

# Pacifica Tidings



March 2018



## *A Note from the Executive Director*

Dear Residents-

We are thrilled to have our offices back in the community cottage. It looks and feels wonderful! Please come on Saturday, March 3<sup>rd</sup> from 10:00 to 12:00 for a family event. We will be serving a continental breakfast and you will have the opportunity to speak with our new managers. We are all excited to meet and build relationships with families of those we care for. This team of managers is extraordinarily caring and committed to a high quality community life for our residents. Each of them comes from

a unique background with many years of experience (92 years combined!) in their field. I am so honored to be a part of this team and hope you will come out to introduce yourself and let us know how we can improve your experience with Pacifica Senior Living. If you have a chance please call and let us know you will be attending. Call Ruby at (425) 771-7700. I hope to see you there!

Bonny



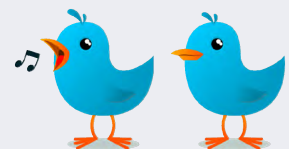
Please join us in congratulating **Rahwa Teklesenebet** as our **March Employee of the Month!** Rahwa

was raised in Eritrea and remains close to her family even though they still live back in Eritrea. Rahwa enjoys reading, watching movies, and listening to slow music when she is not at work. Rahwa has been at Pacifica for about 2 years and brings a smile to the residents she works with. She is continuing to improve her skills by going to school and training others. Pacifica appreciates you all the hard work you do.!

## *Welcome to Our Community*

A big welcome to our community's newest members Joe In Elm Cottage, Stelma, in Birch Cottage, and Beverly in Cedar Cottage.

Our caregivers and Directors are what make Pacifica hum and we'd like to welcome Hanin, Mamuno, Meseret, Felix, Charles, Marilyn, and Laurie to the Pacifica team!



# MARCH



## Wearin' ' of the Green Parties!

Join us for our Lucky Leprechaun Irish Celebrations on March 14 and 17 at 2 p.m. in the Community Cottage Pub. There will be lively Irish music on both days! Enjoy some ale, Irish coffee, minty ice cream and shamrock cookies! Don't forget to wear something green... or risk getting pinched!



## Easter Festivities - Join the Fun!

Please join us for one or all of the following Easter Events! Easter Hat Parade & Easter Egg Hunt on Saturday, March 31, at 2:00 p.m. This is open to any age, young or old. Get creative and design a one of a kind Easter Bonnet/Hat. Fun prizes for all Easter hat designers. Just wear them in the hat parade to the party. Prize eggs will be hidden on the parade route, so keep your eyes open for a prize egg. **The Easter Party will start at 2 p.m. on Saturday, March 31 in the Community Cottage.** There will be music by Jon Pressman, chocolates and sweet treats for refreshments.

**Easter Sunday, April 1, enjoy a traditional Easter Dinner at 12:30 p.m.** served in all the cottages, Guests welcome — cost, \$10.00. RSVP needed by Thursday, March 29. Please sign up guests with the Concierge in the Community Cottage. Happy Easter from all the Pacifica Team!

# Happy Easter

## Word for March: Growth

March brings the beginning of spring, a season of growth and renewal. Green blades of grass push through the ground, and green buds of leaves sprout on the trees. Regular growth is part of nature's cycle and ours, too. No matter how old we may get, we never stop growing! This March, consider ways you can grow your mind, heart, health and happiness.



## Happy Spring

Thanks Jim for all your gardening guidance and help prepping the flowerbeds for Spring!





## Health & Fitness



**Batter's up Greg! Ready for Spring Training!!**



**Irish Ballads by Peter**



**Volunteer, Taka and the ladies at Happy Hour.**

## Birthdays

### Residents

Mitzie .....March 6  
Carolann.....March 7  
Charlotte.....March 28

happy  
birthday

### Spring Forward

Daylight savings time begins at 2 a.m. Sunday, March 11. Remember to set your clocks ahead one hour.



## Spiritual Activities

Every week, a number of spiritual services are offered to our residents.

We have a weekly Men's Bible Study that takes place at 9:30am, on Thursday in Alder Cottage.

On Sundays, we offer a Bible Study and Hymn Sing program at 3pm in Elm Cottage.

Each Wednesday, the Eucharistic minister visits each cottage for Communion starting at 11am.



### Let's Get Acquainted

Smile and exchange a hello with Stelma in Birch Cottage. Stelma a native of South Dakota, grew up there and California. While in college, she earned a bachelor's degree in Eng-

lish and went on to become a WAC in the U.S. government. Stelma was married for 65 years to her late husband Ray. Together they raised five children, and Stelma took great pride in being a great mom! Today. She is a proud grandma to nine grandchildren. Stelma has always had a great love for people and pets and we all certainly love her at Pacifica Lynnwood. Join her for exercise class, Sit & Be Fit plus Word Play in the morning starting at 10:00 a.m. in Birch Cottage and say hello and get a little exercise in too!

## *Management Team*

**Bonny McMahon**  
Executive Director

**Andrew Zane**  
Resident Services Director

**Marilyn Batchelor**  
Business Office Director

**Karen Dean**  
Resident Program Dir.

**Laurie Russell**  
Dining Services Director

**Charles Webb**  
Maintenance Director

**Meghan Schlosser**  
Memory Care Program Dir.

**Jennifer Nolan**  
Community Relations Director



*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

LYNNWOOD

Assisted Living  
Memory Care

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**Lynnwood, WA 98037**  
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*Welcome Home!*