

# Pacifica Tidings



**November  
2017**



## *A Note from the Executive Director*

Now that we've put the heat and humidity behind us, we here at Pacifica Fort Myers are welcoming the Fall, and the cooler weather, with open arms!

We would like to invite all resident families for our Thanksgiving Dinner, Tuesday November 21st at 12 noon and our Christmas Dinner, Tuesday December 19th also at 12 noon.

We hope to see you for our monthly Family Support Group, Wednesday November 15th at 5:30 p.m.

I hope you all have a wonderful Holiday Season and thank you for the privilege of caring for your loved ones and being a part of our family here at Pacifica Fort Myers!

Michael Adkins

## *Who am I?*

I was born in Long Island New York on March 9th, 1935, to James and Phyllis. I went to Sewanhaka Central High School in New York. I married John on January 10th 1954. We had 4 children Bill, Sue, Dona and Lisa, 14 grandchildren and 6 great grandchildren. I worked for North Shore Medical group for 13 years. I moved to Pacifica after my husband passed away. I love to live here. I enjoy with my friends at Pacifica in many different activities my favorites are Happy Hour, Pet Therapy and Bus Ride.

## *Welcome to Our Community*

It is always a pleasure to welcome new friends to our community !

Flora R.  
Norma B.  
Eileen Z.



## *Activities & Special Events*

### **UPCOMING EVENTS**

#### **HAPPY HOUR**



Thursday Nov, 2nd and 16th, at 2:30 p.m.

#### **HONOR OUR VETERANS**



Thursday Nov 9th at 2:30 p.m.

#### **SNOW CONES AND ICE CREAM**



Wednesday 15th 5:30pm-7:00pm

#### **LUNCH AT RUBY TUESDAY**



Friday November 17th ,at Noon

#### **THANKSGIVING DINNER**



Tuesday Nov 21st at Noon

#### **BIRTHDAY PARTY**



Thursday Nov 30th at 2:30p.m.

### **FAMILY NIGHT**

#### **SNOW CONES AND ICE CREAM**

Come and enjoy Snow cones and Ice cream with family and friends

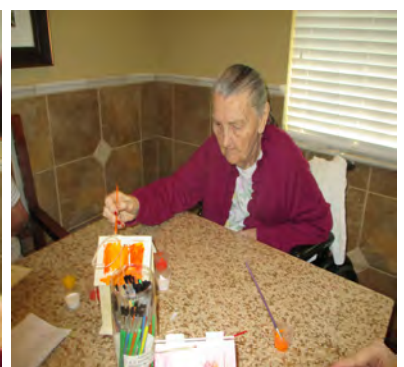
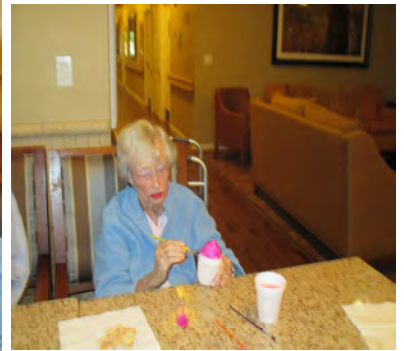
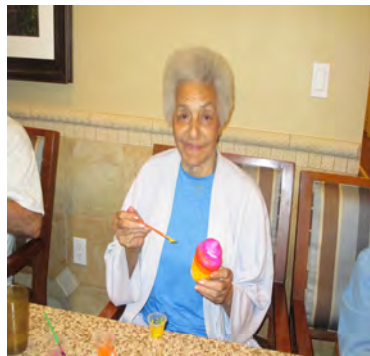
Did you know that there is a real history to the snow cone that started in 1800's? Come enjoy an icy treat and we will share the story with you!

**JOIN US WEDNESDAY NOVEMBER 15TH**

**5:30P.M.-7:00PM**

Please RSVP by 11/10/17  
(239) 437-5511

### **HAVING FUN AND MAKING MEMORIES**





## Memorable Moments

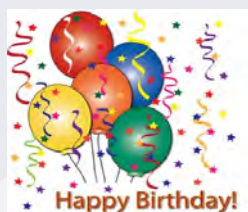


Residents had a great time on our **trip to Jayce Park**, playing **bingo with Fort Myers High School Volunteers**, having **Pet Therapy with Sadie and Gus**, **Planting Flowers** and **Bowling** at Gator Lanes, thank you to our volunteers for helping out with our Activities Program, if you would like to be a volunteer at our community, please contact Victoria at **239-437-5511** or email at **AD.fortmyers@pacificaseniorliving.com**





## ***Birthdays***



### **November**

Herschel C. 11/16  
Helen H. 11/26

### **December**

Ralph G. 12/03  
Charles R. 12/04  
Albert D. 12/27  
Keller H. 12/31



Families, Residents and Staff  
We invite you to join us to  
share a wonderful

### **THANKSGIVING DINNER**

When: Tuesday, November  
21st

Time: Noon to 1:00 p.m.

Where: Cottages

**Please R.S.V.P.  
by November 14th  
to 239 -437-5511**



Families, Residents and Staff  
We invite you to join us to  
celebrate a wonderful

### **CHRISTMAS DINNER**

When: Tuesday, December  
19th

Time: Noon to 1:00 p.m.

Where: Cottages

**Please R.S.V.P.  
by December 12th  
to 239-437-5511**

## ***A Note from the Activities Director***

**Pacifica Senior Living** offers residents many options for staying socially engaged through a variety of stimulating activities.

Residents had a lot of fun this past month at Gator Lanes Bowling with Florida Gulf Coast University nursing students also celebrating Oktoberfest as well as Halloween.

We invite you to celebrate our Veterans on Thursday November 9th at 2:30 p.m..

The holiday season is a time not only to enjoy family and friends but also a time to recall great memories of past gatherings.

Come and join us at our Christmas party on Thursday December 21st at 2:30 p.m. and our New year's party on Thursday December 28th at 2:30 p.m..

**HAPPY HOLIDAYS**  
**Best wishes this season**  
Victoria Bendezu

## **WE WOULD LIKE TO ANNOUNCE NOVEMBER NOMINATED**



**EMPLOYEE OF THE MONTH**  
**YSMALA L.**

Ysmala is outstanding hardworking and an asset to our residents and the community. Thank you Ysmala for all the work you do with compassion and care!

All are encouraged to participate in nominating employees for working hard and going to the extra mile!

## *Health & Fitness by*

**Twila Meadows, RCD**  
**Protecting Your Family**  
**During Flu Season**

### **When to Get Vaccinated**

Vaccinations are recommended annually because of the ever-changing nature of the influenza virus. Every year, scientists predict which strains will be most prevalent and develop an updated vaccine to better protect against the new and different variations of the virus.

The Centers for Disease Control (CDC) recommends anyone over the age of 6 months (including pregnant women in any trimester and especially those with compromised immune systems, such as children and the elderly) receive an influenza vaccination as early as late August. It takes an average of two weeks before the body fully develops antibodies to protect against the flu, but viruses begin to thrive as soon as cooler temperatures, drier air, and frequent human interaction begins. According to the CDC, influenza activity in the United States typically begins in October and peaks between December and February lasting until May, which means the earlier you and your family receive the flu shot, the better. For 2017-18, the CDC recommends the injectable flu shot (inactivated influenza vaccine (IIV) or recombinant influenza vaccine (RIV), and not the nasal spray flu vaccine (live attenuated influenza vaccine (LAIV)). The flu shot is offered at several locations near you, including doctor's offices, health departments, pharmacies, clinics, and more.

## *Fitness Activities*



Exercise is an essential part of daily life. Exercise supports strength, mobility, stamina and overall good health. Daily exercise helps to lower blood pressure helps with blood sugar control and weight control. **Chair aerobics, volleyball, ball toss, Zumba, dance and Tai Chi** are part of our daily exercise program.

Every Tuesday you can join us at 2:00 p.m. to relax and enjoy our **Tai chi class** with Vicki Elliot.

## *Spiritual Activities*



**Hymns and Bible versus**  
Monday at 10:00 am cott 5  
Monday at 10:20 a.m. cott 4

**Bible Study and Hymns**  
Monday 10:40 a.m. cott 3  
Monday 11:00 a.m. cott 1-2

**Communion**  
First Monday and Third Monday during the service church.

**Sunday Worship**  
Channel 10 at 10:00 a.m.

**WHO AM I ?.....**  
**My name is : Virginia T.**



## *Management Team*

### **Executive Director**

Michael Adkins

### **Director of Resident Services**

Twila Meadows

### **Community Relations Director**

Vicki Einhorn

### **Business Office Manager**

Aubrey Cunningham

### **Activities Director**

Victoria Bendezu

### **Director of Maintenance**

Nick Roberts

### **Director of Dining Services**

Linda Lemons



*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

FORT MYERS

Memory Care

*9461 HealthPark Circle*

*Ft. Myers, FL 33908*

*(239) 437-5511*

*[www.PacificaFortMyers.com](http://www.PacificaFortMyers.com)*

*Welcome Home!*