

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING

SNOHOMISH  
Assisted Living  
Memory Care

**August  
2017**



## *A Note from the Executive Director*

Dear Residents and Family Members-

It has been an exciting month here at Pacifica in Snohomish. It has been a true pleasure having the opportunity to meet so many residents and their family members. We have had so many opportunities with the likes of the Father's Day BBQ, Fourth of July BBQ and finally the Kla-Ha-Ya Day's Parade. I also had the opportunity to take a group of residents on the bus to visit my hobby farm. The residents seemed most excited by the pigs and the 4 week old Great Pyrenees puppies!

I am excited to announce that the community center is ready for occupancy! We are moving in and the beautician has begun preparing to open as well! We have begun remodel on the second memory care cottage and look forward to it's completion!

Find your grass skirt and most tacky Hawaiian shirts and come visit us August 26th for our Luau. I look forward to seeing all of you soon!

## *Who am I?*

I was born and raised in Everett. I graduated from Everett High School. I've worked as a caregiver for 8 years. I have one beautiful 5 year old daughter. My daughter and I like to shop, go to the beach and the park. I work as a med/tech and a caregiver.

## *Welcome to Our Community*

Barbara Bates  
William Bates  
Donald Clark

Welcome Home.

## *Activities & Special Events*

Well another great 4th of July Party, we had ok weather and good food. Heinz was the one behind the Bar-B-Que, he did a great job on the ribs. I had a lot of help from Mary and Vicky and Cindy they did all the serving. We did a fireworks show that my husband Lloyd did for us, and great entertainment from Dean Hayes, although we smoked him out a bit. We had a wonderful Happy Hour where we served a thirst quenching mixed drink with Dark Rum and a cute umbrella in it, we also served the virgin kind. We celebrated all the Birthdays for July at our Banana Split Party, well that left me a bit sticky. We also had our Fruit and Wine Party that was a big hit. The residents enjoyed several different kinds of cheese.



## *Health & Fitness by*

We have many residents who love to walk, rain or shine. I can watch them walking from my window. Our residents enjoy exercise class and balloon toss. Everyday in Memory Care is about Health and Fitness, we start the morning with the morning stretch, then we get ready for our exerciser class. The resident enjoy Singer-size where we sing songs like My Bonnie lies over the ocean, Take me out to the ball game and many others. When Spring is in the air the residents love to walk around their yard, we have a couple of people who love to clean up the garden. We not only exercise our body's we also exercise our minds, with games like Name that tune Hang man and many more. We have a wonderful musical program with Karaoke and lots of Sing along. Music is good for the mind and Sou. When the weather is good we enjoy going on scenic drives, the residents like this a lot.

## *Birthdays*



Sylvia DeRooy 8/14

## *Spiritual Activities*

On Sundays we are visited by a husband and wife from Saint Michaels Parish and they have a church service for our residents. Ruby comes by and gives Communion to our residents. On Wednesdays . Our residents enjoy when we read uplifting short stories.

Sunday in Memory Care, we offer Sunday Morning Sermons, we have Hymn Book so thy can enjoy some favorite old gospel tunes and in the afternoon we have Sunday Sing Along.



## *Who Am I?*

*(answer)*

Shayna Lason



## *Management Team*

Heinz Gehner  
**Executive Director**

Roxie Stormo  
**Community Relations Director**

Nancy Thomas  
**Activities Director**

Cindy Freeman  
**Food Service Director**

Eric Cole  
**Maintenance Director**

Michael Cain  
**Residential Care Director**

Nicole Jamison  
**Office Manager**



*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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