

Pacifica Tidings



July 2017



A Note from the Executive Director

Welcome to July!

I would like to personally wish everyone a happy Independence Day. For those who served in our armed forces, thank you for serving our country and fighting for our Freedom. Freedom didn't come free!

Please help me welcome Robin Ota to our Pacifica Team. She is our RN oversight. Although we will have her a few hours a week, please continue to direct any care concerns to our Resident Care Director, Jamie Hasse and Chante Meabebasterrachea our Resident Service Coordinator.

We have some fun things in store for July so stop by our Activity Center to sign up for the activity of your choice. Terri is more than willing to also help you!

Thank you for continuing to make Pacifica Ellensburg such an enjoyable place.

Sincerely,
Angelena Bishop

Who am I?



Welcome to Our Community

**Bill and Mary Jo
Bowden**

*Happy
4th of July*
Tuesday, July 4th
12:00 Picnic
**2:00 Watermelon Social
and Lawn Games**



Activities & Special Events




**Social
Friday
July 7 & 21
3PM**


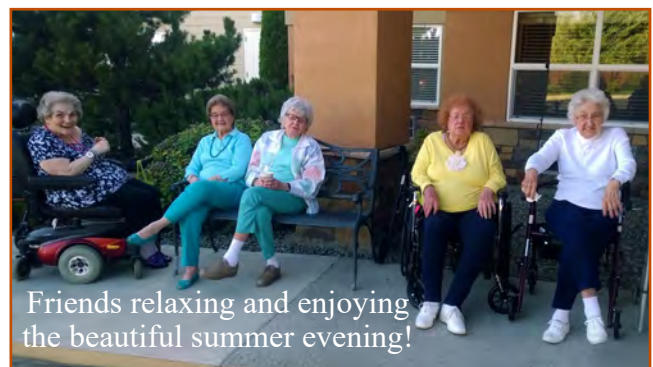


*National
Ice Cream Day
Social*
Sunday~July 16, 2pm

**National
Hot Dog Day
July 19**

***Bon Voyage
Cruise for Fun Social and Dinner
Thursday, July 13 at 3pm
Music by Keith***


**Keep UP
the GOOD
work!**

**EXERCISE
FOR SENIORS**



Be-Fit Exercise Chair Aerobics



Walking Club Fun with Balloons



Health & Fitness by Terri Wells

8 Summer Sizzling Safety Tips for Seniors

Enjoy the blue skies and warm weather with these safety tips.

1-Drink plenty of fluids:

Drink 6-8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. Feeling thirsty decreases as we age.

2- Wear protective clothing:

Wear loose, lightweight and light-colored long sleeves to help protect your skin from the sun.

Wide brim hats are also great to protect your face and neck.

Sunglasses are the best eye protection from UVA and UVB rays.

3 Turn on your air conditioner!

4- Be and early bird or night owl and avoid the intense sun between 10am to 4pm.

5- Watch for heat stroke: Signs to look for are confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and rapid pulse.

6- Check on friends and family to make sure they are alright during rising temperatures.

7- Review your medication:

Some can cause side effects, like increase sensitivity to UV rays.

8- Wear sunscreen that has 15 or more sun protection factor (SPF) and apply 15—30 minutes before exposure.

Taken from CompassionateCareMI.com

Birthdays

July brings us 9 Birthdays

LaDonna Morrison-Gray, 9

Charles Long, 14

Elma Caldwell, 18

Betty Robinson, 18

Eva Oehlerich, 20

Nancy Burrow, 25

Frank Livengood, 26

Arlane Nesmith, 29

Susan Trail, 29

***July Birthday Party
Thursday the 27 at 12:30 PM***



Spiritual Activities

MONDAY ~ 9:30

Bible study with Jean in the Media Room

TUESDAY ~ 9:15

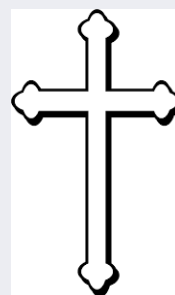
Communion ~ Catholic Faith Fireside Room

WEDNESDAY ~ 3:00

Calvary Baptist Service
Enjoy an uplifting service and singing. Dinning Room

1st WEDNESDAY ~ 9:00

St. Andrews Mass
Media Room



**Sunday
Mornings
Spiritual
Coffee
Hour at 11AM
with Terri**

Who Am I?

LeRoy Heppard

(answer)

I was born in Sullivan, Indiana in 1947. My parents had 4 children 2 girls, Janet and Deanna and 2 boys, LeRoy and Brent. I was the 2nd birth and first son. We moved from Indiana to Missouri, then to Seattle.

At the age of 9 years old, I was hit by an automobile driven by a drunk driver. The car ran over me and drug over me at which time I sustained broken bones in my back and ribs, and a head injury that damaged my brain. I also had a large contusion on my left leg. The doctors were concerned and told me I would never be able to walk, work or drive a car. I proved them wrong. I was able to walk, worked for a living and learned to drive. I went back to the doctors and told them everything I was able to do. They were happy for me and almost passed out.

1965 was a good year for me. I graduated from high school, June 22 and applied to work at Boeing. I worked for them for a total of 32 years. My very first job was working with a soda company and later at the age of 18 I started working for Boeing. My job was to take apart computers to get them ready to have them refurbished. I sorted out nuts and bolts and cleaned them. We saved the company 2.3 million dollars refurbishing computers. I retired from Boeing at the age of 54. Last year I had open heart surgery with a 4 way by pass. I'm doing fine now. I moved to Pacifica 3 years ago. I am happy to be here.



Management Team

Angelena Bishop

Executive Director

Lise McGowan

Community Relations Director

Robin Ota

RN Oversight

Jamie Hasse

Resident Care Director

Chante Meabebasterrachea

Resident Care Coordinator

Vivian Zakrzewski

Business Office Manager

Tim Ryan

Maintenance Director

Faly Nevarez

Dining Service Manager

Terri Wells

Activity Director

Isabelle Blake

Concierge



*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

ELLENSBURG

Assisted Living

818 E. Mountain View Ave.

Ellensburg, WA 98926

Tel: 509.925.1220

www.PacificaEllensburg.com

Welcome Home!