

# Pacifica Tidings

  
**PACIFICA**  
SENIOR LIVING  
KLAMATH FALLS  
Assisted Living

**JULY  
2018**



## *A Note from the Executive Director*

Can you believe we are halfway through 2018 already? I for one am enjoying more sunshine and time outside with my dogs.

To all of the Fathers I hope you had a great Father's Day and felt loved by your family. I personally don't know what I would do without my Daddy.

I was privileged to be a part of the planning committee for the National Elder Abuse Awareness Event that the city was having on June 15th this year. I felt even more privileged when I was asked to speak at the event and share my experience with Elder Abuse early in my career as a caregiver. I spoke fondly of all of

you , **MY RESIDENTS**, and how lucky I felt to be a part of your lives. This event was something I feel passionate about and can't wait to be a part of next year.

**LET'S HAVE A GREAT  
SUMMER!!**

~Stephanie Shaffer



## *Who am I?*

***I was born in 1903 and died at the ripe ol' age of 100 in 2003. I was married 2 times and had four children. In addition to my success in radio, on tv and in movies like "Road to Morocco, I developed a reputation for my untiring efforts to entertain and boost the morale of American personnel stationed all over the world.***

**Come see Debra if you think you know the answer. There might just be a prize in it for you!**

## *Welcome to Our Community*

We are happy to have the following new Residents in our Community:

**Don Campbell  
Gaye McCluskey  
Sylvia Huber  
Rita Allegratti**

**WELCOME TO THE  
FAMILY**



## *Activities & Special Events*



### **JULY 4TH BBQ**

**We will be celebrating this wonderful country on Wednesday July 4th with a BBQ lunch and games at Noon.**

**Come and celebrate your freedom with music food and fun!**

**WE ARE GOING TO HAVE  
A HIPPIE DAY!**

**THURSDAY JULY 26TH  
PLEASE DRESS UP AND  
LET YOUR INNER HIPPIE  
SHOW. THERE WILL BE A  
BEST DRESSED HIPPIE  
PRIZE!**



**PLEASE COME OUT AND  
SEE THE GARDEN. THANK  
YOU TO VIVIAN WHO  
TENDS TO IT SO  
CAREFULLY.  
IF WE CAN KEEP THE  
SQUIRRELS OUT WE MIGHT  
HAVE ENOUGH FOR A  
SALAD!! HAHA**

## *Memorable Moments*



On Sunday June 24th our community was one of the stops on the Poker Run which is a part of the “Kruise of Klamath”. Residents were outside as classic cars came into the parking lot and got their official stamp. Cindy Nye was nice enough to be our official “stamper”. Thanks for doing such a good job Cindy.



**WE WANT TO RECOGNIZE THOSE  
RESIDENTS WHOM WE HAVE LOST  
RECENTLY**

**LOIS HARTLEY  
BETTY ANSELME  
JO WAITKUS  
MARILYN MATICE**

**YOU WILL FOREVER BE IN OUR  
HEARTS!**

## *Birthdays*

I've included June Birthdays since we don't do a newsletter that month and I don't want anyone left out!

### **JUNE:**

Wanda Hickey 4th  
Sharon Anderson 11th  
Helen Folck 30th

### **JULY:**

James Whittaker 4th  
Millie Nelson 17th

**THE STAFF AT PACIFICA WISH  
ALL OF YOU A VERY BLESSED  
BIRTHDAY AND LOVE EACH  
AND EVERY ONE OF YOU!!**



Are we  
celebrating 29  
...again?



## *A Note from the Activities Director*

*I would like to thank those of you who support me and come to the activities. Recently I was not able to be here and do our activities. I want to thank those who stepped up and helped. I missed each and every one of you and I'm happy to be back. My absence drove home to me how much I love you and love my job. Please let me know when you have new activity ideas. I love to hear from you!!*

**Debra Bray~ Activity Director**

**Join Us For Our New &  
Improved Book Club On The  
First Tuesday Of Every Month  
@ 11:30 in our activity room.**

**"Everyone will be served lunch."**



## *Health & Fitness by*

### **PACIFICA**

Each Monday, Wednesday and Friday at 9:30am in the activity room we will exercise to our "Stronger Seniors" Video. Please come and join in. It is low impact and you can do all of it sitting right in your chair.

Exercise has countless benefits for those of all ages, including a healthier heart, stronger bones and improved flexibility. For seniors, there are additional benefits, like the fact that regular exercise reduces the risk of chronic diseases, lowers the chance of injury and can even improve one's mood.



## *Fitness Activities*

### **EXERCISE FOR SENIORS**

#### **STRENGTHENING EXERCISES:**

Using weights, resistance bands or even large soup cans or water bottles during a workout presents a low impact way to increase your overall strength.



## *Spiritual Activities*

~Every Tuesday evening @ 6:15 we have a Bible Study by Allan & Jane Craigmiles in our Activity Room.

~Every Sunday morning @ 9:15 we have a Sunday Church Service in our Activity Room.

~Bible Study with Skip & Gayle is on Thursdays at 10:30am in the Activity Room.



## **RED HAD SOCIETY IS IN FULL SWING**

**NEXT MEETING IS JULY 2ND AT 10:45 AM  
IN THE ACTIVITY ROOM  
WE WILL BE DOING OUR WHITE  
ELEPHANT GIFT EXCHANGE**



**Age is  
a state  
of mind!**

ZingerBug.com



## *Management Team*

- **Executive Director:**  
Stephanie Shaffer
- **Business Office Manager:**  
Mary Anne Kirwan
- **Resident Care Director:**  
Becky Martinez RN
- **Dining Services:** David  
Murphy-Smith
- **Activities:** Debra Bray
- **Sales:** Mark Saxton
- **Maintenance:** Richard  
Brumwell
- **Resident Care Coordinator:**  
Lacey Howell
- **Sales:** Mark Saxton



## *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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SENIOR LIVING  

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KLAMATH FALLS  
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**2130 N. Eldorado Avenue  
Klamath Falls, OR 97601  
(541) 882-4830**

***www.PacificaKlamathFalls.com***

*Welcome Home!*