

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
LYNNWOOD  
Assisted Living  
Memory Care

**April 2018**



## *A Note from the Executive Director*

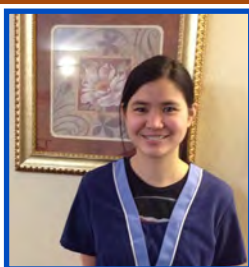
Dear Residents-

Spring is here! Thank you to our wonderful Activity Director, Karen Dean & the resident helpers! And our awesome Maintenance Director, Charles Webb! They have planted flowers and it is looking beautiful! You will notice more clean up going on, the construction dumpster is scheduled to be emptied and moved to clear out more parking spaces!

Thank you to everyone who came to our Saturday morning family event. It was really great to show off the new community cottage and introduce the new managers. We plan to hold another event in May. Please do stop by, introduce yourself and see the new office. We are so proud to work in such a nice place. It is great to see the whole community spruced up!

We really would like to improve our services and therefore are implementing some new programs in our culinary department. Beginning this April we will hold a monthly food committee meeting. We want your feedback! Also, we will be introducing comment cards so that we may receive feedback from each meal. Please take advantage of this and let us know how we are doing, how we can improve and also what you are enjoying! Have a wonderful Spring! And remember, April showers bring May flowers!

~Bonny McMahon, Executive Director



**Congratulations to Stephanie R.**, the April employee of the month! Stephanie was born in California, raised in the Philippines then returned to Seattle in 2013.

She enjoys hiking/traveling, watching movies and try our new cuisines/ restaurants. Her favorite meal is anything with rice! Stephanie has been a nurse at Pacifica for 4 months and is all about team work. She loves making her co-workers and residents smile.

Thank you Stephanie, for having a heart of gold and your passion for nursing.

## *Welcome to Our Community*

A big welcome to our community's newest members Sonia W. in Elm Cottage, Betty K. in Alder Cottage, Our caregivers are what make Pacifica hum and we'd like to welcome Courtney, Michael, Elizabeth, and Kidist to the Pacifica team!



# Happy Easter

## Easter Festivities - Join the Fun!

**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!



Andrew presenting Rahwa with her employee of the month gift & certificate. Way to go Rahwa!



Mother and son time at the Family Open House. Thanks for coming Jeff and Chelly!



Sally watches carefully as “Dynamite” Doris bowls another strike! Amazing!!!



### Write It

April 1 begins National Card and Letter Writing Month. Take some time to design a card and write a note or a letter to your friends and family. They will love the surprise that will surely brighten their day.

### All Hands on Deck

April is national Volunteer Month, so see if you can make someone's day a little brighter by lending a helping hand and expecting nothing in return.

### Go Fly a Kite

Use this month's blustery breezes to your advantage during National Kite Month in April.

Watch your calendar for how to create and craft a kite for your door or cottage bulletin board. Colorful paper and materials provided.

### Good Works! A Big “Thank You”

To the following worship volunteers:

St, Thomas Moore — Weekly Communion

Connie & Dee — Monthly Sonshine Sing Along and Worship Service

Crescent Church — Monthly Bible Study and Hymn Sing

The Choir on the Move — Bimonthly Sing Along by the United Methodist Church

These volunteers go the extra mile to prepare, gather and bring worship songs, items and programs for all to enjoy at Pacifica. We are so fortunate to have these faithful and dedicated volunteers that share their time and talents with us, Be sure to join in showing our appreciation to these volunteers and thank them in person.





## Health & Fitness



**Jane getting her new Spring hair do by our stylist, Gina. Looking good Jane!**



**Charlotte getting pampered at the Salon!**



## Birthdays

### Residents

Joann L. ....April 7  
Joe K. ....April 11  
Betty Y. ....April 16  
Gene K. ....April 27  
Stelma S. ....April 28

### Staff

Fatou C. .... April 2  
Salwa F. ....April 6  
Josie W. ....April 19  
Felix S. ....April 24



## 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.



### **Welcome Beverly!**

Beverly was born and raised in Washington. She attended the University of Washington where she majored in English literature prior to marrying and starting a family. She is an experienced traveler and has been to more than 40

countries across the globe. Beverly was a bookkeeper for 30 years and is also a veteran of the United States Navy. So please ask her to share her stories of being one of the first Waves at the Sandpoint Naval Base and make sure to thank her for her service to our country. She has lost her sight, but despite this challenge, Beverly has a positive and upbeat attitude and a fabulous sense of humor. She has made remarkable adjustments to the loss of her sight. Stop by and say hello to this lovely lady in Cedar Cottage!

## *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!*



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*Welcome Home!*