regularly, and plans to keep using the gift of mobility 'til she can't.



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Lori Irby, the Executive **Director at West Park** Senior Living in San Dimas, CA talks about what she loves about her job, working with seniors and fostering kittens.



Could you please tell us a bit about your early life and **vour family?**

"Growing up, I was fortunate enough to have had very close relationships with both sets of my grandparents, and I really enjoyed spending time with them. I knew early on that I wanted to work with seniors and have been blessed to have been able to do so for the past several years."

What do you most enjoy about this community from the many activities that you offer, and the residents do well with?

"West Park Senior Living has various activities non-stop from 9:30am-6:30pm, and the residents particularly enjoy spending time with my foster kittens in my office throughout the day! I am a kitten foster for the ASPCA and I'm able to bring my kittens to work with me to share with the residents which also helps get the kittens more socialized and adoption-ready. It brings so much joy to our residents to be able to snuggle with them and play with them, especially if they are having a bad day. I also have a cat stroller for them and when residents are unable to come to me, I will load them up and bring them up to residents' rooms to cheer them up."

Could you tell a little more about 'kitten therapy'?

"I started a program called 'kitten therapy' about three years ago, when I was working at The Meridian at Anaheim Hills where I was the Business Office Manager for six

years. It was so successful that we ended up being featured in national news, magazines, websites, and even on our local news channel! I would have the residents sit around in a circle and they would take turns holding and petting the kittens. A lot of the residents would tell me how much they appreciated it since they were unable to have pets of their own, due to the amount of time and energy it took to care for them."

"The most rewarding part of my career is being able to help seniors and hopefully make a difference in their What made you chose Pacifica Senior Living and West Park Senior Living? How has your life been changed by lives. I also enjoy talking to the residents and hearing your new responsibilities? about all of their childhood animals, and stories about "I chose Pacifica Senior Living because I appreciate how growing up on farms, and so on while they visit my kittens much they take care of their properties, and really go out of in my office." •

their way to make the residents lives better by everything that they offer across their communities. I have only been at West Park Senior Living for about six months now, but I have enjoyed every minute of it! We have an amazing staff here, as well as wonderful residents that I have been fortunate to get to know."

What are the most rewarding parts of your career?

Style Quotient

Between the Lines

the Vibe

Stripes have been around for a while now, but in 2022. fashion designers and brands have given it a cheerful makeover, making it an absolute addition to your wardrobe.

autical-striped clothing has been a musthave summer style for years now. However, the classic pattern is getting a 2022 update with new bolder versions with exaggerated lines and in

unexpected color combinations no matter what the season! It was French fashion ace, Jean Paul Gautier who was the first to incorporate the now famous blue and white Breton stripes in his sailor-inspired collection back in the '90s and stripes have been a sartorial staple since then.

The trick to wearing stripes successfully lies in styling. To mix things up and keep up with this year's trend ditch the classic blue and white stripes and get them in other colors like pastels or bright hues.

There are some great nautical pink shades in this season's Breton stripe offering. You can go as bright as you feel comfortable with. Or go super bold with a hot pink and red clashing stripe. Green-hued stripes are a wonderful fresh colors too. Lime greens are eye catching and fun, while mint greens are gentler and soothing. Military green shades are great for a splash of the utilitarian look.

Now, let's look at six ways you can refresh your wardrobe with stripes....

1. A Shirt or a Tee

The basics are the best way to add stripes into your daily wear, for both men and women. A striped shirt with bold lines is great for women. Men can choose striped poloneck tees or shirts with half sleeves for a more relaxed look. For women, both tees and shirts can be paired with denims or trousers. You can even pair a basic striped tee with a trench coat or an overcoat depending on the weather. Men can pair these with shorts or chinos.

2. Trousers or Track pants

joggers/track pants.

Vertical stripes can make you look taller and leaner and can be easily incorporated into pants. Embrace a fun multicolor stripe or go more formal with a classic pin stripe tailored trouser. Or keep things simple and sporty with a comfortable pair of



3. Jumpers or Sweaters

Why stick to boring, plain jumpers or sweaters when you can get them in stripes? Layer on those nippy evenings or when the season changes, and you can practically pair them with any kind of denims or trousers or skirts! Must-haves for sure!

4. Dresses and Skirts

Plain dresses and skirts are a thing of the past! Maxi skirts are back and fab for when you need to give your favorite pair of jeans a break! Maxi skirts and dresses are great because they offer protection for colder days, and ventilation for hotter days. Diagonal stripes are ideal for longer skirts, as they are the most flattering. From candy stripes to monochrome, or even rainbow hues, this is a fun and fresh print for the season. If you like dresses, you can go for breezy striped summer or shirt dresses.

5. Shorts

Striped shorts both tailored and casual are great for keeping things cool. Pair it with a plain tee shirt and a sunhat or fedora, and you're all set for a day at the beach or poolside with family or friends on balmy days!

6. Accessories

If you want to just dip your toes into this kind of style and not go all out, do it with accessories! Stripey hats, bags, belts, footwear, socks, ties and even socks the options are endless!

Then, there are suits! Stripe suits are not a new discovery, but they now come in fun shades than plain blacks, blues or greys. Pin stripe suits are a classic. Men can wear a basic black blazer and trouser with a striped shirt or a plain shirt and a striped vest. Whatever you choose, wear it with confidence and a smile! •

PRISCILLA ZUNIGA Chef, Pacifica Senior Living Riverside, CA

the Vibe

Chef's Corner

vas born and raised in Jalisco in Mexico and was raised with seven sisters and three brothers. I went to school in a little town called El Chante in Jalisco. In 1970, I moved to California. I've been passionate about cooking since I was a little girl; learning how to make tortillas from scratch from my mom. My journey in the senior-living industry started some 40 years ago, when my niece referred me to a senior living in Hemet. I wanted to learn how to cook because in my hometown, you needed to be a good cook to get married and that was my dream."

"It truly is a pleasure working at Pacifica Senior Living Riverside because I simply love the responsibilities that come with my job here! While cooking for seniors, I make sure that they get to eat a meal that's healthy and tasty. My motto while cooking is and will always be: 'If I do not want the food that's been cooked for myself, then, I don't won't serve it to someone else'. I absolutely enjoy cooking for the residents and the staff."

"I'm married and have three sons. Both my family and work keeps me busy, so my favorite way to unwind is gardening while sipping a nice glass of wine!" •





ZUNIGA'S TOP PICK: Tiger Shrimp with Chili Salsa

Ingredients

1 lb tiger shrimp 5 garlic cloves, finely chopped ¹/₂ onion, finely chopped 1/2 tbsp California dry chili 1/2 tbsp Cascabel dry chili 6 Chili De Arbol 1 tablespoon Chicken base 2 tablespoon butter 1 cup Basmati Rice or Jasmine rice 1 Pineapple

Method

Melt the butter in a pan, and add the chopped garlic to the butter and fry until it's light brown. In a blender

add the chopped onion and all the dry chili and blend well. Add the shrimp to the garlic and butter and sauté for a few minutes until the shrimp turns to a nice pink color. Add the blended salsa mix to the shrimp and cook for a couple of minutes until the shrimp's coated evenly with the salsa. Cut the pineapple into one inch rings, and grill it on both sides until you have a nice char or caramelization. Finally, add the shrimp to a bed of rice, with some steamed vegetables, and enjoy your meal!



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Breathtakingly Beautiful!

Oregon's bountiful landscape ranges from rugged coastline to thick, lush green forests and barren deserts to volcanoes, and glaciers. It will be hard to not fall in love with the state and everything it has to offer!

you want the comfort of small-town America with the amenities of a bustling urban center, Oregon is the place for you. Portland, Oregon's largest city, is quickly becoming a popular retirement destination thanks to its abundance of outdoor recreational activities and a luxurious city lifestyle. Choose a city, a small town, or something inbetween and soak it all in by living in a retirement/senior living community in the state.

the Vibe

Natural Wonders

Oregon is blessed with a stunningly diverse landscape. It offers something for all kinds of travelers. So, whether you prefer a picnic in the park with your family or friends or walking in the forest you'd never run out of options or get bored. With a



landscape like nowhere else, the Crater Lake National Park lies in the Cascade Mountains of southwestern Oregon. It is not actually a crater, but rather an ancient caldera of a extinct volcano, Mount Mazama, which erupted over 7,000 years ago. Today, lava cliffs rise to heights of up to 2,000 feet around the intensely blue and extremely deep lake.

The Columbia River Gorge National Scenic Area follows the course of the Columbia River as it cuts through the Cascade Range. This stunning river gorge serves as the boundary line between Oregon and Washington, and is best known for its spectacular views and numerous waterfalls. The tallest waterfall in the state, Multnomah Falls, is perhaps the most iconic display of gravity in the Columbia River Gorge. Alongside this dazzling two-tier waterfall, the surrounding area offers a range of trails, plus camping facilities.

Mount Hood is the highest mountain in Oregon with a peak rising to 11,239 feet making it an unmistakable landmark of the state, seen from miles in every direction. The reflective Trillium Lake offers a postcard setting and great views of the mountain. Mount Hood National Forest fans out from the peak to encompass waterfalls and hot springs. Painted Hills are another site you shouldn't miss! We could go on and on, and this list would never end!

Above: Portland, Oregon's largest city, is known for its green and open spaces, gardens and culinary treats.

Left: This volcanic-crater lake is the highlight of the Crater Lake National Park, and is known for its deep blue water.

Right: The spectacular two-tiered Multnomah Falls is the tallest waterfall in Oregon.

Never-ending Coastline

And this stunning coastal corridor exhibits some of the best Oregon is one of the best-kept secrets in America, when it oceanside scenery in the state. Family-friendly attractions comes to beaches! According to www.lonelyplanet.com, line Newport, a city that mixes beach scenery with a distinct 'It's 363 miles of rugged shoreline is not only dotted by sandy Victorian heritage and is a good base camp for exploring the beaches, cinematic headlands, dramatic driftwood gyres, and central coast and whale watching. prime surfing waves, it's protected from development as The People's Coast'. Cannon Beach is one of the most popular Cityscapes beach towns on the Oregon coast, thanks to its iconic symbol Portland is green, environmentally progressive and has Haystack Rock a monolith of 235ft with several movie cameos to its credit. It's part of the Oregon Islands National Wildlife Refuge and home to a variety of seabirds, including agriculturally fertile Willamette Valley (known for its the charmingly cute, tufted puffin. wineries) and its proximity to the Pacific Ocean yields a

long held the reputation for being one of the country's top culinary destinations. The city's location north of the Seaside is the state's largest resort town, which attracts bounty of fresh ingredients, and a roster of top chefs makes voungsters, families and seniors looking for a fun and for quality execution of innovative concepts. Portland offers a bevy of delightful parks and gardens, but none has quite affordable beach getaway. Yachats, a neat and friendly town is one of Oregon coast's hidden gems. The next must-visit the density of attractions as Washington Park. Within place is Florence and Oregon Dunes the region that inspired park grounds, the famed International Rose Test Garden Frank Herbert to pen his epic sci-fi Dune novels. Stretching is located near the impressive Portland Japanese Garden. for nearly 50 miles between Florence and Coos Bay, the Pacifica Senior Living Calaroga Terrace an award-winning Oregon Dunes form the largest expanse of oceanfront Independent Living and Assisted Living community sand dunes in the USA! The Samuel H. Boardman State offers comfortable housing, personalized care, and breath-Scenic Corridor is a 12-mile linear park located between taking views of this beautiful city, and is a great option Brookings and Gold Beach on the southern Oregon coast. for seniors.



Travel



In the far northwest corner of Oregon, Astoria is a charming seaside city referred to as the SFO of Oregon thanks to its seaside status and vibrant downtown district filled with a community flavor.

The southern-Oregon city Ashland is where you need to head if you love arts and culture! The city's greatest hit is The Oregon Shakespeare Festival that was flagged off in 1935 has brought more than 20 million people to Ashland since its inception! Apart from this, you can also immerse yourself in art in its 30-odd galleries, enjoy stunning views, dine in amazing restaurants, tour breweries and wineries, and indulge in an endless array of diverse outdoor activities. Visit humble Salem, Oregon's capital city, for its museums and stately buildings.

It's difficult to write about all that Oregon has to offer in just a few pages. Having said that, we can guarantee one thing for sure you will mostly be smitten by its deep forests, green cities, great food, and spectacular views at every turn! +



Pacifica Senior Living Calaroga Terrace in Portland is an award-winning community known for excellent service and care.





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Incredible Benefits of Walking Daily

Going for a 30-minute walk every day, can help seniors stay mobile, healthy, and independent.

Then people usually think of exercise, walking probably would be at the end of the list way after running, swimming or working out at the gym. Yet walking is one of the easiest ways to add a fuss-free workout routine into your daily life, especially for seniors! Summers are great for walking outdoors and Pacifica Senior Living properties across the country have expansive grounds for enjoying Nature while taking a stroll! An article published in Harvard Health Blog says, 'If you want to stay healthy and mobile well into old age, start walking today even if you've already edged into old age'.

Let's look at some of the benefits of walking....

1. Reduces Arthritis Pain

Seniors who suffer from the pain and discomfort of arthritis usually shudder at the thought of exercising, but walking can reduce stiffness and inflammation! Walking reduces arthritis pain by lubricating the knee and hip joints and strengthening the muscles surrounding those joints, which reduces the strain on them. A 2019-study published by **Northwestern University** found that 'just an hour a week of brisk walking staves off disability in older adults with arthritis pain, aching or stiffness in knees, hip, ankle or foot'!

2. Improves Cardiac Health

Heart health is one of the major concerns of people as they age. Walking daily at a brisk pace, elevates the heart rate which then reduces the risks of heart problems such as high blood pressure, high cholesterol, and heart attack. It can also lower the risks of stroke and diabetes. Walking is one of the best forms of

cardio for seniors and can be modified to match the pace, distance or time that feels right for the individual. It requires good balance, but can be effective if a person uses a cane or walker. Walking for half an hour daily is believed to reduce the risk of heart disease by 30 to 50 percent!

3. Elevates Your Mood

Walking, like any form of exercise can improve self-esteem, decrease negative thoughts, and improve your overall mental health! The body releases feel-good chemicals after physical activity, which are fabulous for keeping our minds in top form. Neurotransmitters like endorphins, dopamine, norepinephrine, and serotonin act as 'chemical messengers' which relieve pain and stress and improve your overall health. Walking outdoors exposes you to more vitamin D from natural sunlight, which releases serotonin hormones which help in keeping you in good spirits.

4. Helps Control Blood Sugar Levels

The benefits of exercise can't be overstated for people who have diabetes or almost any other disease! For seniors who are diabetic walking at a moderate pace helps immensely, as it is then an aerobic activity which aids in lowering blood glucose levels and boosts the body's sensitivity to insulin, countering insulin resistance.

5. Boosts Immunity

Research indicates people who walk regularly are less likely to get sick than those who do not exercise at all. As the body ages, the immune system can weaken, but walking can help you maintain a healthy and effective immune system, which in turn amps up the protection against day-to-day illnesses.

To wrap up, walking is one of the most cost-effective ways to exercise, and it's a routine many people can keep up with because it often doesn't feel like a workout, especially when done with friends. •

PACIFICA SENIOR LIVING

ARIZONA • Pacifica Senior Living Paradise Valley, 16621 North 38th Street, AL/MC, (602) 787-0800 • Pacifica Senior Livina Peoria, 9045 West Athens Street, MC, (623) 876-8300 Pacifica Senior Living Tucson, 2675 North Wyatt Drive, MC (520) 320-7505 • Scottsdale Village Square, A Pacifica Senior Living Community, 2620 N 68th St, IL/AL/MC/SNF, (480) 946-6571 • The Woodmark At Sun City, 17207 North Boswell Blvd, AI/MC, (623) 583-7600

CALIFORNIA • Avila Senior Living At Downtown SLO, 475 Marsh Street, IL/AL, (805) 541-4222 • Alta Vista Senior Living, 2041 W. Vista Way, AL/MC, (760) 941-3233

• Healdsburg, A Pacifica Senior Living Community, 725 Grove St, AL/MC/ SNF, (707) 433-4877 • Hollywood Hills, A Pacifica Senior Living Community, 1745 N. Gramercy Place, AL/MC, (323) 467-3121 • Meridian At Anaheim Hills, 525 South Anaheim Hills Road, IL/ AL/MC, (714) 974-2226 • Meridian at Laguna Hills, 24552 Paseo De Valencia, IL/AL, (949) 581- 6111 • Meridian At Lake San Marcos, 1177 San Marino Drive, IL/AL/MC, (760) 510-7500 • Pacifica Senior Living Bakersfield, 3209 Brookside Drive, AL/MC, (661) 663-9671 • Pacifica Senior Living Chino Hills, 6500 Butterfield Ranch Rd, AL/MC, (909) 606-2553 • Pacifica Senior Living Country Crest, 55 Concordia Lane, IL/AL/MC, (530) 533- 7857 • Pacifica Senior Living Escondido, 1351 East Washington Ave, AL/MC, (760) 741-3055 • Pacifica Senior Living Fresno, 1715 East Alluvial Ave, IL/AL, (559) 298-4900 • Pacifica Senior Living Hemet, 1177 South

Palm Avenue, AL/MC, (951) 929-5988 • Pacifica Senior Living Hillsborough, 11918 Central Avenue, AL/MC, (909) 548-2100 • Pacifica Senior Living Merced, 3420 R. Street, AL/MC, (209) 384- 9700 • Pacifica Senior Living Menifee, 28333 Valley Boulevard, AL/MC, (951) 679-8811 • Pacifica Senior Living Mission Villa, 995 East Market Street, MC, (650) 756-1995 • Pacifica Senior Living Newport Mesa, 2891 Bear Street, MC, (949) 629-1020 • Pacifica Senior Living Northridge, 8700 Lindley Ave, AL/MC, (818) 886- 5181 • Pacifica Senior Living Oakland Heights, 2361 East 29th Street, IL/AL/MC, (510) 534-3637 • Pacifica Senior Living Oceanside, 5508 Avenida Pacifica Way, AL/MC, (760) 573-8600 • Pacifica Senior Living Oxnard, 2211 East Gonzales Road, AL/MC, (805) 983-6808 • Pacifica Senior Living Palm Springs, 1780 E. Baristo Road, AL/MC, (760) 322-3444 • Pacifica Senior Living: Riverside Legacies Memory Care, 6280 Clay Street, MC, (951) 360-1616 • Pacifica Senior Living San Leandro, 348 West Juana Avenue, AL, (510) 357-1691 • Pacifica Senior Living Santa Barbara, 325 W Islay St, MC, (805) 898-2650 • Pacifica Senior Living Santa Clarita, 24305 West Lyons Avenue, AL/MC, (661) 255-3100 Pacifica Senior Living South Coast, 2619 Orange Avenue,

Northridge, CA 91325 AL/MC (818) 600-4784

IL = Independent Living, AL = Assisted Living, MC = Memory Care, RC = Respite Care (All communities offer RC depending on availability), SNF = Skilled Nursing Facility, Seasonal = Rentals Available during Seasons

AL/MC, (949) 515-0121 • Pacifica Senior Living Union City, 33883 Alvarado-Niles Rd, AL/MC, (510) 489-3800 • Pacifica Senior Living Vacaville, 431 Nut Tree Road, MC, (707) 449-1350 • Pacifica Senior Living Vista, 760 E Bobier Drive, IL/ AL/MC, (760) 941-1480 • Sakura Gardens of Los Angeles, 325 South Boyle Ave, AL/MC, (323) 263-965] • Sierra Vista Independent and Assisted Living, 13815 Rodeo Drive, IL/ AL. (760) 243-2271 • The Village At Haves Valley, 624 Laguna Street, AL/MC, (415) 318-8670 • The Park Lane, 200 Glenwood Circle, IL/AL/MC, (831) 373-0101 • Valley Crest Memory Care, 18524 Corwin Road, MC, (760) 242-3188 • Pacifica Senior Living Bonita, 3434 Bonita Road Chula Vista, IL/AL/MC, (619) 870-2468 • Pacifica Senior Living Rancho Penasquitos, 12979 Rancho Penasquitos Blvd., IL/AL/MC, (858) 905-5394 • Gardens at Escondido, 1342 North Escondido Blvd., IL/AL/MC, (442) 999-2747 • Pacifica Senior Living Encinitas, 480-504 S. El Camino Real, IL/AL(760) 436-9990 • Pacifica Senior Living Burlingame, 250 Myrtle Road, AL/MC (650) 343-2747 • West Park Senior Living, 801 Cypress Way, IL/AL, (909) 480-3082 . Serra Highlands Senior Living, 501 King Drive, IL/AL(650) 866-8116 • Gardens at Northridge, 17650 Devonshire St

FLORIDA • Meridian At Westwood, 1001 Mar Walt Drive, IL/AL, (850) 863-5174 · Pacifica Senior Living Belleair, 620 Belleair Road, MC, (727) 467-9464 · Pacifica Senior Living Forest Trace, 5500 NW 69th Avenue, IL/AL/MC, (954) 572-1800 • Pacifica Senior Living Fort Myers, 9461 Health Park Circle, AL/MC, (239) 437-5511 • Pacifica Senior Living Ocala, 11311 SW 95th Circle, AL (352) 861- 2088 · Pacifica Senior Living Palm Beach, 4760 Jog Road, MC, (561) 434-0434 • Pacifica Senior Living Sunrise, 4201 Springtree Drive, AL/MC, (954) 283-7820 · Pacifica Senior Living Woodmont, 3207 North Monroe Street, AL/MC, (850) 562-4123 • Sun City Senior Living, 3855 Upper Creek Drive, AL/MC, (813) 633-3333 • The Meridian At Lantana, 3061 Donnelly Drive, IL/AL, (561) 965- 7200 • Wyndham Lakes: A Pacifica Senior Living Community, 10660 Old Saint Augustine Road, IL/AL/MC, (904) 262-4600 • Tampa Gardens Senior Living, 16702 N Dale Mabry Hwy, AL/MC, (813) 908-2333 • The Woodmark at Daytona Beach, 900 LPGA Blvd, Daytona Beach, FL 32117, IL/AL/MC/RC, (386) 267-4638 • The Lenox At Merritt Island, 1200 S Courtenay Pkwy, Merritt Island, FL 32952, IL, (321) 351-0499 • Aventine at Deland, 400 E Howry Ave, DeLand, FL 32724, IL, (386) 766-5093 • Aventine at Daytona Beach, 901 LPGA Blvd, Holly Hill, FL 32117, IL, (386) 800-2458 • The Woodmark at Daytona Beach, 900 LPGA Blvd, Daytona Beach, FL 32117, IL/AL/MC, (386) 267-4638

IDAHO • Courtyard At Coeur D'Alene, 2100 E. Sherman Ave, IL/AL/MC, (208) 765-8364 • Pacifica Senior Living Coeur D'Alene, 840 E. Dalton Ave, IL/AL/MC, (208) 665-2100 • Pacifica Senior Living Pinehurst, 208 S. Division Street, IL/AL/MC, (208) 682-9170

NEVADA • Legacies Memory Care At San Martin, 7230 Gagnier Blvd, MC, (702) 263-6313 • Pacifica Senior Living Spring Valley, 8880 West Tropicana Avenue, MC, (702) 262-6690 • Pacifica Senior Living Green Valley, 2620 Robindale Road, AL/MC, (702) 992-0000 • Pacifica Senior Living San Martin, 8374 W Capo Villa Ave, IL/AL/MC, (702) 222-3600

NEW MEXICO · Pacifica Senior Living Santa Fe, 2961 Galisteo Road, AL/MC, (505) 438-8464 NORTH CAROLINA • Pacifica Senior Living Heritage Hills, 3200 Heritage Circle, IL/MC, (828) 693-8510

OREGON • Pacifica Senior Living Calaroga Terrace, 1400 NE Second Avenue, IL/AL, (503) 234-8271 • Pacifica Senior Living Klamath Falls, 2130 Eldorado Blvd, AL, (541)-882-4830 • Pacifica Senior Living McMinnville, 320 SW Hill Road, MC, (503)-472-3509 • Sellwood Senior Living, 8517 SE 17th Avenue, AL, (503) 542-4800 • St. Andrews Memory Care, 7617 SE Main Street, MC, (503) 257-7946

RHODE ISLAND • Pacifica Senior Living Victoria Court, 55 Oaklawn Avenue, MC, (401) 946-5522

SOUTH CAROLINA . Pacifica Senior Living Skylyn, 1705 Skylyn Drive, IL/AL/MC, (864) 582-6838

TEXAS • Newforest Estates, 5034 NewForest Street, IL/AL, (210) 680-3649

UTAH • Pacifica Senior Living Millcreek, 777 East 3900 South, IL/AL, (801) 288-0700 •

VIRGINIA • Chesapeake Place Senior Living, 1500 Volvo Parkway, MC/AL, (757) 548-4795 • Pacifica Senior Living Sterling, 46555 Harry Byrd Highway, IL/AL, (703) 896-9590 WASHINGTON • Kenmore Senior Living, 7221 Northeast 182nd Street, AL/MC, (425) 481-4200 • Meridian At Stone Creek, 1111 South 376th Street, IL/AL/ MC, (253) 661-3651 • Pacifica Senior Living Ellensburg, 818 East Mountain View Avenue, IL/ AL/MC, (509) 925-1220 • Pacifica Senior Living Lynnwood, 18625 60th Avenue West, AL/MC, (425) 771-7700 • Pacifica Senior Living Snohomish, 1124 Pine Avenue, AL/MC, (360) 568-1900 . Pacifica Senior Living Vancouver, 2400 NE 112th Avenue, AL, (360) 619-5245



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