

# Pacifica Tidings



**March 2018**



## *A Note from the Executive Director*

Dear Residents:

Thank you for your continued patience and understanding as we move through our construction. While we understand this process has not been as smooth as we expected, we are excited for the improvements. We are actively listening to your concerns and trying to resolve them as we speak to Construction on routine basis.

To improve the timelines, we have set a new structure for our construction group and hope to have many things resolved quickly. You will notice that the furniture has returned-yes we will have new furniture coming-but wanted to make sure you felt like your entire house wasn't under total construction.

As we move forward if there are any questions please let me know.

~~Angelena

## *Who am I?*



*Welcome to  
Our Community*

**Orville Dihel**

**Irene Thomas**

## *Activities & Special Events*



*St. Patrick's Luncheon  
Friday, March 16 at Noon*

*Enjoy Music with the  
Black and Silver Singers*

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*March Social  
Wednesday, March 28 at 3 PM  
Music with Rick Toomey*



**Be-Fit with Melba  
Chair Aerobics**



**Walking Club**

*Residents  
Easter Sunday Brunch  
Sunday, April 1  
11:00 AM*



*Easter Sunday Devotional  
Sunday, April 1  
10:00AM*

## *Health & Fitness by* *Meeting Your Nutritional* *Needs as You Age.*

Age related changes can affect how your body processes food, which influences your dietary needs and affects your appetite.

### **These are some of the changes:**

-Your metabolism slows down.

This happens naturally especially if you aren't getting enough exercise.

-Your digestive system changes.

Your body produces less fluids needed to process foods.

-Your appetite may change.

Taking medication can cause side effects such as lack of appetite.

-Your emotional health may be affected. Loneliness and depression can cause losing interest in eating or emotional eating and eating too much which brings on unwanted weight.

### **Tips to boost your nutritional health:**

-Stick to *healthy fats* like seeds, nuts, and fatty fish to name a few.

-Drink up to *stay hydrated*, drink a lot of water and non-caffeinated beverages and eat foods with high water content like soup, grapes, melons and cucumbers.

-Rough Up you diet by including *high fiber foods* every day such as raw fruits and vegetables and whole grains. These foods cut down on constipation; provide vitamins, minerals, fiber and nutrients that you need for healthy aging; help maintain your weight; and reduce your risk of heart problems.

-Pack in *protein* like lean beans, eggs, chicken and fish, lean meats and nuts.

-*Calcium-rich foods* like low-fat dairy products helps to build stronger bones.

Exchange junk foods for healthier options is the first step. Try to make changes every day that will bring you closer to a healthier life.

[www.everydayhealth.com/senior-health/understanding/](http://www.everydayhealth.com/senior-health/understanding/)

## *Birthdays*

### **March brings us 4 Birthdays**

#### *Birthday Party*

*Thursday, March 22*

**Joseph Jacobs 3/10**

**Dale Porter 3/12**

**Carl Harvey 3/14**

**Joanne Fisher 3/23**



## *Spiritual Activities*

### **MONDAY ~ 9:30**

Bible study with Jean in the Media Room

### **TUESDAY ~ 9:15**

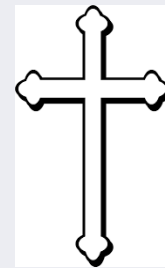
Communion ~ Catholic Faith Fireside Room

### **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)*

### **Vincent Romeo**

I was born in Queens, New York in 1921 as a middle child. My parents were both from Italy. After graduating from high school, I owned and ran a gas station. I went to college and became an Engineer with Grumman Corporation. I married my precious lovely wife, Frances in 1947 and was blessed to be with her for 70 years. We have two daughters, grandchildren, 4 great grandchildren, and one great, great grandchild on the way. I served in the last "Horse Calvary Unit" and took direct commission from General Patton. I fought in the Korean and WWII wars and went to Vietnam. While in Vietnam, I was a Civilian Engineer for Grumman. My wife and I moved to Washington after retiring approximately 30 years ago. My wife passed away a year ago at the age of 95. I moved to Pacifica this past summer and I'm close to my daughter, Luc who lives here in Ellensburg.



## *Management Team*

**Angelena Bishop**

Executive Director

**Lise McGowan**

Community Relations Director

**Rose Gulley, LPN**

Resident Care Director

**Chante Meabebasterrachea**

Resident Care Coordinator

**Rhonda Stowe**

Business Office Manager

**Tim Ryan**

Maintenance Director

**Faly Nevarez**

Dining Service Manager

**Terri Wells**

Activity Director

**Lauren Melcher**

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

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*Welcome Home!*