

Pacifica Tidings



PACIFICA
SENIOR LIVING

WOODMONT
Independent Living
Assisted Living • Memory Care

**October
2018**



A Note from the Executive Director

Greetings Woodmont Family,

As the Fall season approaches we gladly welcome a break from the Summer heat and random rain showers. Fall also begins several exciting outings in Tallahassee and surrounding cities.

I would like to personally invite you and your families to join us for our 1st Annual Fall Family Festival October 27th from 11:00—3:00 in the Courtyard. Its sure to be a wonderful afternoon. This month's Family Night meet and greet will discuss the topic of Fall Prevention and how we can keep our loved ones safer in their homes. We will have a guest speaker, as well as light refresh-

ments. During this event we will also be discussing our new family council. Family members will be able to join the council and meet with myself and the management team once a month to discuss community issues. If you are interested in joining please speak with Brittany in the Activities Department.

We are also collecting donations for our Employee Holiday Fund. You can make a donation by mail or in person to Aisha in the Business Office.

With Best Regards,
Scott J. Dalton
Executive Director

Who am I?



I was born in 1921 in Inglewood, CA. I was called "America's Mermaid". I was champion swimmer and a legendary movie star. I was in over 30 films, two of my Musical films, included *Bathing Beauty* (1944) and *Million Dollar Mermaid* (1952), which featured elaborate scenes with swimming and diving. I also had a very successful line of swimwear. I was married four times my fourth husband was actor Richard Bell.

Can you guess who I am ?

Welcome to Our Community

We are so proud that you chose us to be apart of your lives.
Welcome home!

Beverly Scott

Norman Scott

Jimmie McLeod

Alex Curry

Dottie Grant

In Honor of...

Robert "Bob" Schmidt



This month we will be taking
several day trips

Havana • Thomasville • Colquitt

Sign up Today!



We would like to welcome back our
amazing Lead Nurse Mynikael, and
congratulate her on the birth of her
beautiful baby girl!

Kailynn Breann was born Saturday,
July 14th she was 6lbs 7oz
measuring at 19ins
Welcome to the world Princess!



Upcoming Events

Join us **EVERY** Friday for
Happy Hour with live music,
light refreshments & cocktails

**HAPPY
HOUR**



Resident Council Meeting
Tuesday, October 2nd
12:30 (AR)

Food Committee Meeting
October, Wednesday 3rd
12:30 (SR)

Resident Meeting
October, Tuesday 16th
12:00 (DR)

Join us October 23rd at 4:00



Thursday, October 18th
Resident Birthday Party
at 3:00 PM (DR)



Upcoming Outings

Publix

Walmart



IMAX



Come and enjoy a fun filled afternoon at our
Fall Family Festival October 27th from 11:00
to 3:00 in the Courtyard
Food • Bounce House • Face Painting • Games
Music and MUCH MORE
RSVP TODAY !



A collage of 15 photographs capturing various moments of senior citizens' lives. The images show individuals engaged in social activities, celebrating, and enjoying their surroundings. Key scenes include: an elderly woman in a green floral dress eating from a small bowl; a man and woman sitting together on a porch; a group of people sitting around a table indoors; an elderly woman in a blue shirt holding a small cup; a group of people standing together in a room with a spiral staircase; an elderly woman holding a lit birthday candle; a man and woman walking on a path outdoors; a woman sitting at a table with a dog; a woman drinking from a cup; a group of people at a dining table; and two men sitting at a table, one holding a piece of food. The photos are arranged in a grid-like fashion, with some images being larger than others, creating a visual summary of community and aging.



Health & Fitness by

Many people are familiar with physical therapy as a treatment after a serious accident, injury or a condition such as a stroke. However the usefulness goes beyond those specific conditions. Physical Therapy is good for improving strength, balance, mobility and overall fitness which will help to decrease the chance of falls.

Why Do People Fall?

Some of the reasons people fall are:

- Tripping or slipping due to loss of footing or traction
- Slow reflexes, which make it hard to keep your balance or move out of the way of a hazard
- Balance problems
- Reduced muscle strength
- Poor vision
- Illness
- Taking medicines

How Can I Prevent Falling?

At any age, people can make changes to lower their risk of falling. Some tips to help prevent falls outdoors are:

- Use a cane or walker
- Wear rubber-soled shoes so you don't slip
- Walk on grass when sidewalks are slick

Some ways to help prevent falls indoors are:

- Keep rooms free of clutter, especially on floors
- Use plastic or carpet runners
- Do not walk in socks, stockings, or slippers
- Be sure rugs have skid-proof backs or are tacked to the floor
- Be sure stairs are well lit

Birthdays

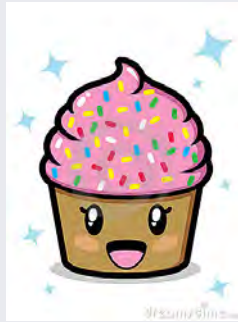
**Happy Birthday to our
Outstanding
Residents & Staff**

Doyle Bullock 10/03

Harry Rice 10/15

Nettie Free 10/16

Shirley Wiggins 10/16



Spiritual Activities

**Catholic Mass 1st Saturday
of every month at 10:00 AM**

**Catholic Rosary
Every Wednesday at 4:00
PM**

**Bible Study
Every Tuesday & Thursday
at 6:30PM**

**Church Service
Every Sunday at 2:00 PM**

**Evening Prayer
Every Monday at 6:30 PM**

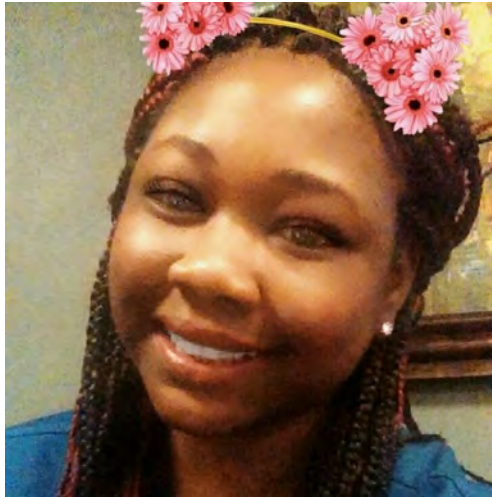
Who Am I? (answer)



I am Esther Williams



Employee of the Month



Congratulations to our
October 2018

Tionna Jones



**THANK
YOU!**





*Getting to
Know Your Neighbor...*



Calvin "Alex" Curry

Alex is an owner of three loveable dogs.
He's very social and outgoing!
Although he's only been here a few weeks,
we can already see he's
going to fit right in!
WELCOME Home Alex!



Management Team

Scott Dalton
Executive Director
Aisha Thompkins
Business Office Manager
Latina Hall
Director of Nursing
Leteka Scott
Memory Care Director
Mitchell Locke
Maintenance Director
Ryan Siler
Dining Services Director
Brittany Jones
Activities Director



*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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Lic.# 99*

Welcome Home!