



**My
Friends**
A Pediatric Day Healthcare Center

San Jose Fall Newsletter 2025

My Friends PDHC celebrated 25 years of service with our Orangevale, Elk Grove, San Jose, Stockton and Modesto staff! The owner, Simone Giachino and the business office staff also joined in the celebration. My Friends continues to be committed to providing special care for special people.



This past spring, we took full advantage of the beautiful weather by spending lots of time at the park. The children loved exploring nature, watching the flowers bloom, and enjoying the fresh air. These outings gave us a wonderful opportunity to connect with the changing season, soak up the sunshine, and spend time together outdoors. Summer brought even more excitement! We filled our days with outdoor play and water activities that helped everyone stay cool while having tons of fun. Our movement sessions, like yoga and freeze dance, gave the kids a chance to get active in a playful and mindful way. Throughout the summer, we also got creative with a variety of crafts and hands-on activities that kept imagination running wild. We wrapped up the season with a joyful end-of-summer luau party, filled with tropical fun, laughter, and celebration—a perfect send-off to a fantastic summer.

One of the most special parts of our year has been the success of our sleepovers. These overnight events have become a beloved tradition at the center, and each one has brought its own unique kind of magic. We've hosted themed nights such as game nights, video game marathons, spa evenings, ceramic painting, and bowling tournament nights. Our camping-themed sleepovers were a huge hit, complete with cozy setups and plenty of fun activities to match the theme. These events have given the kids a chance to bond in new ways, build friendships, and enjoy special experiences they'll remember for years to come. Thank you to all of our families for being part of such a joyful and memorable spring and summer. We can't wait to see what the next season brings!



Mark your calendar:

Our **Annual Halloween Costume Party** is happening on **Thursday, October 30!** **Details and official invitations will be sent out soon!** Join us for an evening full of fun, games, and spooky surprises. Don't forget to wear your best costume! We hope to see you there!

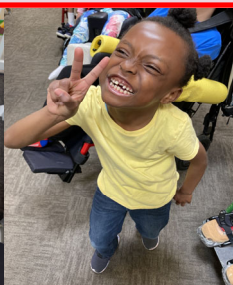
Reminder to parents:

Friendly reminder for parents to please provide kids with extra clothes and diaper changing materials (diapers, wipes, creams, etc.) so we can keep the kids as clean and comfortable at the center as possible.



Assembly Member Gail Pellerin visited our center in July. She and her staff played with the kids and learned more about our program.

We appreciate Assembly Member Pellerin and her staff for taking the time to meet with our clients in San Jose.



Meet Emily

Emily has been a dedicated PCA with us for the past three years, bringing warmth, energy, and a genuine love for working with children. She first joined the team after a close friend recommended the job to her—not long after she made the big switch from studying teaching to pursuing a career in nursing. It turned out to be a perfect fit.

What Emily loves most about her work is getting to witness the kids grow, learn, and discover something new every day. She thrives in the ever-changing, fast-paced environment where no two days are alike, there's truly never a dull moment!

Outside of work, Emily enjoys hitting the trails with friends, capturing the world through her camera lens, or (admittedly) procrastinating her homework. She shares her home with Chispa, her sassy pet parrot who has a big personality and a serious love for almonds. When it's time to wind down, Emily loves rewatching *The Book of Life*—a beautifully underrated favorite that always puts her in a good mood.



Meet Natalia



With her sweet personality and infectious sense of humor, Natalia brings so much joy and laughter to the center every day. One of her signature talents? Instantly switching between an Australian and English accent. It never fails to crack up the kids (and staff too!). She's always eager to jump into playtime, especially when it involves Play-Doh or heading outside for some fun in the sun. And wherever she goes, her beloved Stitch doll is right there

with her. She makes sure Stitch never feels left out—always setting an extra chair at the table and saving a bit of Play-Doh just for him. During circle time, Natalia truly shines. Her favorite songs to sing and dance to are *YMCA*, *Hawaiian Roller Coaster Ride*, and *Die with a Smile*. When that island beat hits, she's all in—pretending to surf and completely immersing herself in the moment with pure joy. And of course, snack time is another highlight of her day. Her favorites are goldfish crackers and juicy watermelon—simple, classic, and always a hit.

Looking ahead.... We'll be kicking things off in October with one of our favorite annual traditions—our Halloween Costume Party! This year's celebration is going to be bigger and better than ever. We're planning to bring in a jump house for extra bouncing fun, host a costume contest to show off everyone's spooky, silly, or creative outfits, and set up a special activity and game table to keep the fun going all afternoon. It's always a highlight of the season, and we can't wait to see the amazing costumes our kids come up with.

In November, we'll lean into the cozy fall vibes with fun seasonal activities like pie baking and leaf-themed art projects. We'll also be taking plenty of nature walks to enjoy the changing colors of the leaves. It's such a beautiful way to celebrate the season and explore the outdoors together.

As we head into December, the holiday cheer will be in full swing! We're hoping to get a visit from Santa himself, and we'll be keeping busy with festive favorites like gingerbread baking, ornament making, and decorating our Christmas tree. December is always a magical time at the center, and we can't wait to share the joy with our families.

And here's something extra special—we'll be celebrating **Spirit Week every month this holiday season!** Each month will feature its own themed dress-up days and fun surprises to keep the excitement going and bring our community even closer together. Be sure to keep an eye out for announcements so you don't miss any of the themed days!

We're looking forward to a season full of laughter, creativity, and meaningful moments. Thank you for being part of our center—we can't wait to make more memories with you this fall and winter!