

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING

ELLENSBURG

Independent Living  
Assisted Living • Memory Care

**September 2018**



## *A Note from the Executive Director*

Welcome to September!

Let this be the month of Celebration as we celebrate Labor day. Work is not punishment but a reward.

One of my favorite quotes that I truly am inspired by is:

“The miracle is not that we do this work, but that we are happy to do it” ~Mother Teresa

Have a wonderful September,

~Angelena



## *Who am I?*



## *Welcome to Our Community*

**Bill Beattie**

**Ann Cruse**

**Steven MacArthur**

**Connie Miller**

**Diana Phillips**

**Penny Sherrill**

*Activities & Special Events*

**Monday, September 3, 2018**

HAPPY  
**Labor Day**

**Barbecue & Games  
11:30AM**

**Join us on Tuesday, September 11, 2018 as we honor and remember all the heroes and victims of 9/11.**

**11:30AM-1:00PM — BBQ, 21 Gun Salute, and National Anthem (Invite your families & friends)**

**Patriot Day**

Honoring and Remembering September 11th



## *Health & Fitness by*

Our autumn weather will be arriving in Ellensburg folks on September 22nd.

We will need to still stay active mentally and physically as the daylight will start changing.

Mental health is as important as physical health. Did you know that healthy older adults can continue to thrive, grow, and enjoy life? Yes, we can by reading, walking, and socializing are just a few of the activities that many individuals enjoy at any age. Exercising your mind and body, and maintaining connections are good for our mental health, too.

Please join in with some good word search activities and "finish the phrases." It is a lot of fun and brings back awesome memories of places we've been in our past. In addition, super fun discovering how much we remember from school as a kid. (Ask resident Gary L. to say the Constitution of the United States.) He's pretty impressive recalling it from memorizing it in the fifth grade! "Way to go Gary!!!"

Let's keep an active eye on your September calendar for fun activities to engage in.

Source:  
[www.lifeseniorservices.org/](http://www.lifeseniorservices.org/)

## *Birthdays*

**September brings  
us  
Birthday**

**Vivian West 9/25**

## *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. Dining Room

**1st WEDNESDAY ~ 9:00**

St. Andrews Mass  
Media Room



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

## *Who Am I? Murl Cantebury*

*(answer)*

I was born on Dec. 31, 1928 in Gotebo, OK. My parents had six children: four girls and 2 boys. I was the 2nd oldest. We lived on a 160 acre farm. We had all kinds of livestock raising sheep and milking cows. I lived there until I finished my freshman year of high school in 1942. Then, we moved & I quit school half way through my junior year to work. I realized I needed a diploma and went back to high school my senior year graduated and met my wife Theola. We married in 1948. We had two boys and one daughter. We moved around during our married life as a one man meat market. In 1971, we moved to Ellensburg. One year after moving, I got into the Posse for nine years. I was married for 69 years. I enjoy living here with the people and staff as I got to know them.



## *Management Team*

**Angelena Bishop**

Executive Director

**Brian Jones**

Sales Director

**Alex Stevenson**

Resident Care Director

**Sharon Buettner**

Resident Care Coordinator

**Jacob Butler**

Business Office Manager

**Tim Ryan**

Maintenance Director

**Faly Nevarez**

Dining Service Manager

**Terri Wells**

Activity Director

**Lauren Melcher**

Concierge



## *Our Mission*

*Privately owned, Pacifica Senior Living  
strives to create a lifestyle of  
independence and peace of mind  
for each individual and their family.*

*We do what we love and  
what we truly believe in –  
providing compassionate, personalized  
care services with dignity and respect.*

*Our dedicated, professional team supports  
each resident and goes above and beyond  
to help them feel at home.*



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**818 E. Mountain View Ave.**

**Ellensburg, WA 98926**

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***www.PacificaEllensburg.com***

*Welcome Home!*