

Pacifica Tidings



JULY 2018



A Note from the Executive Director

Happy Independence Day!

We have already gotten off to an amazing summer and we are so excited about these changes! Dawna Wymore has moved from the front desk and has taken over the activities department. She has started off with a bang and has added many new activities and increased the trips out of the community. The residents and even several family members have enjoyed playing with Dawna! To keep an eye on what our residents are up to please follow our Facebook page, "Pacifica Senior Living – Snohomish."

We are also excited to add a new member to our health services department. Charmaine Krieg is an RN who brings several years of experience and a huge heart! She is already a true asset to our team!

Finally construction has started back up! We moved all the residents from the Cedar cottage at the end of June. With the cottage empty the construction team is working at high speed and we look forward to getting the cottage open again very soon!

May you all have a safe 4th of July full of fun with your families!

-Heinz Gehner, ED

Who am I?

I'm 24 years old. I have two beautiful daughters. My oldest is 6 and my youngest is almost 3. I am happily married to my high school sweetheart and my best friend. My goal in life is to be the best mother and wife I can be.

I am working towards becoming a nurse because I want to feel like I'm making a difference.

I love to help people and I care about others. I just want to be able to say that I made a difference for someone whether it be huge or small.

Welcome to Our Community

John Benthem
Kathy Crapson
Mary Guay
Betty Treece
Steve Groagan
TerryAnn Bowen
Della Shiffer
Sandra Smith

Activities & Special Events



Summer is here and we are excited for July! We will be starting this month by celebrating the Fourth of July with good food, entertainment and fireworks!

July continues with Scenic Drives, Picnic Outings and trips to the Top It Yogurt Shop where we can build the perfect yogurt dish with toppings! A ferry ride from Edmonds to Kingston is on the calendar. Stopping for an ice cream cone is a must!

We're looking forward to testing out the new Wii Games donated to us. Thank you Heinz! And introducing Hand Therapy which promises to be a favorite. The Art Studio is where you can go to create a masterpiece. We will continue with the Men's Workshop and The Joy Club on Wednesdays, as they have shown to be quite popular! I think the guys are close to racing their pine derby racecars! Wow, do they look great! The Senior Center Trip in Snohomish continues every Tuesday for Bingo! We are all looking forward to a beautiful warm and safe July. If you'd like to see our postings on where we go and what we see, find us and like us on Facebook!

Senior Spotlight: Alice Roeder

Alice was born and raised in Elkhorn Manitoba, Canada. She grew up with 3 brothers and 6 sisters. Alice and Robert married and had 3 children of her own. Today, she holds the role as Grandma to a very beautiful granddaughter.

Alice loves to travel. She's been to Mexico, Brazil, England, Ireland, Washington DC and Hawaii. Just returning from a Cruise, she speaks highly of her adventures on the Carnival Breeze.

If there's a Scenic Drive or Casino Trip on the schedule, you can count on Alice to be there. She loves Ring Toss, Bing Bag Toss and Wheel of Fortune. And She's Good!

Words of Wisdom: Enjoy life and look at it from a positive, not negative. Learn new things.



Health & Fitness by

Dawna

I think we all know that exercising is a good way to lose weight... but did you also know there are many other great benefits that can come from a daily exercise program?

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 give a person better balance and mobility. These steps alone can help reduce falls in the senior population by about 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.

At Pacifica, we proudly support physical programs to help keep us happy and active throughout the entire community.

Birthdays



HAPPY BIRTHDAY TO.....

Jeannine Cochrell	7/1
Sonny Stevens	7/16
Donna Porter	7/24
Ellen Saddler	7/26
Colleen Watson	7/28

Spiritual Activities

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

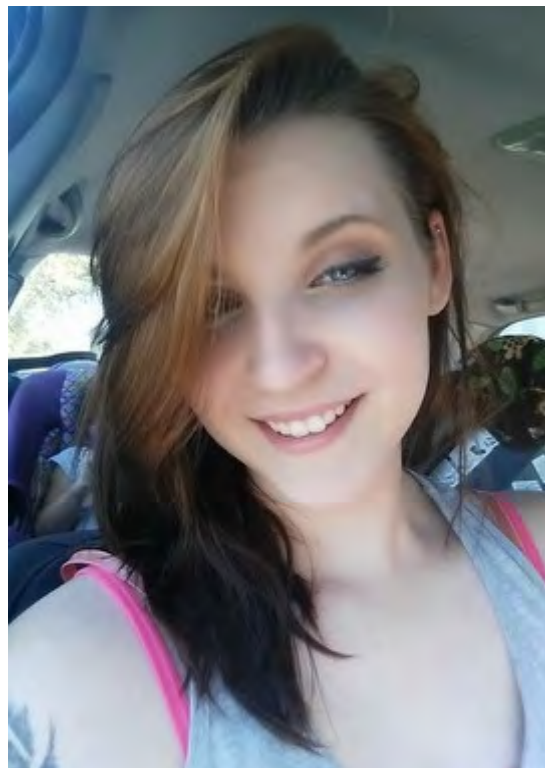
We are proud to offer Sunday Morning Sermons in Memory Care as well. In the afternoon we like to sing along with our favorite gospel tunes from our Hymnals. It's truly a spiritual experience for all.



Who Am I? (answer)

Sara Pearson

Personal Care Assistant



Management Team

Heinz Gehner
Executive Director

Roxie Stormo
Community Relations Director

Dawna Wymore
Activity Director

Jill Stone
Memory Care Director

Janice Kleespie
Food Service Director

Chris Schilz
Maintenance Director

Charmaine Krieg
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!