

Pacifica Tidings



PACIFICA
SENIOR LIVING

WOODMONT
Independent Living
Assisted Living • Memory Care

**June
2018**



A Note from the Executive Director

Greetings to our Woodmont Family,

I would like to thank you all for attending our Mother's Day Brunch. It was our honor to celebrate you all. This month we have a lot of exciting outings planned such as a Boat Ride in Wakulla Springs, Mall Trips, and dining at several locally owned restaurants.

We would like to give a warm welcome to our new Marketing Director, Skylar Lewis. Don't be afraid to stop by her office and introduce yourself! We are also please to announce our Memory Care Activities Director, Tionna Jones!

Please join us Saturday, May 16th at 11:30 AM for our Father's Day BBQ which will be located in the Courtyard. Tuesday, May 26th we will be having our Family Night Dinner.

Last but not least, please feel free to stop by my office and say hi or let me know how we are doing in the community. We really enjoy taking the time to get to know families and see them participate in the events and provide us with feedback on the care of your loved one! It is my pleasure to serve you.

With my Best Regards,
Scott J. Dalton| Executive Director

Who am I?

- I was born on April 24, 1942, in Brooklyn, New York.
- My most meaningful project took 15 years to execute.
- I suffer from extreme stage fright.
- I have used my fame and fortune to advocate for causes I care about.
- My nose is my most famous feature.
- I am an award-winning singer, actress, director, and producer.
- Despite my many accomplishments, I am often very insecure.

Welcome to Our Community

James Clouser
Marion Clouser
Doyle Bullock

In Honor of...

Mary Newlan, John Crolla

Vera Brown , Joannae Will

Evelio Almedo



We will miss you...



Upcoming Events

Join us **EVERY** Friday for
Happy Hour with live music,
light refreshments & cocktails
3:00 PM

**HAPPY
HOUR**



Resident Council Meeting
Tuesday, June 5th
12:30 (AR)

Food Committee Meeting
Wednesday, June 6th
12:30 (SR)

Resident Meeting
Tuesday, June 12th
12:30 (DR)

Join us
Saturday, June 16th at
11:30 in the
Courtyard for a BBQ
honoring all of our
Father's



Wednesday, June 20th
We are headed down to the
Wakulla Springs for a Boat
Ride and Lunch!



Thursday, June 21st
Resident Birthday Party
at 3:00 PM (DR)



Upcoming Outings

Publix



bellaObella Italian restaurant **Walmart**



DOLLAR TREE

Special Events & Memorable Moments



Health & Fitness by

This month's wellness program is about focusing on raising awareness about the causes of stress, the negative effects of stress can have on the mind and body, and how to relieve stress. Stress can lead to a number of major health problems, ranging anywhere from anxiety to severe depression and from mild acne to life-threatening heart attacks. Sometimes it is unavoidable, but that is why taking time for yourself is so important. It is healthy to relax, renew, and rejuvenate.

Positive ways to deal with stress:

- Read about simple meditation techniques you can do any time, any place.
- Recognize when you don't have control, and let go.
- Develop a vision for healthy living, wellness, and personal growth, and set realistic goals.
- Avoid caffeine, alcohol, or nicotine.

Birthdays

Happy Birthday to our
June
Residents & Staff

Spiritual Activities

Catholic Mass 1st Saturday
of Every month at 10:00 AM

Catholic Rosary
Every Wednesday at 4:00
PM

Bible Study
Every Tuesday & Thursday
at 6:30PM

Church Service
Every Sunday at 2:00 PM

Evening Prayer
Every Monday at 6:30 PM

Who Am I? (answer)

Do you know who I am?

That's right! I am Barbra Streisand!



Employee of the Month



Congratulations to our
April Employee of the
Month, Nurse Atam!



Congratulations to our
May Employee of the
Month, Laketa!



Congratulations to our
June Employee of the
Month, Carissa!

THANK YOU!





Getting to Know Your Neighbor...



Greetings! We are Marion and James Clouser. I am 87 and my husband is 90 years old. We met at the tender ages of 23 and 27 at an eye doctors appointment where I was a secretary. At

first we were not too struck on each other, however, my husbands friend put pressure on him to take me out and go on a date. From then on, our journey began. We have been married for 54 years and in between that time we have accomplished all and more that we could have ever imagined. James served in the Air Force for 2 years and was an Electrical Engineer and

I was a school teacher. We have traveled across the United States to see National Landmarks like the Grand Canyon and Niagara Falls and flew to view the beautiful landscapes and experience different cultures in Europe. We have 3 children and 1 grandchild. We both love to read and play trivia games. I love clothes and sewing, painting and drawing as well as poetry. We are so excited about moving into Pacifica and cannot contain our excitement to meet our new neighbors!



Management Team

Scott Dalton
Executive Director
Aisha Thompkins
Business Office Manager
Latina Hall
Director of Nursing
Leteka Scott
Memory Care Director
Honza Sedlacek
Maintenance Director
Skylar Lewis
Marketing Director
Ryan Siler
Dining Services Director
Brittany Jones
Activities 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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*3207 N. Monroe Street
Tallahassee, FL 32303
(850) 562-4123
Lic.# 99*

Welcome Home!