

Pacifica Tidings



AUGUST 2018



A Note from the Executive Director

This summer has been flying by so far and we are all having a great time down here at Pacifica – Snohomish! We have been keeping busy enjoying some great weather, amazing activities and fabulous food! We are looking forward to our next big summer event coming up this month! We will be sliding into our boots and throwing on our cowboy hats as we head on down to the Snohomish Summer Shindig on August 18th. There will be entertainment by a local country western singer, we will be enjoying a variety of dishes including BBQ ribs, corn bread and Cowboy Caviar and you may even see a little western line dancing! Come on down and join us y'all!

I am pleased to announce I am finalizing details to have a podiatrist come visit the community every other month. I am working with Advanced Foot & Ankle clinic to schedule these visits. More info to come soon!

Finally, we have our annual flu shot clinic scheduled for, Thursday September 13th. Rite-Aid did an amazing job last year and they will be back to provide vaccinations again this year! I will be emailing authorization forms out soon and they will also be available at the front desk!

Thank you again for another wonderful summer! Heinz J. Gehner, ED

Who am I?

I am 28 years old. I grew up in Lake Arrowhead, CA. I moved to the beautiful Northwest 9 years ago. I enjoy vacationing, writing and going on walks.

I am happily married to my amazing husband and best friend. We have an enthusiastic 5 year old son!

My Passion in life is to help others. Helping one person a day might not change the world but it can change the world for that one person!

"Use your smile to change the world, don't let the world change your smile!"

Welcome to Our Community

Ann Reinmann
Kathleen Noble
Marilyn Mantzke

Activities & Special Events



From our calendar to yours.. Mark This One! On Saturday, August 18th, we are having a Snohomish Summer Shindig! Good ol' country barbeque is on the menu along with fun games and entertainment. Mike Harness will be stopping by at 12:00 pm. Make sure to stay for his performance. It promises to be a good show! We'll start serving at noon and wrapping up around 3:00 pm. Don't forget to RSVP! Hope to see y'all there, ya hear!

The fun doesn't stop there. We have a full calendar lined up with different activities that is sure to peek everyone's interest. From Scenic Drives to Ferry Rides we have it covered! We're bringing back Happy Hour!! It will be held every Friday at 3:00 pm followed by the Friday Social at 4:00 pm. The Book Club is new to the calendar and I am looking forward to hearing the reviews. Many of our residents love to read. Our new resident Ann shared these words with me.. "My mom used to tell me to go find a book and a quiet spot to read it. Best thing my mom ever did!" I think Ann is going to enjoy this new group. For those of you that are new to Pacifica Snohomish and would like to see the pictures we post of what's happening, it's easy! Find us then like us on Facebook!

Senior Spotlight: Kathy Crapson

Kathy was born and raised in Snohomish, WA. She grew up with 2 brothers and 2 sisters. Kathy and Henry married in 1966 and raised 3 girls and 1 boy. Today, she has 6 grandchildren and enjoys being a grandma.

Her career started right after she graduated from High School. Kathy spent seven years bookkeeping for one of the Law Firms in Snohomish.

Kathy discovered she had a passion for cooking and baking. Her recipe books are very dear to her. She also enjoys embroidery and needle work projects.

Kathy enjoys the activities at Pacifica! The Art Studio, Spike Ball and Scenic Drives are just a few you will find her participating.

Words of Wisdom: To be honest and to be dependable.



Health & Fitness by

Roxie

We all know that exercising is a good way to lose weight... but did you know there are many other great benefits that come from daily exercises?

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 help create better balance and mobility. These steps alone can help reduce falls in the senior population by almost 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 or migraines.

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

Feel free to join in on fitness fun with: Morning Exercises, Walking Clubs, SKEE Ball lessons and many more!

Birthdays



Janet Creighton	8/2
Verla Murdaugh	8/8
Sandra Smith	8/10
Joy Beckmeyer	8/11
Roy Poler	8/17
Kathleen Crapson	8/20

Spiritual Activities

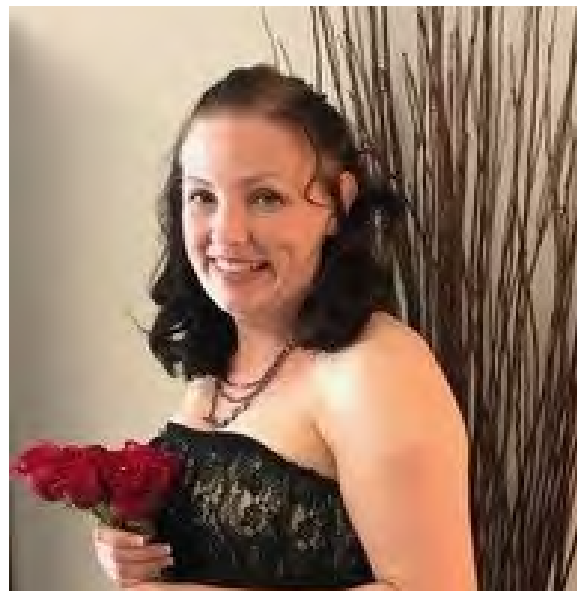
On Sundays, we are blessed to have Church Services provided by Saint Michaels Parish. They also offer us Communion; On Wednesdays Tim comes by to provide this special service for all of our residents. We also spend time reading uplifting short stories of hope and faith.

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)



Treasure Johnson

*Personal Care Assistant
Med-Tech*

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
SENIOR LIVING

SNOHOMISH
Assisted Living
Memory Care

*1124 Pine Avenue
Snohomish, WA 98290*

Tel: 360.568.1900

www.PacificaSnohomish.com

Welcome Home!