Pacifica Tidings



# **April 2018**







# A Note from the Executive Director

Greetings all. As we approach April, I'd like to remind everyone to dress for the occasion as we all know April showers bring May flowers although we still seem to experience snow. April 1st is not only Easter it is also April Fools day. Happy Easter!

### Who am I?

~~Angelena



# Welcome to Our Community

Two new wonderful people have joined our Pacifica Ellensburg Management Team. Please extend a warm welcome to Tracie Sherman our Resident Care Director and to Rhonda Stowe our Business Office Manager.

## Activities & Special Events



### Health & Fitness by

#### Keep Healthy! Stay Active!

Did you know that as an older adult, regular physical activity is one of the most important things you can do for your body and your health.

-It can provide executive functioning on the brain by increasing oxygen flow to the brain.

It can prevent many of health problems that seem to come with age.

-It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

-Not doing any physical activity can be bad for you, no matter your age or health condition.

-Keep in mind, some physical activity is better than none at all. It can help you recover from illness and reduce the risk of disease.

-There are many excuses we can come up with to avoid being active, but the truth there is always a way to fit some type physical activity into your day.

Here at Pacifica we host several activities! Make exercise fun! Come join us:

**Be-Fit with Melba**, in the new Café, M-W-F at 2:00pm. **Chair Aerobics Video**, Media Room T-TH at 10:30am. **Walk Laps** in the hallways or around our community on our walking path.

www.cdcgov/physicalactivity/ basics/older

### *Birthdays* April brings us 10 Birthdays *Birthday Party*

Thursday, April 26

Pat Goucher 4/2 Gary Labusky 4/3 Ray Oversby 4/8 Judith Spencer 4/10 Yvonne McClure 4/15 Marge Koziol 4/24 Phillip DeMaintenon 4/25 Larry Gemmill 4/26 Prisca Sandoval 4/29 Blaine Gray 4/29



### 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



### Who Am I? (answer)

### **Melba Fitton**

My brother and I were born as the middle children in a family of six on the panhandle of Texas in the dustbowl days. We had two older sisters and two younger sisters. That left me with the joy of helping my brother and his school friends develop their bodies so they could qualify for the most accomplished football and basketball teams.

We even built high jump and pole vault spots. Weighing and measuring those young bodies were important activities, and cause for celebration when my brother stretched a little taller and weighed a little more.

The dust bowl weather and the Big Depression caused my family



to move to Central California when I was eight years old. Sports continued to be important to us. I graduated from high school in 1941. Then World War II developed. I met, fell in love with a young Air Force man from a small town seven miles away. We were married in 1945. We had two children– son and daughter. My husband passed away 2 days before our 70th wedding anniversary leaving me with so many happy memories.

#### Management Team

Angelena Bishop **Executive Director** Lise McGowan **Community Relations Director** Tracie Sherman, 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

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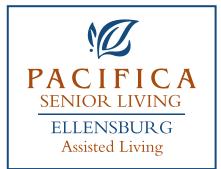
Pacifica Senior Living is committed to supporting our communities, residents, and the families we serve.

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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Welcome Home!