

Pacifica Tidings



PACIFICA
SENIOR LIVING

SNOHOMISH
Assisted Living
Memory Care

May
2017



A Note from the Executive Director

Dear Residents & Family Members-

As I am sure you are aware, there has been a lot going on at Pacifica Snohomish. The most obvious is the construction! At the time I am writing this letter, we are finishing the administrative cottage and preparing to have it open soon! This will allow several of the offices to return to a central location and make it easier for everyone to find those they need. Construction continues in Memory Care and will remain there for some time. As we prepare to move to the Assisted Living side we will make sure to inform everyone. We do not expect much interference as we move through the cottages.

Another change is our executive director. Currently, I have returned as your interim executive director as Katie has decided to step away. We are currently in the search process, but rest assured that the rest of the department managers are just as dedicated as ever! It's a privilege for me to once again act as the ED of this community and I look forward to resolving a few outstanding items. If you have any questions or concerns please let me know.

Sincerely-Jake Call, Regional Director of Operations

Who am I?

I am 1 of 7 children born to Harry and Elsie McGregor. Born in Ontario Oregon in 1925. I went to school in California and graduated from High School in 1944. I met and married my husband in 1947 we had 4 children. We moved Washington where we loved to dance, we have 12 Grandchildren, I have 2 Brothers and 6 Sisters. I now live here in Alder Cottage. I enjoy most activities like Bingo, Ring Toss, Trivia and much more.

Welcome to Our Community

Patricia Bond.

Activities & Special Events

Looking ahead to Mothers Day. We will be having a Mothers Day Tea for our residents and their children. We will be sending out invitations so check your mail boxes. We are done with the transformation in the Administration Office, looks beautiful. We are starting in the cottages so exciting. We have been having some fun entertainment, the residents enjoy music so much. We have started a new game JEPORADY it's a hit, the residents do very well. We are looking forward to using our new Bar-B-Que so keep your fingers crossed for that bright orange ball in the sky. I wanted to share some pictures from our Easter Lunch, everyone enjoyed.



Health & Fitness by

We have many residents who love to walk, rain or shine I can watch them out of my office window they inspire me. Our residents enjoy exercise class 4 times a week with balloon toss thrown in their favorite might add. We have a good turnout for the activities it keeps us all going and meeting new people.

Everyday in Memory Care is about Health and Fitness, we start with "Morning Stretch" to get ready for exercise, some times we work out with weights, a fun time is had by all with "Singerise" where we do our exercising while singing familiar tunes like, Daisy, Take me Out to the Ball Game, My Bonnie and so many more old time songs. We have a wonderful variety of exercise groups for all health levels, we even have fun playing "Balloon Toss" and when the weather is right we have plenty of space and walkways on our beautiful grounds to walk/ tour the entire Memory Care community.

We not only exercise our body but we also exercise the mind with games like "Name That Tune", Word Games, "Hangman", Trivia and so many more. We have musical programs through out the day, every day such as Karaoke and lot's of sing along time. Music is good for the mind body and soul! Join us!

Birthdays

Mary Fritch	5/10
Dorthie Cooper	5/13
Harold Lawson	5/18
Carol Gessner	5/21

Happy Birthday to all of you.



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 I read from a book called A Cup of Comfort that contains uplifting short stories, that our resident enjoy.

Sunday in Memory Care, we offer "Sunday Morning Sermons", we have "Hymn Book" so you can enjoy some of your favorite old gospel tunes and in the afternoon we have Sunday Sing Along, maybe learn some new songs. And Sunday evening we show our "Sunday Inspirational Movie"

Who Am I? (answer)

Mary Venie Minson.
Alder Cottage.



Management Team

Jake Call
Executive Director
Russell Christenson
Community Relations Director
Nancy Thomas
Activities Director
Cindy Freeman
Food Services Director
Eric Cole
Maintenance Director
Kelsey Lindstrom
Resident Care Coordinator
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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www.PacificaSnohomish.com

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