

# Pacifica Tidings



**September 2018**



## *A Note from the Executive Director*

Summer is quickly coming to a close and fall is right around the corner! We have had an incredible summer and the weather has helped with that! Our residents had the opportunity to enjoy a ferry ride to Kingston where we had a picnic and ice cream before returning home. This month we are looking forward to a trip to Arlington to visit the Kangaroo Farm! It is wonderful to see the residents have the opportunity to visit some of the wonderful attractions in our neighborhood!

I would also like to take this opportunity to remind everyone about our Flu Shot Clinic on September 13th. Rite Aid will be coming in offering the flu shot as well as Pneumonia vaccines, TDAP and Shingles. Rite Aid will bill insurance directly so there is no out of pocket cost and our residents don't have to leave the community to receive these very important vaccines! So, if you haven't already done so please sign up ASAP!

I would also like to remind you that it is not too late to sign up for the visiting Podiatrist. Please come see me if you need more info!

-Heinz Gehner, ED

## *Who am I?*

I am 20 years old. I was born in Hawaii and grew up learning to surf and enjoy the Aloha spirit. I moved to Washington 2 years ago. I love listening to music, spending time with family and enjoying a good book.

I just got married in June to my best friend and high school sweetheart. We have a puppy named Leilani and a kitty named Boots.

My passion in life is to be there for others and to put smiles on their faces.

## *Welcome to Our Community*

George Pierce

Marilyn Mantzke

Mary Kay French

Nori Yamaguchi

Pauline Morgan

Ray McLease

## *Activities & Special Events*



September is here and so is our fun filled calendar! As Summer winds down this month, we are ready for Fall. Cooler days, warmer drinks and exciting adventures ahead.

We will be visiting the Kangaroo Farm this month. Also, celebrating National Assisted Living Week September 9th through the 15th. Promises to be a lot of fun!

The Seattle Seahawks preseason games have begun! 12th man is strong and cheering them on.. Go Hawks!

Take a look at what's happening in the back of Alder Cottage!! A vegetable garden with pumpkins, corn and acorn squash. Thank you George and Marion for having the vision and making it a reality. Your garden has brought so much joy to everyone here.

Trips to the Snohomish Library is new to our calendar. This outing will make many of us very happy! And speaking of happy.. Happy Hour and the Friday Social have been a huge success. We have performers lined up for this event and they are good! To see our postings on Facebook, it's easy. Find us and like us at Pacifica Snohomish!

## *Senior Spotlight: Sandra Smith*

Sandy was born and raised in Sioux City, Iowa. She was a Flight Attendant for TWA Airlines where she met her husband. He was a pilot and they traveled the world together.

She also held the position as a Medical Technologist.

Sandy and her husband had a boy and a girl. Today, Sandra is a very proud grandmother of two grandsons.

She loves puzzles and coloring. Sandy also enjoys taking scenic drives, Starbucks outings and the Art Studio. Her favorite thing to do is make new friends.

Words of Wisdom:

*"Never forget the things that are important."*



## *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*



Linda Snyder 9/6

Roy Elliott 9/19

George Stocker 9/19

**Happy Birthday To You!!**

## *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)



**Destiny Furuyama**

**Housekeeper  
Cook**



## *Management Team*

Heinz Gehner  
**Executive Director**

Roxie Stormo  
**Community Relations Director**

Dawna Wymore  
**Activity 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  

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SNOHOMISH  
Assisted Living  
Memory Care

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*Welcome Home!*