

# Pacifica Tidings



July  
2017



## *A Note from the Executive Director*



Dear Residents and Family Members-

It is with great excitement I announce our new Executive Director Heinz Gehner. Heinz is a local here in the City of Snohomish and has lived here for many years. Heinz is married and has 10 children as well as a multitude of animals that he likes to call "pets". Heinz and his family live on a farm and have already invited us to come and tour all of the animals that he cares for.

Heinz has a background in assisted living/ memory care as well as hospitality. Many of you may have already had the opportunity to meet Heinz, but if you haven't-don't worry. He will be making his rounds to each of the cottages as quickly as he can to make sure we he can meet all of the residents here at Pacifica Snohomish.

## *Who am I?*

I was born and raised in Seattle, in the Green lake area. My husband Otto and I were married for 74 years. My husband was a UW Graduate in Electrical Engineer he worked for GE Company. I was a UW Graduate in Business. We have 1 Boy and 1 Girl and we have 2 Grandchildren and 1 on the way. I live in Alder Cottage.

## *Welcome to Our Community*

Avis Carey

Alice Roeder

## *Activities & Special Events*

Well here we are in July, time fly's by. We had our Fathers Day Bar-B-Que what a great turn out. It was also our kick off for summer. Our kitchen staff did a great job with the food and our Executive Director Heinz did all the grilling that was cool. I wanted to share a picture of 2 of our residents Dorthie and Carol, they had top scores in Ring Toss and Bean Bag Toss so we went to the Olive Garden for lunch. We also went for our Casino Trip, It's a favorite with our gambling group, and me to if I tell the truth . We have added a new entertainer to the mix, he plays the guitar and sings, and the residents told me to have him back, they have spoken. We have a new volunteer her name is Arleen she is high energy and has lot of experience and a delight.





## *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*

Ida Cochrell 7/1  
Wilbert Stevens 7/16  
Viola Kannarr 7/20  
Ellen Saddler 7/26  
Colleen Watson 7/26  
Raymond Nelson 7/29



## *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)

Garnett Drager



## *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!*



**PACIFICA**  
SENIOR LIVING  

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SNOHOMISH  
Assisted Living  
Memory Care

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*Welcome Home!*