

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!

~~Angelena

Who am I?



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



**Be-Fit with Melba
Chair Aerobics**



Walking Club



Once Upon
BOOK CLUB
Bringing books to life Monthly
Monday
April 16th at 11am

Garden Club



*Gathering of the
green thumbs!*

*A fun time for anyone interested
in beautifying our community!*

*Monday's
April 9th and 23rd
3PM*

Ladies Spring Tea

You and a guest are invited!

Wednesday, April 18th

2pm to 3pm

Dining Room

RSVP by Wed. April 13 at the front desk.



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



**Sunday
Mornings
Spiritual
Hour at 11AM
with Terri**

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



*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

ELLENSBURG

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Welcome Home!