

# Pacifica Tidings



October  
2018



## *A Note from the Executive Director*

It's hard to believe that I have been here for five months! My time here at Pacifica has gone by fast and I am so proud of the staff that I get to call my team members. We all have continued goals of providing the best care and making our community a home away from home. The next couple months here at Pacifica will be full of fun and entertainment as we approach the holiday season and we at Pacifica look forward to spending these fun times with you and your loved ones. I hope you are able to come in and enjoy trick or treating, Halloween costumes, thanksgiving

dinner and a beautiful Christmas holiday with us. From my family to yours I wish you an amazing holiday season and look forward to a beautiful relationship with you and yours.

Warmest wishes,  
Jennifer Abraham, RN Executive  
Director

## *Who am I?*



## *Welcome to Our Community*

The staff and residents would like to send a heartfelt welcome to our newest members of the Community

Hestel R.  
Robert C.  
Charles G.  
Linus S.  
Ronald W.  
Shannon S.  
Ronnie C.

## *Activities & Special Events*

### **~October ~**

**Yamhill Heritage Museum**

**October 17th  
1:30 pm-3:30 pm**

**Trip to the Pumpkin Patch**

**October 23rd  
1:00 pm-3:00 pm**

**Farm Tour**

**October 25th  
2:00 pm-4:00 pm**

**Halloween Party & Trick or Treat  
Community event**

**October 31st  
3:30 pm –5:00 pm**



### **Mt Angel's October Festival**



# Fun Day at the beach!!!!



# Luau Party!!!!



## *Birthdays*

**October Birthdays**  
Vivian C. 13th

**November Birthdays**  
Junior W. 2nd  
Ann R. 23rd  
Vernon W. 23rd

For everyone celebrating a birthday this month.  
Pacifica Senior Living  
McMinnville Wishes all of  
you, all the joy your hearts  
can hold!

We hold a monthly Birth-  
day party on the last Fri-  
day of the month at 2:00  
pm

Please feel free to join us!!



### **Who am I?**

Please meet Ashely Anderson, our new receptionist. Although Ashely is far from new to Pacifica McMinnville, she has worn many hats here. From Caregiver, Med Aide & RCC and her beaming Personality shines through in all she does. Ashely is a mother of 3 two sons and a daughter. Happily married to her husband Daniel they reside in Willamina Oregon. Ashely states "My favorite thing about working at Pacifica McMinnville is the wonderful relationship's with our residents and staff here" Ashely aspires to go into Hospice care at some point and ultimate dream is to have her own hospice home. We love Ashely's bubble personality and her true spirit of Caring. Thank-you for all you do!!

## *A Note from the Activities Director*

What an amazing time of the year!! You can already feel the crisp in the air and a little nip on your nose in the mornings. My favorite time of the year. It is only the beginning of the fun and festivities heading our way. It has been a true pleasure getting to know all the residents and staff here at Pacifica Senior Living McMinnville. To have become a member of this amazing Team is such a blessing! We have already had so much fun, Beach Trips, Luau Parties, October Fests, Scenic Drives and Theme Fridays. Every Friday is a theme day that all participate in and activities follow the theme for that day. It has been a lot of fun. Staff and Residents dress up and participate. Makes for a happy, fun atmosphere for all.

That is a goal I hold near and dear to my heart. That we have lots of Joy, laughter, love, kindness & SMILES! "Our residents don't live in our workplace, We work in their home~

Please see our Activities and Special events column in this newsletter to see all the upcoming fun we have in store!!!

I would like to extend an extra thank-you to all the staff that help and participate in Daily Activities, Theme days & Events. Those caregivers that go up and beyond to help bring joy into the daily living here. That take the extra time to help our residents participate to the fullest!!!

Looking forward to all the new adventure in the months to come!!!

## *Health & Fitness by*

Here are some easy tips to eat healthy and live a vibrant healthy Autumn. Buy foods in season. With the new season embrace the yummy foods that Autumn has to offer. Enjoy fresh pumpkins, apples, pears, figs & cranberries.

Eat your Autumn colors! Autumn is the season of warm earthly colors, deep greens, dark yellows and brilliant oranges. One rule of thumb is the more colorful the fruit the better it is for your health and immune system.

With the changing season, now is a good time to boost your immune system. Ward off those winter bugs. Drink plenty of water & eat plenty of fresh raw foods. All of those fresh Veggies, fruits & garlic will help as well.

Don't let the cooler temperatures stop you from moving your body! Far too many people stop exercising and more time doing sedentary things indoors. One way to keep moving is to bring your activity indoors, bounce on a rebounder, do yoga or try some Tai chi.

Live in the season. As the seasons shift, remember the days are shorter and longer nights. This is a perfect excuse to take time to take care of yourself. Enjoy this season spend sometime embracing it. Relax, grab some hot cider sit back and watch the leaves fall~~

## *Fitness Activities*

We are excited about our daily fitness program here at Pacifica McMinnville. Participation grows daily. Our Program includes some of the following:

Balloon Volley Ball

Tai Chi

Stretch and toning

Noodle fun

Walking

Chair dancing

Yoga

All of our programs are fun enjoyable and beneficial!  
Stay fit my friends!!!

## *Spiritual Activities*



### **Bible Study**

Every Tuesday & Thursday  
10:00 am

### **Communion**

Every Thursday  
10:30 am

### **Gospel Lessons & Worship Music**

Every Sunday  
10:00 am

### **Evening Hymns**

Every Sunday  
6:00

**Please come and Join us!!  
Wednesday October 31st Open house, fun and Games  
And TRICK OR TREATING!**

**3:30-5:00**

**Bring your Ghosts and Goblin's  
Best Costume Contest at 4:00**

**\$25.00 first place prize**



## *Management Team*

**Jennifer Abraham**  
*Executive Director*

**JoAnn Aguirre**  
*Memory Care Director*

**Megan Wolfe**  
*Business Office Manager*

**Tracy Frangos**  
*Activities Director*

**Kenny Hoover**  
*Dining Services Director*

**Brian Thompson**  
*Maintenance Director*



## *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.*



**PACIFICA**  
SENIOR LIVING  

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McMINNVILLE  
Memory Care

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*Welcome Home!*