

Pacifica Tidings



March 2018



A Note from the Executive Director

February was an exciting month here at Pacifica. We started the month by organizing and hosting a luncheon for new residents in the community cottage.

We also celebrated Valentine's Day with a wonderful event full of great entertainment and decadent treats! The performance by the Masquerade Cabaret turned to be extra touching for one of our residents, Lovelle Woods, who was treated to a special song in her honor!

The remodel in Dogwood cottage is nearly complete and we look forward to being able to move residents into the newly remodeled units before transitioning on to the next Cottage.

Unfortunately, we had to postpone the Evening with the ED & Management Team, but stay tuned as it's coming soon!

- Heinz Gehner

Who am I?

I was born in New England, but I now live in Washington with my parents and my younger brother, who adores me but I think he's a goofy little puffball!

I am about 63 in human years, and work at Pacifica for a few hours every other weekend (my brother & I alternate work schedules every other Saturday).

My job duties include making all of my residents laugh, sharing hugs and getting the occasional scratch behind the ear.

Welcome to Our Community

June Morgan

Activities & Special Events

May Irish Eyes Smile Upon You!



During the 3rd week of March many Americans take a day to put on their favorite green attire in order to celebrate Saint Patrick's Day with good friends, and perhaps a dark beer paired with a side of corned beef and cabbage.

Since we all know it would be terribly bad luck to miss out on Saint Patrick's Day, Pacifica Senior Living Snohomish would like to invite our residents, friends, family, and fellow Irishmen alike to join us on Thursday, March 15th at 2PM as we celebrate this fun occasion.

We know the party itself may be a few days shy of Saint Patrick's Day, but with delectable Irish treats, green beverages, and foot tapping entertainment you might consider this early start your lucky charm!

Senior Spotlight: Dorothy Clayton

Meet Dorothy Clayton!



Dorothy is a fun-loving local gal who's favorite hobby is to curl up with her best friend: her fluffy cat Alan (pictured)!

While she was born in Idaho, she later moved to Washington & started her career as a music teacher before transitioning to primary school education in Snohomish.

Dorothy is very proud of her two children and many grandchildren and great-grandchildren.

At Pacifica, she participates in a variety of activities including Exercise Class, Giant Crossword puzzles, and Bingo. She's also rediscovered a talent for Art & Crafts and has several pieces displayed in her apartment.

Health & Fitness by

Roxie

We all know that exercising is a good way to lose weight... but did you know there are many other great benefits that come from daily exercises?

Lots of research has been done on the subject, and what has been discovered may be surprising. Just a 10-15 minute stroll daily can help reduce the risk of many diseases including cancer, diabetes, heart disease, etc.

In addition, the simple act of walking around the community can help create better balance and mobility. These steps alone can help reduce falls in the senior population by almost 40%!

Exercising is also a wonderful way to relieve stress. Any number of calorie burning activities like: Yoga, Thai Chi or even Ballroom Dancing can help the body release natural endorphins that not only put us in a better mood, but also may help you sleep better at night. It can even reduce stress-related tension headaches or migraines.

At Pacifica, we proudly support physical programs to help keep us happy and active throughout the entire community.

Feel free to join in on fitness fun with: Morning Exercises, Walking Clubs, SKEE Ball lessons and many more!

Birthdays



Happy Birthday to...

Dorothy Gunderson 3/1

Hazel Waller 3/4

Marie Doucet 3/8

Nancy Helvey 3/15

Barbara Bates 3/29

Spiritual Activities

On Sundays, we are blessed to have Church Services provided by Saint Michaels Parish. They also offer us Communion; Every Wednesday, Ruby comes by to provide this special service for our residents. We also spend time reading uplifting short stories of hope and faith.

We proudly offer Sunday Morning Sermons in Memory Care as well. In the afternoon we like to sing along with our favorite gospel tunes from our Hymnals. It's truly a spiritual experience for all.



Who Am I?

(answer)

I am Daisy - The Director of Pet Therapy!



Management Team

Heinz Gehner
Executive Director

Roxie Stormo
Community Relations Director

Nancy Thomas
Activities Director

Janice Kleespie
Food Service Director

Chris Schilz
Maintenance Director

Heather Cornelius
Residential Care Director

Nicole Jamison
Office Manager



*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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Memory Care

*1124 Pine Avenue
Snohomish, WA 98290
Tel: 360.568.1900
www.PacificaSnohomish.com*

Welcome Home!