

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING  
McMINNVILLE  
Memory Care

**March  
2018**



## *A Note from the Executive Director*

I am proud to announce that Pacifica Senior Living – McMinnville has appointed a permanent, in-house Registered Nurse as our new Resident Care Director. Sara Rogers, RN brings her experience in all aspects of assisted living, including memory care, and she is excited about leading our clinical team to the highest level of care possible. Welcome Sara Rogers!

We also have five new residents in our community, three males and two females, that have quickly assimilated into our family. Our new residents and activities are posted on our Facebook page, so please visit often and share the excitement with us. Some upcoming featured events for the community include a St. Patty's Day party with live entertainment, Casino Night fundraiser for the Alzheimer's Association, and an Easter Egg hunt for family and friends. Please refer to our activities calendar for a full list of upcoming activities and events. Thank you for being a part of our family and Pacifica Senior living - McMinnville

## *Who am I?*

I go through a door but never comes in or goes out.?

## **Riddle**

How far is it from March to June?

Answers found inside!

## *Welcome to Our Community*

William Rohan  
Manuel Andre  
Dixie Self  
Judith Hixson  
Walter Moore

We would like to send a warm welcome to those who are joining our community. We are so excited to have you here!

## *Activities & Special Events*

**Alzheimer's Support  
Group**

**March, 28th  
5:00 pm - 6:00 pm**

**Casino Night  
Fundraiser**

**March, 29th  
5:00 pm— 7:00 pm**

**Easter Egg Hunt**

**March, 30th  
3;00 pm - 4;00 pm**

**Alzheimer's Support  
Group**

**April, 25th  
5: 00 pm—6: 00 pm**

**Wine Parring Event**

**April,, 26th  
5:30 pm—7:30 pm**



# Memorable Moments



## *Birthdays*

### **March Birthdays**

Jack Johnston 3/ 2  
Colleen Baker 3/17

### **April Birthdays**

Stanley Bates 4/9  
Rose Marie Rexin 4/19  
Melvin Hostetler 4/24  
Violet Watson 4/28

We would like to wish a very happy birthday to everyone celebrating in March or April! May all of your wishes come true!



## *A Note from the Activities Director*

I'm so excited to be here at Pacifica Senior Living! I have been enjoying getting to know our fantastic residents and their families. A little about myself: I was born here in Oregon. I have been working in the health care field for over ten years. I'm a certified Activity Director, and I'm working towards a B.A. in Psychology. I love working with the elderly, and disabled. I feel lucky to share in their life experiences.

We have been having a lot of fun the last couple of months. The Super Bowl party and Valentine's party were a blast. Thank you to all of the family members who were able to attend. We're looking forward to implementing some new ideas in the upcoming months. We will be having a store for the residents, where they can use their Pacifica dollars. We will also be doing some craft projects for local charities.

Who am I? Answer: Keyhole  
Riddle Answer: A single Spring



## Health & Fitness

While watching the Winter Olympics, it's easy to be inspired by the amazing athletes from around the world. Their stories of hard work and dedication, are truly amazing. However, we don't have to be going for the gold to enjoy the many benefits of physical fitness. We can set goals for ourselves at any age or fitness level.

When setting fitness goals, it's important to engage in a variety of physical activities, and to choose activities that we enjoy.

Our residents enjoy many different physical activities here at Pacifica. We have daily exercise class, that varies by the day. We also enjoy playing physical games. By mixing up our routine, we engage various muscle groups, and keep ourselves limber. The variety, also ensures that we are having a good time.

It's also important to work on our cognitive abilities. We do this by playing brain games, trivia games, working puzzles, and discovery activities.

It's not just Olympic athletes who inspire me. I'm inspired by the seniors that I work with every day. Watching a resident who is 103 years old sink a putt, is definitely worth cheering for!

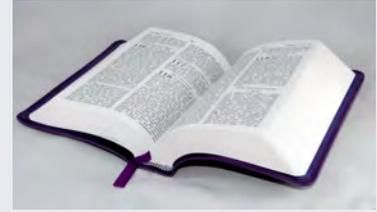
## Fitness Activities

We have a daily fitness program here at Pacifica McMinnville. Our Programs include:

- Basketball
- Golf Club
- Chair Dancing
- Yoga
- Stretching and Toning
- Balloon Toss
- Walking
- Garden Club
- Nature Walks

Stay Healthy Friends!

## Spiritual Activities



We offer Bible Study on Tuesdays and Thursdays at 10:00 am.

We offer daily Spiritual enhancement programs designed for all to enjoy.

We also have a catholic priest who visits on Tuesdays at 10:00 am to bless the residents. If you believe your loved one would like to meet with him, please contact Crystal at (503) 472-3509, Monday through Friday.

*Thank you for  
Joining us!*



Our Valentine's Party was a success! Thank you to everyone who joined us, we hope you all had a wonderful Valentine's Day!

## *Management Team*

Dean Storm  
Executive Director

Megan Wolfe  
Business Office Director

Ashley Rice  
Community Relations Director

Vicki Freeman  
Dining Services Coordinator

TBA  
Health & Wellness Director

David Stark  
Maintenance Director

Crystal  
Activities 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!*



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SENIOR LIVING  

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*320 SW Hill Road  
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(503) 472-3509*

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

*Welcome Home!*