

Pacifica Tidings



JUNE 2018



A Note from the Executive Director

The month of June has arrived, and we're still lucky to have such wonderfully sunny weather! It's a great way to start off a month where we celebrate the other special person in our lives: Dad!

As we celebrate Father's Day, I'd like to invite all of our friends and family to Pacifica Senior Living Snohomish for our Annual Father's Day Barbecue on Saturday, June 16th. I'd also like to take a moment to acknowledge and give thanks to all of the amazing dads out there, including my own!

A Very Happy Father's Day to One and All!

-Heinz Gehner, ED

Who am I?

I was born in Sacramento California and have 3 Brothers and 3 Sisters. At age 14, my parents divorced and we moved to Redding, CA.

I myself have four children of my own (Carl, Lindsay, Megan & Tyler) plus 7 Grandchildren.

I now live and work as a chef in Washington, the place where I recently married the man of my dreams, David, on October 14, 2017.

Welcome to Our Community

All new residents, families friends, and employees alike!

We're happy to have you here!

Activities & Special Events



In June, we are proud to celebrate a variety of special events by kickstarting the month with the first Friends & Family barbecue of the season in honor of an extra special person: Dad!

Pacifica is also excited to spend more time in the sunshine this month by soaking up rays on the patio with a nice glass of lemonade—just be sure to wear your sunscreen!

Make sure you look out for the Pacifica Bus as we go out and about in the fresh air for a picnic at Lake Tye, walking club to local parks and neighborhoods, and even a trip to the casino.

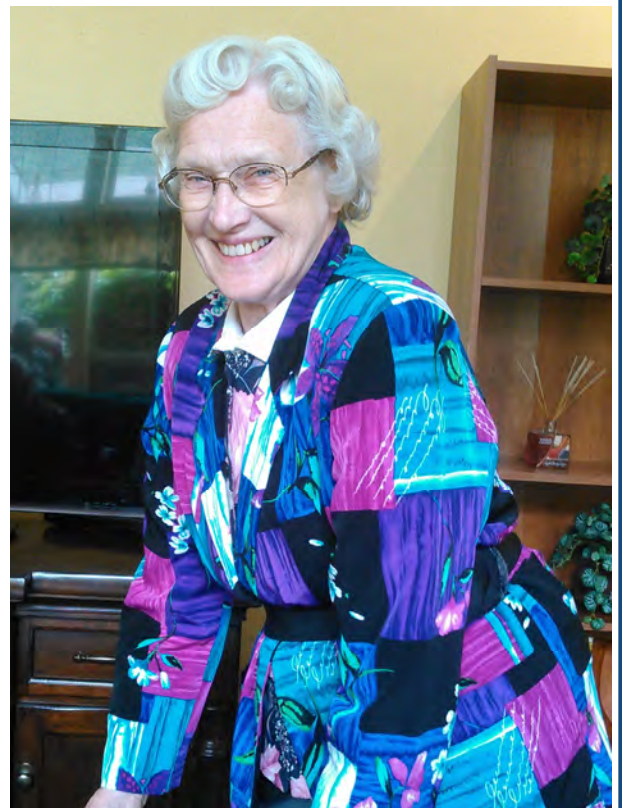
It's sure to be lots of fun in the sun!

Senior Spotlight: Joy Beckmeyer

Claretta Joy Erdman grew up with her younger sister and parents on a very charming farm North of Bellingham, with stunning views of Mount Baker. She earned 25 cents/hr. driving the John Deere tractor, which is just the beginning of her many life adventures.

Joy was one of two girls per state attending the 1950 National 4-H Camp in Wash. D.C. After college, she taught Home Economics and other subjects for 38 years. She was married to Ted Beckmeyer for almost 60 years before his passing, and they had 4 children and 4 grandkids.

You will find her going to activities on Pacifica's covered walkways, prepared to entertain with a joke, story or fun fact. Church and music are all-important to Joy! Some additional facts about Joy: She earned a student flying license and flew a Cessna! She even rode a camel at the Pyramids in Egypt!



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....

Betty Batt 6/2

Patricia Lipke 6/15

June Morgan 6/15

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)

Janice M. Kleespie
Dining Services 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
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SNOHOMISH
Assisted Living
Memory Care

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Welcome Home!