

Pacifica Tidings



PACIFICA
SENIOR LIVING
McMINNVILLE
Memory Care

**November
2018**



A Note from the Executive Director

Hello,

It is hard to believe we are rolling into November. What fun we have had the last couple of months here at Pacifica Senior Living McMinnville. We have enjoyed watching our team grow and look forward to the new staff that have joined are amazing team.

We have traveled to the October Fest, museum, the beach and just had the cutest kids come into the community for Halloween. It gives us great pleasure to see everyone enjoying fun activities, making new friends and always creating just one more smile!!!

I am very thankful for the hard working staff that have been with me through the good times and rough times. I hope you all know how much I value you and I look forward to continued success here at Pacifica. I also want to say thank you to all of the family members who have worked with us and stand with us as we strive to make changes to our community.

Happy Thanksgiving from my Pacifica Family to yours.
Jennifer

Who am I?



Welcome to Our Community

The staff and residents would like to sent a heart-felt welcome to our newest members of the Community

Stuart P

Ronald A

David H

Activities & Special Events

~November~

**Historical Driving tour of the state
Capitol, Salem**

**Election Day
Nov 6th 1:00**

**Red, White and Blue Party
And Accordion performance**

**November 9th
2:00pm-3:30 pm**

**Veterans Day Concert &
Appreciation Luncheon**

**November 12th
10:30 am-1:00 pm**

Sadie Hawkins Dance

**November 16th
2:00 pm-3:30 pm**

**Thanksgiving Dinner
Please RSVP by Nov. 15th**

**November 22nd
12:00 noon**

**Count Down to Christmas
Decorating Party!!**

**November 30th
2:00 pm**

Friday fun theme days!!

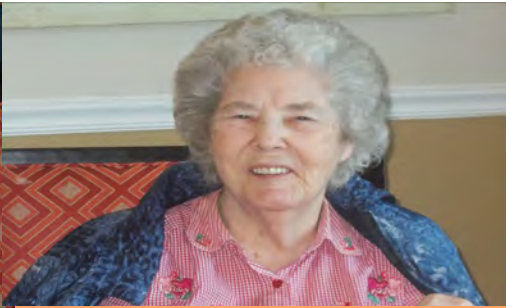
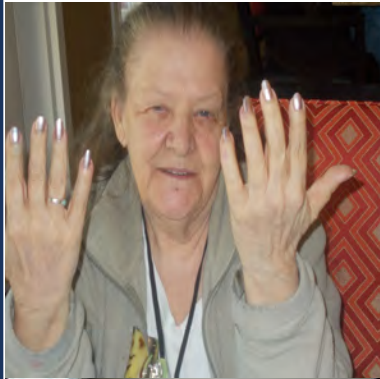


- 11/2 Peace, love and Hippies
- 11/9 Red, White & Blue
- 11/16 Sadie Hawkins day
- 11/23 Black Friday Day
- 11/30 Welcoming Christmas day

Cancer awareness day pretty in pink!



Memorable Moments



Nails & Hairdo's!!!



Dave the Music Man!!!



Yamhill Heritage Museum Lot's of fun and History



Birthdays

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 Birthday party on the last Friday of the month at 2:00 pm

Please feel free to join us!!



WHO AM I???

We would like to welcome Kim Weiske!!!! She is our new RCC, Resident Care Coordinator. Kim comes to us with over 6 years of experience in this field with a bubbly, enthusiastic personality and ready to jump in and get things done. We are very excited to have her join our family here at Pacifica.

Kim lives in Independence Oregon with her Fiancee' and 7 year old daughter and 5 year old son and 10 month old puppy Athena. Kim loves Cooking and baking with her kids. "Any Family time is my favorite time" states Kim. We just want to say welcome to our family Kim!!!

A Note from the Activities Director

What exciting season, my favorite time of the year~ Fall is such an amazing gift of colors, smells and tastes.

We are excited about the Halloween Party and all the festivities that are coming up. We have been getting out and about much more these days, it is so beneficial to our resident's. The change of scenery and fresh air does so much for attitudes and emotions.

Last week we had a nice afternoon at the Yamhill Heritage museum. Everyone enjoyed seeing all the old cars, trucks & equipment. Brought back tons of memories. We have also had trips for Ice cream, Scenic drives and shopping excursions. Farm tours and historical Drives. We are looking forward to more outings. We Have a historical trip of Salem planned in November.

As well as a trip out to visit the Brigittine Monks in Amity and try their wonderful handmade Fudge.

We have a few performances coming up in November as well. Along with a Veterans Day appreciation Luncheon for all our Vets. Music by Dave will be performing at 10:30 before the lunch and then we will have the honor of thanking our veterans for their service.

On Thanksgiving we will be offering a thanksgiving dinner to all residents and any family member that would like to attend. We do ask if you are going to be joining us please RSVP by Nov. 15th.

I am enthusiastically jumping into the next few months with glee and excitement that everyone here can have an amazing Holiday Season!!!

Tracy

Health & Fitness by

Getting ready for November, can be as easy as PIE! Welcome back the short days, crisp air and colorful leaves. Think of the new season as a fresh start to healthy habits!

Turn off that Facebook or the new fall line up on TV, grab a sweater fit for apple picking or a walk in the woods. Plus the vitamin D levels increase outside, which makes you happier and improves concentration

Celebrate the up coming holidays to the healthiest.

Steer away from those common colds, hydrate with tons of water throughout the day! In the cooler months a lot of us forget to keep the water coming, your immune system will thank you for it.

Remember to eat like an athlete and not a couch potato on those game days. Instead of 5 lbs of greasy chips, set out raw veggies and a dip. Cut those pizza slice just a little smaller, and doling out the chili try using a small cup instead of a huge bowl. Little adjustments can make a big difference.

Remember a grateful heart is a happy heart. What a great time boost your good deeds then Thanksgiving time. So try to give a coworker some special treats to share at the office. Give an Elder a gift of your time, or maybe its as easy as letting a fellow driver merge....

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



**If you would like to join us for Thanksgiving Dinner
Nov.22**

At noon. Please RSVP by November 15th

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.



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McMINNVILLE
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Welcome Home!