

Pacifica Tidings



October 2017



A Note from the Executive Director

Greetings!

As we start to watch the beautiful, brilliant fall colors come to life I think about how we are always surrounded by change. Life does that and reveals a newness to each of us everyday!

With that said I would like to take this opportunity to welcome some new faces in our community. We have had several new residents join our Pacifica family and several new staff that have joined our team. Please give a warm greeting and introduce yourself to them when you are around our community.

As always, we are here to make you apart of our Pacifica family. Feel free to reach out to me to chat if you would like!

Sincerely,
Angelena Bishop

Who am I?



Welcome to Our Community

Marilyn Becker

William "Bill" Berg

Activities & Special Events



So- cial
Wednesday, October 18th
3:00 PM ~ Lobby
Live Music, Good Food, and Plenty
Spirits to Celebrate FALL!!!!

FUN FALL CRAFTS!



Welcome fall and the
beautiful autumn colors
it brings.
Come join us and create
your very scarecrow!

Tuesday's October
3, 10 and 24 at 3PM.
Media Room



Hot
Apple
Cider
Social

Friday, October
13 and 27
Lobby



Halloween Social!
October 31st!
After Dinner
Lobby

Casino Night Social Photos



Health & Fitness by

5 Ways ~ Detecting Blood Sugar Spike!

When you indulge in sweets you may start to feeling an actual blood sugar spike. To keep you safe and healthy here are 5 ways to detect a blood sugar spike!

- 1: **Frequent Urination:** If you notice you have to excuse yourself to the restroom more often than normal, you may be experiencing a spike in your blood sugar. This is a good sign to stop eating sweets.
- 2: **Fatigue:** This might be a feeling that you have constantly throughout the day. If you notice a sudden 'fuzzy' feeling in your head or even the simplest things are suddenly exhausting to you, you should check your blood sugar level right away.
- 3: **Increased Thirst:** Persistent dry mouth can be an annoying side effect to most medications. However, if you feel this in combination with an increased thirst, it maybe do to the increase of intake of sweets.
- 4: **Blurred Vision.** One of the more worrisome symptoms of a blood sugar spike, blurred vision can be especially dangerous for the elderly. You could risk losing your balance and falls are a very serious matter. Remain calm and take a seat.
- 5: **Headaches.** Lastly, the sudden headache that comes on, seemingly out of nowhere. Probably one of the less observed symptoms of a blood sugar spike as we all get headaches from time to time, it is again a very common side effect to most medications. Pay attention to any changes in condition after you have eaten anything rich in sugars or carbohydrates such as candy or desserts.

For most of us, a blood sugar spike is just something that will make you feel a bit sick, but it will ease eventually. If you are diabetic, there is a much more serious danger to this.

Bonus Joke:

What do you call a cow that can't moo?
A milk dud!

Source: HealthLine.com

Birthdays

October brings us 4 Birthdays

Bernice Escene 10/24

Fern Ward 10/27

Virginia Raubenson 10/31

Robert Sandwick 10/31

October Birthday Party
Thursday the 26 at 12:30 PM



Spiritual Activities

MONDAY ~ 9:30

Bible study with Jean in the Media Room

TUESDAY ~ 9:15

Communion ~ Catholic Faith Fireside Room

WEDNESDAY ~ 3:00

Calvary Baptist Service
Enjoy an uplifting service and singing. Dinning Room

1st WEDNESDAY ~ 9:00

St. Andrews Mass
Media Room



**Sunday
Mornings
Spiritual
Hour at 11AM
with Terri**

Who Am I? (answer)

I was born in Tonasket, Washington in 1924. My parents had four children, three girls and one son. After attending Brewster high school, I got married at the age of 16 in 1941. I was a stay at home mom with one son and two daughters, while my husband worked as a logger. Later, in 1956, we moved to Snohomish Washington. At which time, my husband and I bought a



tavern where we both worked. We met Floyd Niebuhr who came to our tavern. Who would have known our paths would cross once more when we both were residents at Pacifica!!! When my husband and I retired we bought a motor home and travelled. We enjoyed those days, but soon decided to "retire" the motor home and buy 9 acres of land in Cle Elum. My husband passed away in 1990. Years later I made the decision to move to an assisted living community. I decided to make Pacifica my new home and I have never regretted it. I have enjoyed my home here for the past 4 years.

Management Team

Angelena Bishop

Executive Director

Lise McGowan

Community Relations Director

Robin Ota

RN Oversight

Chante Meabebasterrachea

Resident Care Coordinator

Vivian Zakrzewski

Business Office Manager

Tim Ryan

Maintenance Director

Faly Nevarez

Dining Service Manager

Terri Wells

Activity Director

Isabelle Blake

Concierge



*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

ELLENSBURG

Assisted Living

818 E. Mountain View Ave.

Ellensburg, WA 98926

Tel: 509.925.1220

www.PacificaEllensburg.com

Welcome Home!