

# Pacifica Tidings



**PACIFICA**  
SENIOR LIVING

WOODMONT  
Independent Living  
Assisted Living • Memory Care

**December 2018**



## *A Note from the Executive Director*

Greetings Woodmont Family,

The Holidays are upon us and as we go into the last month of the 2018 year, we reflect on all the great things we have accomplished throughout the past twelve months as a community. Nevertheless, it is time to say good-bye to 2018 and welcome to 2019.

As we begin to enter the new year we also have a brand new Activities Director who has joined our team. Her name is JoBeth Rowley, and she is originally from Moultrie, GA. She has a B.A. in Sociology and Anthropology from Valdosta State University, and has been a part of the healthcare industry as an Activities Director for eleven years. We look forward to getting to know Jo Beth,

and are excited for all the new experiences she is going to bring to our community.

We are sending 2018 off with a bang with many parties and celebrations throughout this month. So be sure to check your calendars for dates and times. One of the real joys of the Holiday Season is the opportunity to say Thank You and wish you the very best in the New Year! Thank you for choosing to make Woodmont at Pacifica Senior Living your home.

My Warmest Regards,  
Scott J. Dalton  
Executive Director

## *Who am I?*

- I was born on December 10, 1830.
- My grandfather founded Amherst College.
- I am a woman.
- My home has now become a museum of my life.
- As I became increasingly withdrawn, I was nicknamed "The Lady in White" for my predominantly white wardrobe.
- My work went largely undiscovered until after my death when my sister discovered my over 1,800 poems.
- I died from a kidney disease in 1885.
- My first volume of work was published five years after my death.

## *Welcome to Our Community*

We are so proud that you have chosen to be a part of this community.  
Welcome Home!

**John E.**

*Welcome Home*

## Health & Fitness by

### Preventing the Flu: Good Health Habits Can Help Stop Germs

- 1. Avoid close contact.**  
Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- 2. Stay home when you are sick.**  
If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
- 3. Cover your mouth and nose.**  
Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. Flu and other serious respiratory illnesses, like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS), are spread by cough, sneezing, or unclean hands.
- 4. Clean your hands.**  
Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- 5. Avoid touching your eyes, nose or mouth.**  
Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- 6. Practice other good health habits.**  
Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

## Birthdays



Katie Tola	Dec. 1st
Pearl Barber	Dec. 1st
Charles Register	Dec. 9th
Calvin Curry	Dec. 10th
Melvin Brantly	Dec. 14th
Nancy Salmon	Dec. 24th
David Collins	Dec. 28th
Myrtice Craven	Dec. 31st

## Spiritual Activities



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)

Do you know who I am? That's right! I am American poet  
**Emily Dickinson**



# Important Events

## FAMILY NIGHT CHRISTMAS DINNER

Thursday, December 20<sup>th</sup> at  
5:00PM

Residents & Families we  
invite you to join us to cel-  
ebrate a wonderful

### Christmas Dinner

Please R.S.V.P by  
December, 16<sup>th</sup> to  
(850)-562-4123

Please join me on  
*Wednesday, December  
12th for  
Tea & Treasures.*

Bring one  
special item that holds a  
sentimental value to  
you to the  
*Activity Room at  
3:00PM,*  
and share your story  
about that item with the  
rest of the community

## New Year's Eve Celebration

It's time to say goodbye 2018  
and  
welcome to 2019

Join us on

**Monday, December 31st**

**at 3:00PM**

to celebrate the coming of a  
new year.

## December Resident Birthday Party

When : December 13th

Where : Living Room

Time : 3:30PM

## Upcoming Events

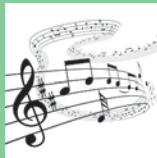
### December Events

#### **CHRISTMAS TREE LIGHTING CEREMONY**



Tuesday, Dec. 4th at 5:00PM

#### **MUSICAL ENTERTAINMENT**



First Three Fridays of the month at 3:00PM

#### **RED HAT SOCIETY**



Tuesday, Dec. 11th at 12:30PM

#### **CHRISTMAS GIFT WRAPPING**



Monday, Dec. 17th at 3:00PM

#### **MEN'S CLUB WITH KENNY**



Friday, Dec. 21st at 2:00PM

### Important Monthly Meetings

**Resident Council Meeting**  
Tuesday, December 4th  
12:30 PM(AR)

**Menu Chat with Chef Ryan**  
Thursday, December 6th  
2:30 PM(DR)

**Activities Meeting**  
Monday, December 10th  
3:00 PM (AR)



#### **\*Note**

We are currently looking for 6 resident volunteers to join our Resident Council Committee. We have one meeting a month that you would need to attend. This is your chance to voice your opinion and help implement change in your community. Please speak with your Activity Director, JoBeth if you are interested.

# Employee of the Month



**Congratulations to our  
December 2018  
Employee of the Month**

## Danny Farr



Huge congrats to Danny Farr for receiving December employee of the month! Born in Fall River Massachusetts and raised in Broward County Florida. He is the son of a Rockette and a hotel manager. Danny started working at seventeen eventually making his way to Tallahassee where he retired from the Tallahassee Democrat. He has been a part of the Woodmont Family for four years and is an enormous asset to our community. Danny utilizes his knowledge of seventy-six years and immaculate work ethic to help keep our resident's home at Woodmont in excellent condition. His personal oversight can be seen all around the building from the small things such as cutting the keys you use to get into rooms to maintaining the call systems our residents rely on daily. Danny embodies what it means to be a team player and a role model for our community's core values. He is greatly loved by our residents and has earned the respect of all his peers and co-workers. Danny we are lucky to have you as a member of this team. Thank you for your dedication and hard work.

## Sittercise



Please join us Monday - Thursday at 8:45 AM in the Sunroom for Sittercise. We do an array of different exercises each day including stretch, bands, weights lifting, balance, ball toss and balloon volley-ball.

Why is Exercise Important???  
Because it .....

- ◆ Helps Prevent Diseases
- ◆ Improves Stamina
- ◆ Strengthens and Tones
- ◆ Enhances Flexibility
- ◆ Controls Weight
- ◆ Improves Quality of Life

## Now Showing

- Every Wednesday at 5:00PM  
Wednesday Dec. 5th "White Christmas"
- Wednesday Dec. 12th "A Christmas Story"
- Wednesday Dec. 19th "It's A Wonderful Life"
- Wednesday Dec. 26th "Miracle on 34th Street"
- Every Sunday at 5:00PM "The Dean Martin Variety Show"
- Every Saturday at 5:30PM "Resident Choice Movie"



## *Management Team*

**Executive Director**  
Scott Dalton

**Business Office Manager**  
Aisha Thompkins

**Director of Nursing**  
Latina Hall

**Marketing Director**  
Tasha Harper

**Memory Care Director**  
Leteka Scott

**Dining Services Director**  
Ryan Siler

**Maintenance Director**  
Mitchell Locke

**Activities Director**  
JoBeth Rowley

**Memory Care Activities  
Director**  
Tionna Jones



*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!*