

Pacifica Tidings



PACIFICA
SENIOR LIVING

SNOHOMISH
Assisted Living
Memory Care

OCTOBER 2018



A Note from the Executive Director

Fall in our beautiful corner of Washington is one of the most beautiful things I've been exposed to. I truly love to watch the leaves change colors and fall to the ground, the smell of Fall flowers in the crisp air, and just driving through the country side to watch the fog settle in to the pastures throughout the area.

October looks to be a busy month as we celebrate Oktoberfest and Halloween. We will also open Cedar cottage back up, but have decided to pause all additional construction activities to allow for uninterrupted holiday celebrations until after the first of the year!

I also want to ensure everyone is on the lookout for a special invitation in the mail. In November, we will be having a speaker come out to discuss Medicare and the many options available. Once I have the exact details I will share that info as well. I just want to help to make sure that everyone is educated going into open enrollment this year!

Have a Happy October Everyone!

-Heinz J. Gehner

Who am I?

I was born in Iraq and grew up in Baghdad the capital.

I got married 17 years ago and I have two children Ali 16, and Mariam 13.

I moved to the USA 6 years ago and wanted to get a job that I like to do. Luckily, I found myself working as a caregiver.

I enjoy giving support, patience, empathy and compassion to the people I am helping. I love my work and the people around me.

Welcome to Our Community

Velma Morris

Richard Behrens

Activities & Special Events

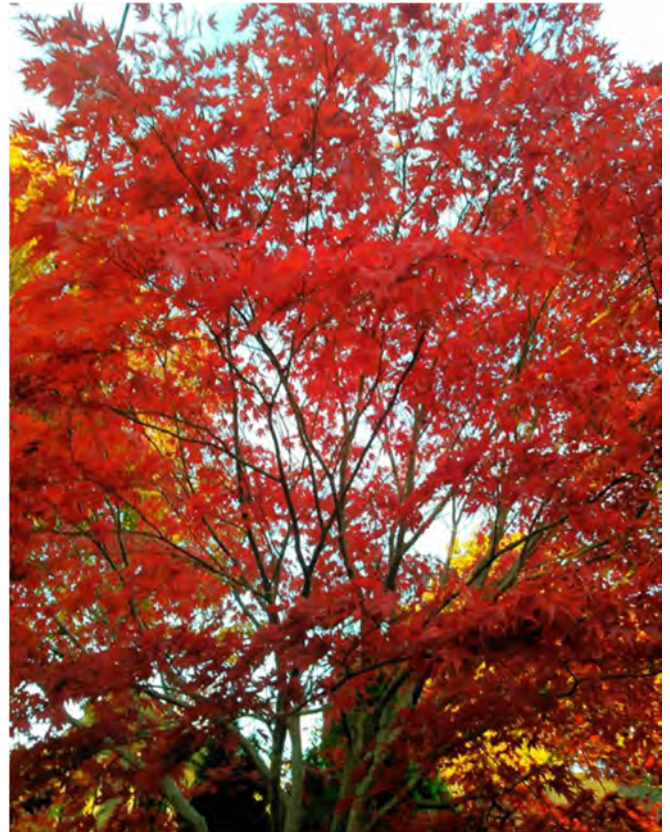
Welcome to the month of October everyone! Autumn has arrived at Pacifica Senior Living Snohomish adding more beautiful changes to our community.

On this month's calendar, we are taking full advantage of the Fall season! We are planning trips to Swans Trail Farm, Stocker Farms, and to Troy Beck Antiques. An Autumn Scenic Drive is scheduled as well, and we will be bringing hot apple cider along for the ride.

We will also have Lindi Moo returning to entertain for us along with Singing Sue, Mike Harness, Edwin Pearson, David Lee, Dean Hayes and Naomi Morgan performing this month. Check our calendar for time and dates.

I would also like to take a special moment to give a warm welcome to our new Activities Assistant, Fallon Egelstad! Welcome to the Pacifica Team! We both have exciting activities lined up in the future.

To stay up to date with current activities and events, find us and like us on Facebook!



Senior Spotlight: Wallace “Bo” Henderson



This month, we chose to focus our Senior Spotlight on our friend and resident, Bo Henderson!

Bo was born in Easley, South Carolina on Christmas Day, 1931. He was raised in Manor, Georgia where he attended North Georgia College at the age of thirteen. After one year, he went on to continue his education at the University of Georgia.

Bo was a Sailor in the US Navy in 1953 when he met his wife Marilyn. They were married 59 years. They raised two sons, Mark and Guy.

With his career, he went from delivering mail for the post office to delivering milk under his own business the "Henderson's Creamery". He also spent 40 years as a general contractor.

Bo is very active, outgoing and social. He enjoys all sorts of activities, events and outings. He also loves to read, learn new things and make good friends.

Words of Wisdom:

"Always treat others as you would want to be treated."

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



Lela Puchelt	10/6
Richard Sides	10/17
Don Farrell	10/17
Jane Clark	10/20
Alice Roeder	10/22
Max Gibson	10/26
Ralph Gunderson	10/28

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)*

Layla Faris

Personal Care Assistant



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!*



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www.PacificaSnohomish.com

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