

Pacifica Tidings



**September
2017**



A Note from the Executive Director

The summer heat has not kept us from staying busy here at Pacifica-Snohomish. We have had a great summer with a wide variety of events ranging from BBQ's to parades and open houses. Finally we ended August with our luau which turned out amazing thanks to the hard work and dedication of Nancy and the entire team here. In September we are excited for National Assisted Living Week which runs the 11th through the 15th. We will be celebrating this time of recognition and appreciation of the staff and residents with a special breakfast on the 11th, an espresso cart on the 12th a visit from the parrot lady on the 13th, a caricature artist on the 14th and finally an awards ceremony and BBQ on the 15th. Come out and join us for the fun! And one last note as it might have slipped my mind. Come enjoy a concert in the park on September 6th from 12-3!

Who am I?

I have worked for Pacifica since August 2016. I worked in childcare as a teacher for 6 years prior to coming to senior living. I live in Monroe with my mom, Vicki, my dad Teyo and my younger brother Dario. I am 24 years old. I love animals and I love the residents and families I have met along the way while working here at Pacifica.

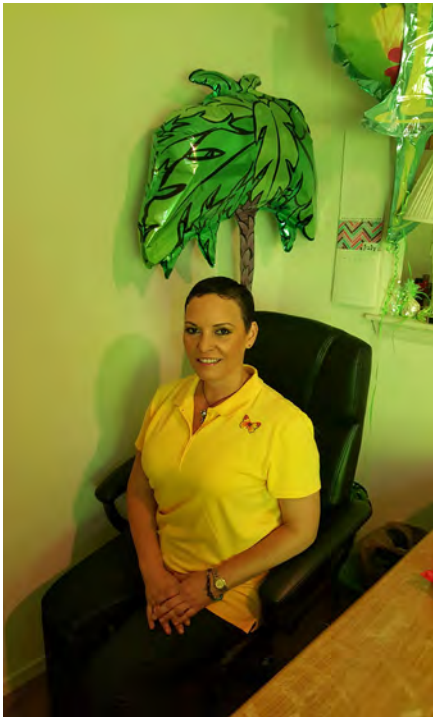
Welcome to Our Community

Orlin Heck
Betty Running
Verla Murdaugh
Lela Puchelt

Welcome Home.

Activities & Special Events

First off I would like to introduce a new employee to the Activities Department, her name is Arleen. We are happy she will be joining us. Arleen will be doing a full day of Activities on Saturdays, she is high energy and always has a smile on her face. Arleen has been so helpful, helping with Party's and of course the Luau, she is full of wonderful designs, and creations she is a huge asset to the community. Caroline Lambs Family brought over some of her mothers plants so all of Cedar Cottage can enjoy. We are very excited about the Luau, it is going to be the best ever. I will have pictures of the Luau in the next news letter. We started a new competition game, we call it Bulls Eye. With all the hot weather we enjoyed an impromptu fresh Strawberry milk shakes. We have been pushing hydration during the warm days, all the residents had fresh Lemonade and water available throughout the day.



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



Slyvia DeRooy 8/14

Verla Murdaugh 8/08

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.

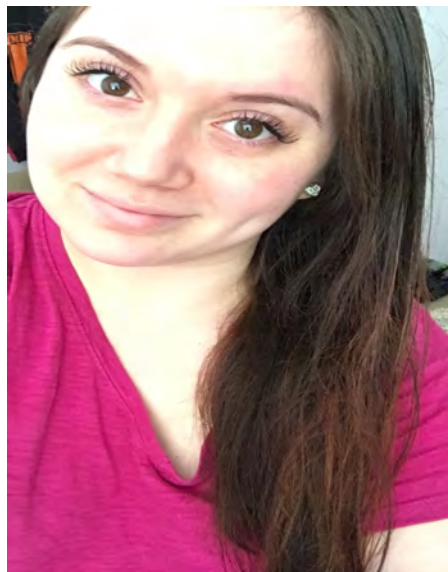
Sunday in Memory Care, we offer Sunday Morning Sermons, we have Hymn Book so thy can enjoy some favorite old gospel tunes and in the afternoon we have Sunday Sing Along.



Who Am I?

(answer)

Selina Santana



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

SNOHOMISH
Assisted Living
Memory Care

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Welcome Home!