

Pacifica Tidings



March/April
2018



A Note from the Executive Director

We are excited to welcome some new additions to our team here at Pacifica Senior Living, Ft. Myers. Please welcome **Danielle Inman** to our team as our new **Community Relations Director**. Danielle has been involved in the Senior Living Community in Ft. Myers for some time. Danielle comes to us with a wealth of experience, energy, and a big heart for our seniors. Be sure to stop in, introduce yourself, and welcome her (back) to our community – she actually worked here at this facility many years ago when it was under different ownership!

On another note, daily life at Pacifica Senior Living can be very full and exciting. We are thankful for our amazing Activities Director, Victoria Bendezu, and the work she does. If you are not following us on Facebook, you are missing out on the great pictures and information regarding daily life here at Pacifica. Please be sure to “like” and “follow” us on **Facebook** at “**Pacifica Senior Living Fort Myers**.”

We are also excited as we have recently opened Cottage #1 as an Assistive Living Cottage. This will help us continue to serve our Residents and Families with the exceptional care and services that we are known for.

Who am I?

I was born in Brooklyn, New York, July 18th, 1937 and I grew up there. I went to Midwood High School. I met my sweetheart Michael on a blind date set up with a good friend Susan, I married him one year after. We had 3 children Deborah, Frank and Gina. I worked for Metropolitan life Insurance company for 25 years. After my husband passed away I moved to Florida.

I enjoy living at Pacifica, and participating in all different activities, my favorite is Happy Hour on Thursday because I love to dance.

Welcome to Our Community

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

Mary (Betty) F.
Carolyn W.



Activities & Special Events

UPCOMING EVENTS HAPPY HOUR



Thursday, March 1st, and 8th at 2:30 p.m.

ST PATRICK'S PARTY



Thursday, March 15th, at 2:30 p. m

TRIP TO JAYCE PARK

Tuesday, March 20th at 10:30 a.m.

ELVIS PRESLEY SHOW



Wednesday, March 21st at 2:30 p.m.

MUSICAL RECITAL



Monday, March 26th at 2:00 p. m.

BIRTHDAY PARTY



Thursday March 29th, at 2:30 p.m.

EASTER BREAKFAST



Friday, March 30, at 8:00 a.m.

FAMILY NIGHT

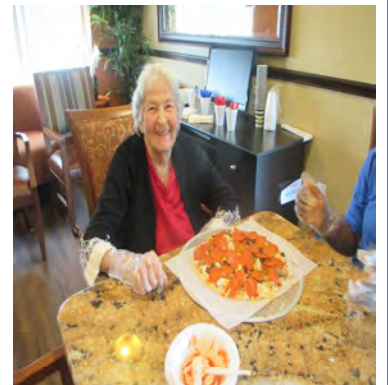
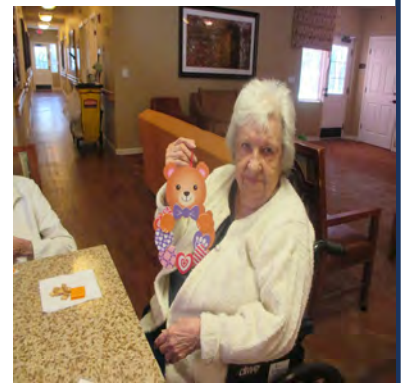
Wednesday, March 21st at 5:00 p.m.

Administration Building
Light Meal Provided

RSVP: (239) 437-5511 by
March 19th

WE HOPE TO SEE YOU THERE!

HAVING FUN AND MAKING MEMORIES



Memorable Moments



Residents had a lot of fun our **trip to Lakes Park**, celebrating **Fred's Birthday**, **Pet Therapy** with Fluffy, celebrating **Mardi Grass Party** with **Fort Myers High school** volunteers, and our **Picnic to The Lakes** with **FGCU nursing students**, if you like to be a volunteer at our community, please contact Victoria at **239-437-5511** or email at **AD.fortmyers@pacificaseniorliving.com**



Birthdays



March

Henry D. 03/01
Shirley B. 03/18
James B. 03/25
Bob M. 03/26



April

Pauline L. 04/18
Mary P. 04/23
Helen T. 04/23
Flora R. 04/28

ANIMAL SHOW WITH TAYLOR A LOT OF FUN AT PACIFICA

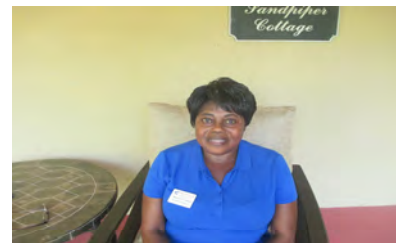


A Note from the Activities Director

Pacifica Senior Living offers residents many options for staying socially engaged through a variety of stimulating programs and activities. Bowling at Gator Lanes Bowling with FGCU nursing students was a lot of fun. Residents, families and staff had a great time at our Valentine's party and Mardi grass party on February, also they enjoyed our animal show with parrots, turtles, birds and snakes. Our Picnic was a lot of fun with FGCU nurse students, residents enjoyed toss games, bowling, volleyball, walking, dancing and the beautiful weather. We would like invite you to participate in our St. Patrick's party on Thursday, March 15h at 2:30p.m., come to have fun at Pacifica. As always, thanks for your support.

Victoria Bendezu

WE WOULD LIKE TO ANNOUNCE **MARCH NOMINATED**



EMPLOYEE OF THE MONTH MANETTE C.

Manette is outstanding hardworking and an asset to our residents and the community. Thank you Manette 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 M. RCD- RN

CAUSES OF SENIOR DEHYDRATION

Dehydration occurs when a person loses more water than they take in. Adequate fluid allows the body to regulate temperature through sweating, maintain blood pressure and eliminate bodily waste. If severe enough, dehydration can lead to confusion, weakness, urinary tract infection, pneumonia, bedsores in bed-ridden patients or even death. Generally speaking, humans can't survive more than four days without water.

Elderly dehydration is especially common for a number of reasons:

Medications It's not uncommon for seniors to be on several medications at any given time. Some of these may be diuretic, while others may cause patients to sweat more.

Decreased Thirst A person's sense of thirst becomes less acute as they age. In addition, frail seniors may have a harder time getting up to get a drink when they're thirsty, or they may rely on caregivers who can't sense that they need fluids.

Decreased Kidney Function

As we age our bodies lose kidney function and are less able to conserve fluid (this is progressive from around the age of 50, but becomes more acute and noticeable over the age of 70).

Illness Vomiting and/or diarrhea can quickly cause elderly dehydration.

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 : REGINA M.



Management Team

Executive Director

Chad Johnson (Interim)

Director of Resident Services

Twila Meadows

Community Relations Director

Danielle Inman

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

Welcome Home!