

# Pacifica Tidings



April 2018



## A Note from the Executive Director

Spring has sprung and we have definitely been very busy around the community! Many of you have seen the recent improvements to our physical plant. We have replaced the bridge from the parking lot to Alder Cottage, which turned out just beautiful! We also completed the paver project with a new patio out by the gazebo, the entrance to the Community Cottage, and the parking lot at the bottom of the driveway.

Our remodel team has now moved into the remaining three Assisted Living Cottages with work starting in Cedar dining room as well as the living room of Alder.

The Saint Patrick's Day Party was a huge success with the return of one of our favorite performers: Jon Pressman! We also had our Easter Celebration full of good food, music and an Easter Egg Hunt!

Finally I would like to take a moment to introduce our new Resident Care Director and Registered Nurse: Kaori Kobiyashi. If you have the chance please give her a warm welcome to the Pacifica family; We are very blessed to have her on our team!

Heinz Gehner - ED

## Who am I?

I was born and raised in Japan. After graduating from high school I moved to the U.S. and pursued a career in nursing. I have worked as a nurse at other senior communities and for my local school district.

I have a daughter who is on her middle school's swim team. I also own an adorable little white dachshund, which is a rare color for the breed. In my spare time, I play piano, jog and sip a cup of coffee or two every morning.

## Welcome to Our Community

Robert Rule  
Roy Elliott  
Peggy Franklin

## *Activities & Special Events*

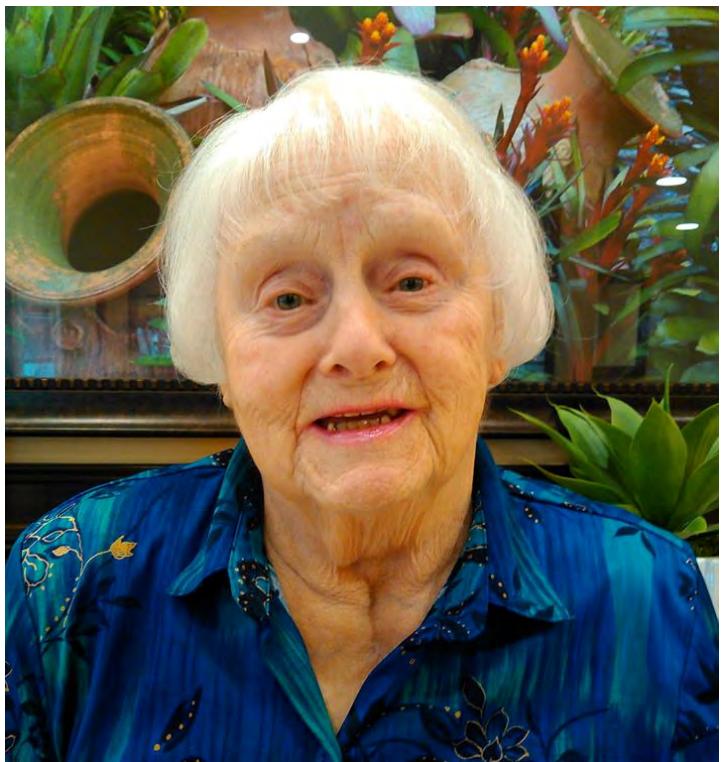
Pacifica Senior Living Snohomish is proud to partner with our local Senior Centers for several special activities and events during the month of April.



Starting every Tuesday, we will be bringing a small group of our residents to the Snohomish Senior Center to visit old friends, play bingo, join a bridge group and more!

We will also be taking a trip to the Carl Gipson Center in Everett on Saturday April 21st from 1:00PM-3:30PM for the Annual Ladies Tea & Brunch! Family members are also invited to attend this FREE event as well, but residents will have first priority for available tickets. Seating is limited to 12, so dust off your fanciest hat and contact Roxie to RSVP for this unique experience.

### *• Senior Spotlight: June Morgan*



#### **Meet June Morgan!**

June Morgan is a friendly gal that absolutely LOVES animals... most of all dogs! In fact, one of her very favorite programs here is Pet Therapy with Chancellor & Daisy. June is very social and has a great sense of humor: when we asked her if she likes any other animals besides dogs, her response was, "Yes: Chickens.... on my plate!"

June also likes to spend her time working on Arts & Crafts, putting together puzzles, and watching the Golden Girls.

## *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 out and about in 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 those 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...**

Marion Stocker 4/10

Dorothy Brenchley 4/12

Caroline Lamb 4/13

Patricia Bond 4/20

Lovelle Wood 4/25

## *Spiritual Activities*

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

We are proud to 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)*

**Kaori Kobayashi, RN  
Resident Care Director**



## *Management Team*

Heinz Gehner  
**Executive Director**

Roxie Stormo  
**Community Relations Director**

Nancy Thomas  
**Activities Director**

Janice Kleespie  
**Food Service Director**

Chris Schilz  
**Maintenance Director**

Kaori Kobayashi  
**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!*



**PACIFICA**  
SENIOR LIVING

SNOHOMISH  
Assisted Living  
Memory Care

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*Welcome Home!*